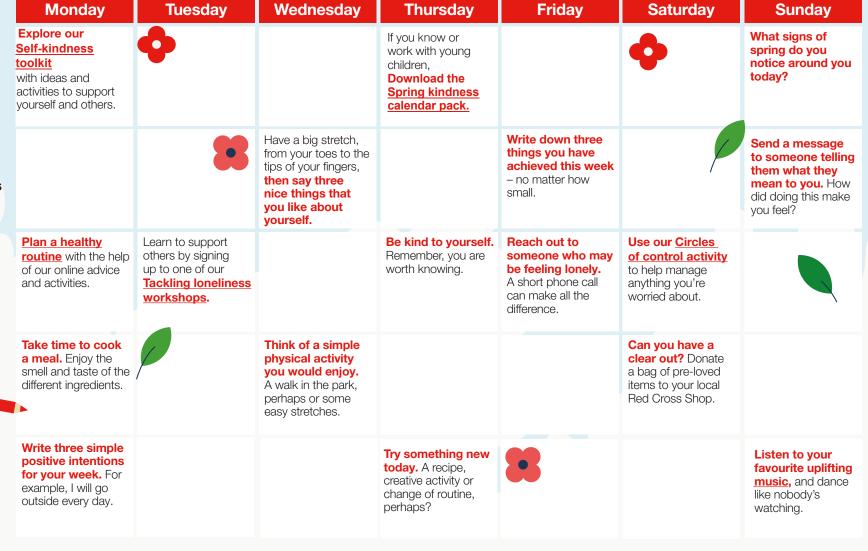


Spring wellbeing calendar

Practise kindness in your community, connect with others, and boost your wellbeing with the suggestions in this calendar.

You can use the blank spaces to come up with your own ideas too. All the resources or activities mentioned can be found at redcross.org.uk/wellbeing



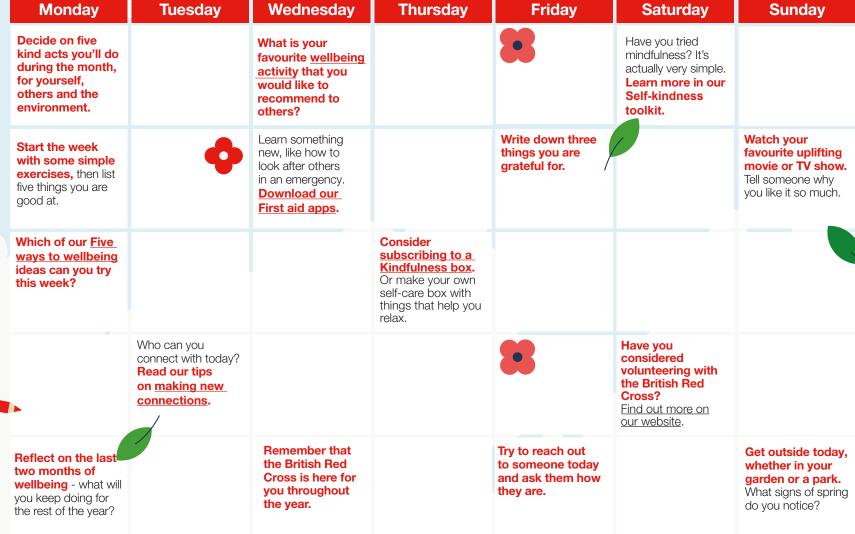




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Head to **redcross.org.uk/wellbeing** to find out more about our free wellbeing education resources and workshops for adults (+19) on topics such as managing stress, anxiety and tackling loneliness.