

BHAWA ADVENT CALENDAR CHALLENGE



SUN	MON	TUE	WED	THU	FRI	SAT	NOTES
				1 CREATE YOUR SELF CARE PLAN	2 TELL A CHRISTMAS JOKE	3 TRY A MOCKTAIL	SCROLL DOWN FOR SUPPORTING RESOURCES 
4 RUN, WALK OR CYCLE 3K	5 MAKE A HEALTHY LUNCH TO TAKE TO WORK	6 TRY A MINDFULNESS EXERCISE	7 INVITE A COLLEAGUE ON A WALK OVER LUNCH	8 COMPLETE A RANDOM ACT OF KINDNESS	9 SHARE A CHRISTMAS RECIPE	10 TRY A VEGETARIAN/ VEGAN RECIPE	
11 LEARN THE WORDS TO A CHRISTMAS CAROL	12 GO CAFFINE FREE TODAY	13 DO 30 SQUATS OVER THE DAY	14 DRINK 6 - 8 GLASSES OF WATER	15 CHECK IN ON A COLLEAGUE	16 HAVE A DANCE TO A CHRISTMAS SONG	17 MAKE A HEALTHY PIZZA	
18 AIM TO WALK 10,000 STEPS	19 STAR JUMPS FOR 30 SECONDS	20 MAKE A HEALTHY SWAP IN ONE OF YOUR MEALS	21 DESK STRETCHES FOR 5 MINUTES	22 MAKE A CHRISTMAS CARD FOR SOMEONE	23 WEAR YOUR CHRISTMAS JUMPER	24 WATCH A CHRISTMAS FILM	
25 	26 	27 	28 	29 	30 	31 	



Self Care Weekly Planner

PLEASE SEE THE ATTACHED BELOW YOU STAY ON TRACK WITH YOUR SELF-CARE.



Better Health
at Work Award

PLAN ONE THING EACH DAY THAT TOPS YOU UP AND FILLS YOUR CUP

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

saturday

NOTES

SUPPORTING LINKS FOR CHALLENGES



HEALTHY FOOD SWAPS
LINK:

HEALTHIER FOOD SWAPS -
FOOD FACTS - HEALTHIER
FAMILIES - NHS
(WWW.NHS.UK)

MINDFULNESS EXERCISES
IDEAS LINK:

MINDFULNESS EXERCISES
AND TIPS - MIND

MOCKTAIL RECIPIES LINK:

NON-ALCOHOLIC DRINKS |
BBC GOOD FOOD

HEALTHY LUNCH IDEAS
LINK:

HEALTHY PACKED
LUNCHES | BRITISH
DIETETIC ASSOCIATION
(BDA)

VEGETARIAN/VEGAN
RECIPES LINK:

VEGETARIAN RECIPES |
BBC GOOD FOOD
VEGAN RECIPES | BBC
GOOD FOOD

DESK EXERCISES LINK:

DESK-BASED JOBS ::
MERSEY CARE NHS
FOUNDATION TRUST

MAKING A HEALTHY PIZZA



HEALTHY PIZZA FACE CHALLENGE

[FOLLOW THE RECIPE ONLINE AT:](https://www.bbcgoodfood.com/recipes/tortilla-pizza)

[WWW.BBCGOODFOOD.COM/RECIPES/TORTILLA-PIZZA](https://www.bbcgoodfood.com/recipes/tortilla-pizza)

Ingredients

- 4 tbsp passata
- 1 garlic clove , crushed
- ½ tbsp olive oil
- ½ tsp dried herbs (mixed herbs, basil or oregano work well)
- 2 plain tortillas
- 50g grated mozzarella
- 6-8 slices pepperoni
- 6-8 pickled jalapeño slices

NUTRITION: PER SERVING

**KCAL 266 FAT 14G SATURATES 6G CARBS 23G
SUGARS 3G FIBRE 2G PROTEIN 11G SALT 1.78G**

Method

Heat the oven to 220C/200C fan/gas 7.
Mix the passata, garlic, olive oil, herbs and season well.
Put the tortillas onto one large baking sheet, or two smaller ones. Spread over the tomato sauce leaving a 1cm border around the edges.
Get creative and make a fun face.
Scatter with the mozzarella, add the pepperoni and jalapeños.
Bake for 6-8 minutes until the edges of the tortillas are crisp and golden, and the cheese has melted and is bubbling.

of body text

Please share your creations by emailing charlotte.wood60@nhs.net

Visit the Better Health at Work Award Website for further health and wellbeing information and resources:

[WWW.BETTERHEALTHATWORKAWARD.ORG.UK](https://www.betterhealthatworkaward.org.uk)