

RACGP GPs in Training

Wellbeing support calendar

May 2020

1

Attempt a puzzle, alone or with your family. If you don't have a puzzle already try second hand stores or buying a new one online to be delivered.

2

Try a 'mindful' handwash.

[Mindful handwashing](#)

3

Set screen time limits on your phone for social media and downtime.

[Apple](#) | [Android](#)

4

Telehealth may mean you're sitting down for longer periods which can adversely affect your cardiovascular system. [PubMed Journal](#) | [AHA Journal](#)
Stand up and move about in-between consultations.

5

Start a COVID-19 learning plan with your supervisor. This month focus on the 'Doctor's Health' section of the curriculum.

6

Pick a day this week to have a COVID FREE DAY. Consider pledging to donate a dollar to your favourite charity for anytime Coronavirus is mentioned.

7

Start the 'Smiling Mind' "Thrive Inside" program.

[Thriving Inside with Smiling Mind](#)

8

EVENT

Digital Drinks with GPiT Faculty

[Facebook group event](#)

9

Make your favourite dish for dinner tonight and practice eating it mindfully.

[How to practice mindful eating in 5 steps](#)

10

Take two minutes today to practice breathing. Set a reminder to on your phone to do this each day this week.

[ReachOut Breathe app](#)

11

Put on some music and dance like no one is watching.

12

Share a fun news story, comic or meme with your team.

[theawkwardyeti](#)

13

Find a new podcast/TV show/book outside your typical genre and commit to listen/watch/read it.

14

This is an historic event. Start a journal of your experience as a doctor. Use any format that works for you (handwritten, typed, photographs, drawings, video).

[Health benefits of expressive writing](#)

[How writing can better your mental health](#)

15

EVENT

RACGP GPiT Cooking Show

[Facebook Group event](#)

16

Find some nice smelling oil or moisturiser and give yourself a foot massage! Set a timer to ensure you spend the right time you need.

17

Have a social media free day!

[Benefits of quitting social media](#)

[5 ways to unplug](#)

18

Find an online workout program you haven't done before and try it.

19

Show your appreciation for your work colleagues - make sure you say "thank you" at the end of the day.

[How to build a positive company culture](#)

20

Can't find your staples in the supermarket? Pick something new and try food you haven't eaten before.

21

Call a friend you haven't spoken to in ages and practice mindful listening.

[Mindful listening on Smiling Mind](#)

22

EVENT

GPiT Book Club

[Facebook Group event](#)

23

For the first five minutes when you leave the house, today try to connect with nature. Really focus on noticing the sounds, smells, sights & felt sensations around you.

[Positive effects of nature](#)

24

Check in on your sleep. Try a Body Scan tonight before bed.

[Body scan on Smiling Mind](#)

25

Go for a walk during your lunch break.

26

Check in with your supervisor – what have you learnt about Doctor's Health this month? What did you struggle with? Share ideas with each other.

27

Write a physical letter to someone you love. Even if you live with them this can be a nice way to document your appreciation.

28

Do three acts of kindness today, no matter how small or who to.

[Kindness ideas](#)

29

Organise a dinner catch up on skype with family/friends. To make it fun, why not make a theme?

[How to throw a Zoom party](#)

30

Listen your favourite song or playlist. See if you can hear all the different instruments.

[Mindfulness and music appreciation](#)

[Australian Music Therapy Association](#)

[15 Music Therapy Activities and Tools](#)

31

Have a device free day – pledge to unplug for 24hrs and download a free 'How To' toolkit.

[National day of unplugging](#)

THEMES

■ **Movement Mondays**

■ **Teams Tuesdays**

■ **Wacky Wednesdays**

■ **Thoughtful Thursdays**

■ **Fun Fridays**

■ **Sense Saturdays**

■ **Slow Sundays**