



Calendar of connection

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Ask someone who has experienced loss this year how they'd like to acknowledge it over the holidays.	2 	3 Organise a Kris Kringle featuring handmade gifts or acts of kindness.	4 Extend an invitation to someone who will be alone this Christmas.	5 	6 Organise a picnic to bring people together and connect.	7
8 Team up with friends to volunteer at a local organisation.	9	10 Check in with a colleague before they go on break.	11	12 Think about who in your world might be finding this time difficult and ask them, 'Are you OK?'.	13	14 Have a virtual catch up with someone you can't see in person.
15	16 Drop off a meal for a friend or family member.	17 	18 Suggest a 'walk and talk' with someone you know who usually finds the holidays tough.	19	20 Remind your friends that helplines, such as Lifeline (13 11 14), are operating 24/7 over the holidays.	21 
22 Send a text to let someone know you're thinking of them.	23 	24 Check in with a friend who's been struggling to see how they're tracking.	25	26 Ask a friend who's working over the holiday period how you can support them.	27 	28 Suggest a device break and head outdoors with a friend for some fresh air.
29	30 Grab a cuppa and have a chat with someone you know who has had a tough year.	31	<p>Find more connection tips at ruok.org.au</p> <p>'Tis the <i>season</i> to be <i>asking</i> RUOK?[®]</p>			