

# WELL-BEING CALENDAR

A COLLABORATION WITHIN THE  
ERASMUS+ PROJECT BETWEEN  
SWEDEN AND AUSTRIA IN THE  
SCHOOL YEAR 2025/26



Co-funded by  
the European Union

# 2026

## Two Thousand Twenty-Six

January

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October

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November

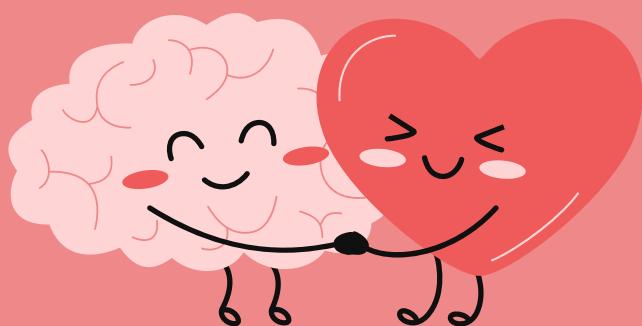
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December

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# WHY WELL-BEING MATTERS

WE SHOULD FOCUS ON WELL-BEING BECAUSE OF OUR HEALTH SINCE WELL-BEING IS CRUCIAL FOR A BETTER QUALITY OF LIFE, INCREASED PRODUCTIVITY AND A LONGER LIFESPAN.



IT REDUCES STRESS AND ALLOWS YOU TO ACHIEVE GOALS, ENJOY LIFE AND BUILD STRONGER SOCIAL CONNECTIONS.





# INSPIRATIONAL QUOTES



EN STUND AV STILLHET KAN VARA MER KRAFTFULL  
ÄN TIMMAR AV ORO



INNERE RUHE FÜHRT ZU ÄUSSERER STÄRKE.

A PEACEFUL MIND IS THE RICHEST FORM OF WEALTH.

SLÄPP TAGET OM DET SOM TYNGER DIG OCH  
GE PLATS ÅT DET SOM LYFTER DIG.

EVERYTHING TAKES TIME, DONT RUSH IT

KLEINE SCHRITTE NACH VORN SIND  
AUCH FORTSCHRITTE.



Mary & Linda

# Signs of stress

## Physical symptoms

- Hair loss
- Shortness of breath
- High blood pressure
- Can't sleep
- Headache or migraines
- Nausea

## Emotional symptoms

- Irritability
- Mood swings
- Anxiety
- Depression
- Feeling overwhelmed

## Behavioral symptoms

- Change your appetite
- Social withdrawal
- Increased use of alcohol and drugs

*Roja and Elena*

# Everyday stress-relief strategies

Everyone knows the feeling when you are stressed about something. Therefore, we thought we will list some activities to do when you are stressed.

- create yourself a calm morning (light up a candle or put on cozy music)
- drinking water throughout the day
- spend time in nature maybe with friends
- talking to a friend
- short walk through the woods
- get active (do a sport or go to the gym)
- use music to relax (calm music for studying)
- read a book
- going in the sauna



JANUARY

# HERBAL TEA BREAK – WARMTH FOR WELL-BEING

HERBAL TEAS SUCH AS CHAMOMILE, PEPPERMINT, OR ELDERFLOWER ARE A TRADITIONAL AUSTRIAN WAY TO RELAX AND CALM THE BODY. DRINKING A WARM CUP OF TEA HELPS TO REDUCE STRESS, SUPPORTS DIGESTION, AND GIVES YOU A COMFORTING MOMENT OF REST. IT'S AN EASY HABIT STUDENTS CAN USE DURING BUSY DAYS.

- Make yourself a warm cup of herbal tea today
- Drink it slowly
- Try to relax
- Don't use your phone

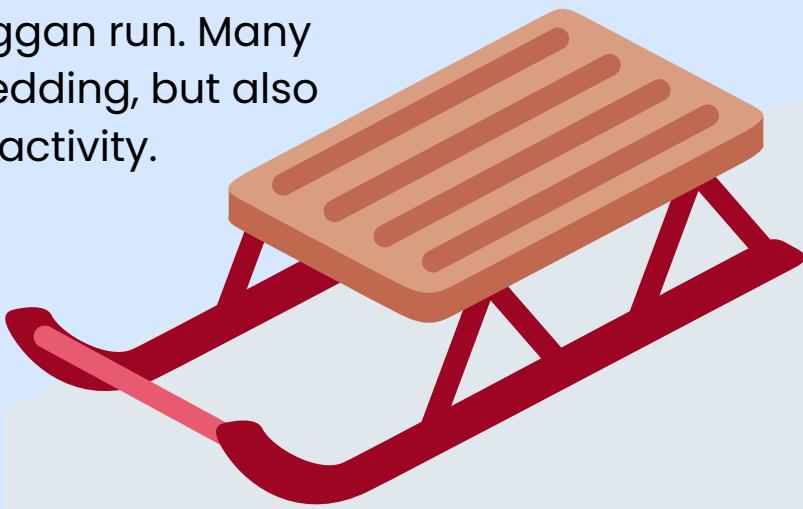


# go sledding

FEBRUARY

In Sweden it's mostly children and families with children that go sledding. You can go almost everywhere except if there's not enough snow or you want to go on a private property. You can go on a ski slope if you want.

In Austria you can go sledding in many ski resorts but there is often a separate toboggan run. Many children at the age of 10 also go sledding, but also adults still enjoy this winter activity.



Alicia&Emma

# MARCH

## - MEET FRIENDS -

Meeting friends reduces stress because...

- you get a break from learning
- you have fun
- you think about something else
- you get more motivated for outdoor activities
- laughing is a natural stress reducer





# APRIL

## *MEDITATION AND STRETCH*

MEDITATION HELPS YOU TO CALM DOWN AND RELAX YOUR WHOLE BODY.

IT'S EASY TO DO IT BY YOURSELF AT HOME OR JUST AT A QUIET PLACE. IT'S A GOOD WAY TO DISCONNECT FOR A MOMENT FROM YOUR DAILY LIFE.

### **TRY-IT ACTIVITY:**

“TODAY TAKE A MOMENT OF AT A QUIET PLACE AND TAKE SOME TIME FOR MAKING A MEDITATION OR SOME STRETCH.”

IF YOU NEED INSPIRATION, YOU CAN ALWAYS FIND SOME VIDEOS WITH USEFUL TIPS ON YOUTUBE

Inspiration video



MAY

# maypole FESTIVAL

A MAYPOLE FESTIVAL IS AN AUSTRIAN CELEBRATION OF SPRING, SYMBOLIZED BY A TALL POLE DECORATED WITH RIBBONS, FLOWERS AND GREENERY. DURING THE FESTIVAL PEOPLE DANCE AROUND THE POLE, WEAVING THE RIBBONS TO CREATE INTRICATE, COLORFUL PATTERNS THAT REPRESENT GOOD HEALTH AND INTERWINING OF LIFE.

- Dancing helps to get rid of stress
- You can attend the festival with friends or family
- Food traditions often include picnics with hand-held items like sandwiches, sausage rolls and scotch eggs



# Celebrate Midsummer in June

MIDSUMMER IS ABOUT FLOWERS, FOOD AND FUN! IT'S STARTING EARLY IN THE MORNING AND ENDS LATE AT NIGHT. YOU MAKE YOUR OWN FLOWER WREATH OUT OF BEAUTIFUL FLOWERS AND WEAR IT THE WHOLE DAY. YOU PLANT A MIDSUMMER POLE (TINY TREE) WITH YOUR FRIENDS OR FAMILY AND DANCE AROUND IT TO CHILDISH MUSIC. MANY OTHER GAMES TAKE PLACE AND PEOPLE ALSO CONSUME VARIOUS FOODS AND DRINKS.

TYPICAL FOOD EATEN IN SWEDEN FOR MIDSUMMER:

- STRAWBERRY-CAKE
- POTATO SALAD
- GRILLED MEAT/SAUSAGES



ISABELL & EMMA





# JULY GO FOR A WALK



WALKING IS GOOD FOR YOUR MENTAL HEALTH  
AND IT ALSO IMPROVES YOUR PHYSICAL  
SKILLS.

IT REDUCES STRESS, CALMS YOU DOWN  
AND YOU GET FRESH AIR.

TRY TO GO FOR A WALK TODAY FOR AT  
LEAST 30 MINUTES.



## WILD STRAWBERRIES



## RASPBERRIES



Wild strawberries taste like strawberries,  
but a little more sour

Be sure to clean the raspberries, there may  
be small insects in them

## AUGUST

GOING FOR A WALK IN THE BEAUTIFUL SWEDISH FOREST IS GREAT FOR  
REDUCING STRESS, SO WHY NOT PICK SOME BERRIES ALONG THE WAY?

### LINGONBERRIES



When the lingonberries aren't red, they are  
not ready, so don't pick them

### BLUEBERRIES



blueberries are really similar to kråkbär  
and they don't taste good



NELLIE & EMMA

# SEPTEMBER

**Doing sports helps with...**

**Boosting social support**

**Reducing stress hormones**

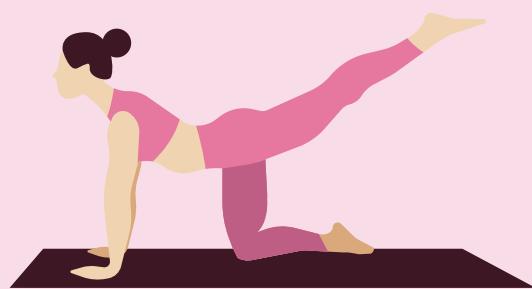
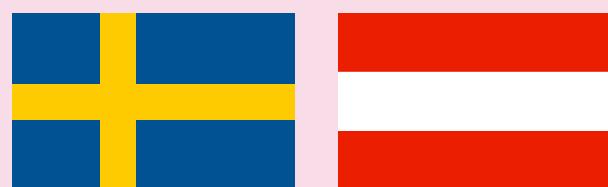
**Improving sleep quality**

**Increasing emotional resilience**

**Having a mental break**

YOU CAN TRY TO DO DIFFERENT SPORTS THAT YOU'RE INTERESTED IN. FOR EXAMPLE, YOU CAN LOOK UP DIFFERENT INFLUENCERS THAT SHOW EASY TASKS TO DO.

**Sports can have a very good influence on your mental health and you'll feel more relaxed afterwards.**



# OCTOBER

## Music - a way to relax



### What is the habit?

If you're stressed about an exam and you can't relax your mind, put on some headphones and play some calm music. For example an instrumental song.



### Why is it helpful?

Studies have proven that music reduces cortisol, relaxes your muscles, slows the heart rate and lowers blood pressure.

### How can students try it?

Make yourself comfortable, put on some headphones and free your mind. Make sure not to listen to music that has a fast beat, which makes you feel more energized instead of relaxed.

**Listen to instrumental music for 30min today.**



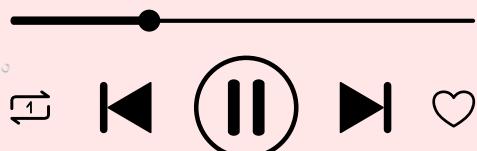
# NOVEMBER

## Time to take a Bubble Bath

Taking a bubble bath is our ritual to improve our mental well-being. It helps us to relax and to free our mind from stressful things.



We recommend to add herbs and oils to your bath and light a few candles. This creates a relaxing atmosphere. If you like, you can also put on some meditation music.



# BAKE AWAY THE STRESS



BAKING IS A METHOD TO REDUCE STRESS. IT'S A HABIT YOU EITHER DO ALONE OR WITH YOUR FRIENDS. YOU CAN BE CREATIVE, WHICH DISTRACTS YOU FROM STRESS.

## GIFFLAR CAKE RECIPE

### INGREDIENTS...

#### ...FOR THE DOUGH:

- 280G WHEAT FLOUR
- 70G SPELT FLOUR
- 5G DRIED YEAST
- 2 EGGS
- 130ML WHOLE MILK
- 30ML CREAM

#### ...FOR THE FILLING

- 100G BUTTER
- 3 TABLESPOONS SUGAR
- 1 TEASPOON CINNAMON POWDER

#### ...FOR COATING

- 2 TABLESPOON RAW CANE SUGAR
- 1 TABLESPOON CREAM
- 1 TABLESPOON WATER



1. HEAT THE MILK AND CREAM IN A SAUCEPAN UNTIL LUKEWARM, ADD THE YEAST, 1 TEASPOON OF SUGAR, AND 4 TABLESPOONS OF FLOUR, AND STIR. COVER AND LET RISE IN A WARM PLACE FOR 30 MINUTES.
2. SIFT THE REMAINING FLOUR INTO A BOWL, SPRINKLE THE SUGAR OVER IT, AND MAKE A SMALL WELL IN THE CENTER. ADD THE EGGS TO THE WELL. POUR IN THE YEAST MIXTURE FROM THE POT.
3. COMBINE ALL INGREDIENTS TO FORM A SMOOTH DOUGH.
4. COVER WITH A CLOTH AND LET RISE FOR 2-3 HOURS.
5. PREHEAT THE OVEN TO 150°C TO 175°C FAN-FORCED.
6. MIX THE SUGAR FOR THE FILLING WITH CINNAMON AND STIR IN THE BUTTER TO FORM A FLUFFY CREAM.
7. KNEAD THE DOUGH AND THEN ROLL IT OUT INTO A RECTANGLE ON A FLOURED SURFACE.
8. SPREAD THE RECTANGLE WITH CINNAMON BUTTER, THEN CUT THE DOUGH LENGTHWISE. SHAPE THE PIECES INTO TWO LONG ROLLS.
9. BUTTER THE BAKING DISH. CUT THE ROLLS INTO PIECES ABOUT 2 CM THICK AND ARRANGE THE PIECES IN THE DISH WITH THE CUT SIDE FACING UP. LEAVE SEVERAL MILLIMETERS OF SPACE BETWEEN THE INDIVIDUAL PIECES.
10. COVER THE BAKING DISH AGAIN WITH A TOWEL AND LET IT RISE IN A WARM PLACE FOR 10 MINUTES. SPRINKLE WITH RAW CANE SUGAR AND BAKE ON THE MIDDLE RACK OF THE OVEN FOR ABOUT 15 MINUTES.
11. REMOVE FROM THE OVEN, BRUSH WITH CREAM AND MILK, LET COOL FOR 5 MINUTES, PLACE ON THE TABLE WHILE STILL HOT, AND PICK THE GIFFLAR OUT OF THE MOLD ONE BY ONE...



RUTH, HANNAH



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