

# Wellbeing Challenge



Learn something new and share it with others.

List 3 things that have gone well today.

Have a glass of water with every meal for a week.



Arrange to meet a friend you haven't seen for a while.

Have a weekend social media detox.

Sing along with your favourite song.



Have a good laugh - watch or listen to your favourite comedy.

Practise mindfulness for 5 minutes.

Do something creative for an hour.

Share an inspiring quote with someone.

Think of 3 things you are grateful for each day.

Lie down and look at the clouds.



Think of what gives you a rosy glow.

Do some gentle stretches.



Create your own happiness box.

Listen to a guided relaxation.



Connect with colleagues by having a Tupperware lunch.

Walk to work/have a walk during lunch/have a walking meeting.

Try having a chat with someone but really listen.

Work on your sleep skills.



Reframe a worry and try to find a positive way to respond.

Examine an everyday object with fresh eyes.



Try a small act of kindness.

Go to the park and listen to the birdsong.

Every hour take three calm breaths in and out.

Give away a book you liked.



Put your phone away and give people your full attention.

Plan to do something fun with a friend or member of your family.

Create a playlist of your favourite songs and enjoy them.

Have a happiness hour.

