


Wellbeing

CALENDAR


1 
Start the day with a healthy Breakfast


Try a new recipe or cook your favourite

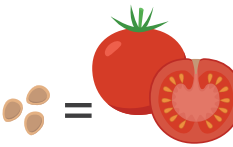
2 

3 
Read a book

Go for a run or a walk

4 

5 
Phone a friend or family member

6 
Plant some seeds

Check-in with a neighbour

7 

8 
Focus on your breathing for 5 minutes

Go for a bike ride

9 

10 
Explore somewhere new


11 
Listen to music

Watch a movie

12 

13 
Get in an extra 30mins of exercise

Go to bed early

14 

15 
Meditate or do yoga

16 
Be social

Take five minutes and just watch the world go by.

17 

18 
Have a caffeine free day

19 
Have a relaxing bath

20 
Digital detox

21 
Complete an online workout

De-stress with hobby time


22 

23 
Complete a puzzle

Have a meat-free day

24 

25 
Stand up, stretch your arms and legs regularly

26 
Make a healthy smoothie

Get outside for 30 minutes

27 

28 
Drink a glass of warm water

let's do
MORE