



Put on a playlist or album that you love



Go for a wellbeing walk in nature/a park/on the beach



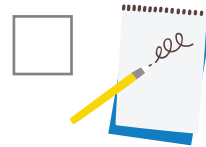
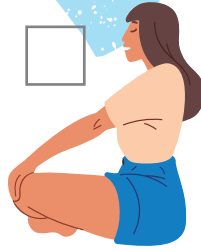
Read a book you enjoy for 20 minutes



Try something new

Like cooking a new recipe or exploring your artistic side through painting or craft (you could even try your own wine and paint night at home!)

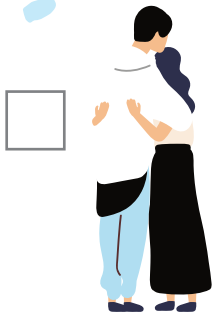
Do a 'Smiling Minds' app guided meditation



Write down 3 things that you're grateful for



Check in with a friend



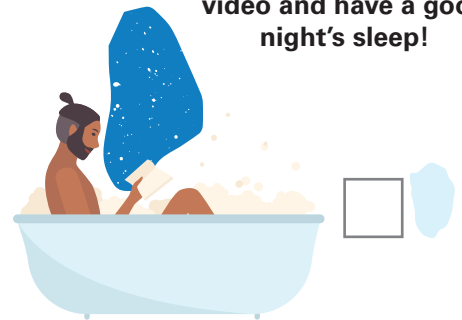
Do something nice for someone around you

You might like to 'pay it forward' a coffee or go out of your way to help someone

2 Week Wellbeing Challenge



Watch our 'sleep tips' video and have a good night's sleep!



Have a nice hot bath

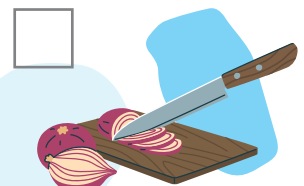
Add some essential oils or a bath bomb for extra wellness points!



Choose a cupboard that stresses you out and declutter it



Sit down and journal for 10 minutes to answer the question "What do I feel like at my best?"



Eat a nutritious homecooked meal

You might like to try something from our article on meal ideas you can make in the slow cooker



Set yourself a goal that will improve your wellbeing and make a plan for how to achieve it

It might be a new fitness goal, healthy eating goal or even a self care goal like make more 'me' time!