



## *Wellbeing Activity Plan 22*

Here is your personal wellbeing activity plan

There is something to try on each day of the wellbeing week.

### **Saturday 4<sup>th</sup> May**

*Take a small step towards an important goal*

### **Sunday 5<sup>th</sup> May**

*Learn something new and share it with others*

### **Monday 6<sup>th</sup> May**

*Walk round the perimeter of Homefield Park and listen to the birds*

### **Tuesday 7<sup>th</sup> May**

*Get back into contact with an old friend that you miss*

### **Wednesday 8<sup>th</sup> May**

*Take 10 minutes to sit still and just breathe*

### **Thursday 9<sup>th</sup> May**

*Write down your dreams and plans for the future*

### **Friday 10<sup>th</sup> May**

*Eat healthy food which really nourishes you today*

### **Saturday 11<sup>th</sup> May**

*Write down ten things you feel grateful for in life and why*

### **Sunday 12<sup>th</sup> May**

*Challenge your negative thoughts and look for the upside*