



## Wellbeing Activity Plan 24

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

Decide to lift people up rather than put them down

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

Make something happen for a good cause

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

Say something positive to everybody you meet today

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

Challenge your negative thoughts and look for the upside

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

Eat healthy food which really nourishes you today

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

Take 10 minutes to sit still and just breathe

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

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

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

Take a small step towards an important goal

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

Thank three people you're grateful to and tell them why