

Pick just 5 wellbeing colours a day
Today, I will...



Listen to a new podcast

Remark on 3 nice things



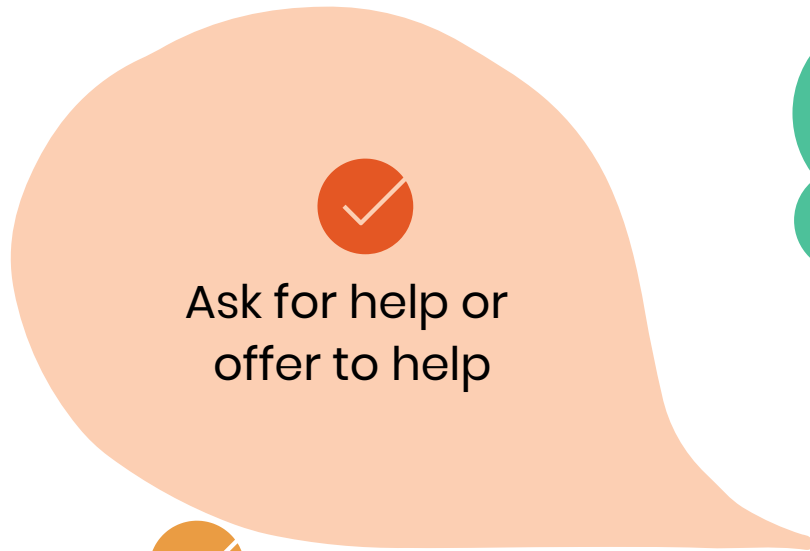
Create art!

Donate (time or stuff!)



Eat and drink mindfully

Sign up for a free local activity

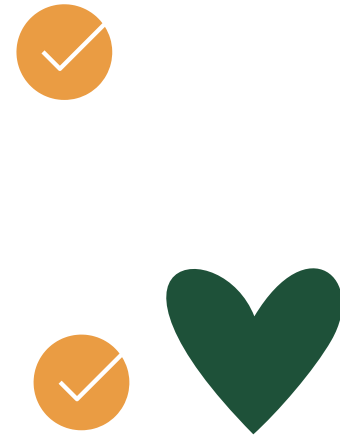


Ask for help or offer to help

Spend time in nature

Nourish my body

Sign up for a free course

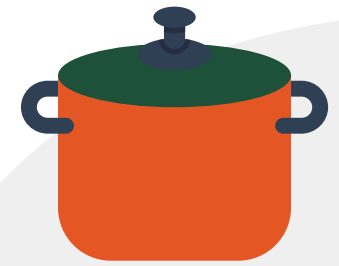


Be grateful for at least 3 things



Call a friend

Remark on 3 nice things



Cook something different

Help someone

Check-in with others

Disconnect to Truly Connect

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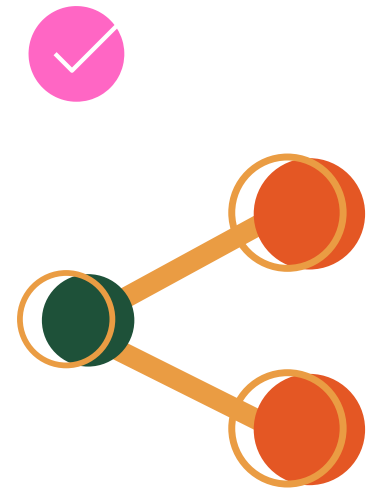
Check-in with myself

Say thank you and mean it

Have some fun



Stretch my limbs



Tap into online communities



Nurture a plant



Dance



Use a new word

Take an unusual route to the shops



Sleep enough

Mono-task

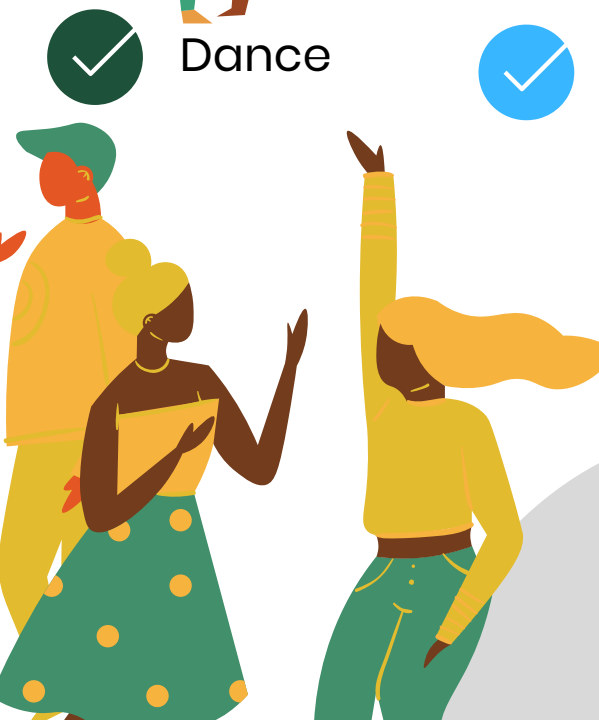
Have a walk in nature

Be kind to myself



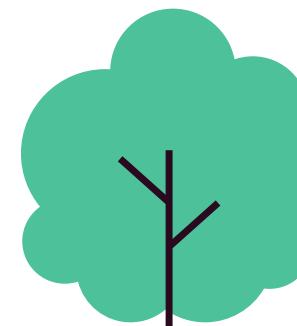
Smile at people (with my eyes)

Embrace a different experience



Meet with loved ones

Go for a walk



Swap and share skills

Move for at least 30 minutes



Feel groomed and fabulous



Give kindness to myself and others



Tidy my desktop



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Inspired by the 5 ways to wellbeing