



St Mary's
University
Twickenham
London

Widening Participation
Outreach

Wellbeing Challenge

Taking care of your mind, as well as your body, is really important while studying or working from home.



Complete as many wellbeing challenges as you can this week

<p>Drink 8 glasses of water in a day</p> 	<p>Go for a local walk outdoors</p>	<p>Meditate for at least 10 mins</p>	<p>Eat at least 7 portions of fruit & veg in a day</p> 	<p>List your strengths</p>	<p>Listen to your favourite music</p> 	<p>Arrange an online get-together with friends/family</p>
<p>Clean a room in your house</p>	<p>Dance to your favourite song</p> 	<p>Write a gratitude list</p>	<p>Wear something bright today</p>	<p>Turn off all electronics 90 minutes before you go to sleep</p>	<p>Start and end your day with meditation</p>	<p>Plan a healthy meal</p>
<p>Take a long shower or relaxing bath</p> 	<p>Stretch your muscles</p>	<p>Bake something</p>	<p>Read a book</p> 	<p>Write a song</p>	<p>Doodle, draw, colour or make something arty</p> 	<p>Organise a cluttered space</p>
<p>List 5 things you are looking forward to</p>	<p>Video chat/call someone who inspires you</p>	<p>Make a fruit salad</p> 	<p>Have a pamper night</p>	<p>Workout for 20 mins (try the Joe Wicks PE workout on YouTube)</p>	<p>Video chat/call someone you haven't spoken to in a while</p>	<p>Find a motivational quote for your day</p>
<p>Write a poem</p>	<p>Have a home karaoke night</p> 	<p>Make a list of positive affirmations for yourself</p>	<p>Give yourself/get a head massage</p>	<p>Sit in silence for 5 minutes</p>	<p>Call an old friend</p>	<p>Create a vision board</p>
<p>Do some gardening</p> 	<p>Write about 3 things that made you happy this week and why</p>	<p>Sing your favourite song</p>	<p>Don't check your phone first thing in the morning</p>	<p>Have a big glass of water as soon as you wake up</p>	<p>Cook a new recipe</p>	<p>Watch a movie that makes you laugh</p>

