



Physical Wellbeing

Supports bodily health, energy, and vitality

- **Exercise** – Boosts endorphins and reduces stress/anxiety
- **Move your body daily** – Walk, dance, stretch, lift weights
- **Get enough sleep** – Prioritize 7–9 hours of quality sleep
- **Sleep hygiene** – Improves energy, focus, emotional regulation
- **Eat more whole foods** – More plants, less processed
- **Stay hydrated** – Water first, always
- **Take a bath/shower** – Refreshes body and relaxes mind
- **Take breaks from screens** – For eyes, posture, brain relief
- **Get regular checkups** – Physical and dental health
- **Soak up sunlight** – Vitamin D for mood and immunity
- **Time limit apps** – Helps reduce screen time, improves focus
- **Cook/bake** – Encourages mindfulness and reward
- **Clean/tidy** – Reduces stress through a tidy environment
- **Declutter your space** – Physical clutter = mental clutter





Social Wellbeing

Fosters relationships, connection, and support

- **Accountability** – Encourages consistency and motivation
- **Animals** – Provide companionship, reduce loneliness
- **Take care of something (responsibility)** – Builds purpose/routine
- **Talk/socialise – community** – Strengthens connection
- **Acts of kindness to others** – Boosts self-esteem and happiness
- **Collective worship** – Builds connection, hope, belonging
- **Spend quality time with loved ones** – Connection is healing
- **Say “no” more often** – Respect bandwidth, set boundaries
- **Ask for help when needed** – Share the load
- **Express appreciation** – Compliment or say thank you
- **Volunteer or help others** – Boosts purpose and joy





Emotional Wellbeing

Improves mood, resilience, and self-awareness

- **Read** – Mental escape and relaxation
- **Read something uplifting** – Inspiration feeds the soul
- **Draw/colour** – Calming, creative mindfulness
- **Listen to music** – Improves mood, emotional regulation
- **Drink tea** – A soothing ritual for calm
- **Reflect on favourite childhood activities** – Sparks joy
- **Create something** – Achievement and expression
- **Practice gratitude** – Builds resilience and positive mindset
- **Apps: Headspace, Finch** – Guided mindfulness and support
- **Learn something new** – Stimulates brain, boosts confidence
- **Practice mindfulness or meditation** – Reduces anxiety
- **Journal regularly** – Processes emotions, clears mental clutter
- **Set boundaries** – Protects energy
- **Limit social media** – Reduces comparison and overload
- **Engage in a creative hobby** – Joyful self-expression
- **Practice stillness or solitude** – Disconnect to reconnect
- **Reconnect with nature** – Calming and grounding
- **Create routines/rituals** – Brings structure and control
- **Create a morning or evening routine** – Structure brings calm and clarity
- **Set small, achievable goals** – Progress = motivation and a sense of purpose

