

MY WELLBEING

WE'RE RUNNING OUR WELLBEING CAMPAIGN THIS APRIL
FOLLOW US EACH DAY AS WE BOOST WELLBEING WHILST WORKING FROM HOME

MON	TUE	WED	THU	FRI	SAT	SUN
		TRY 6 MINUTES OF DESK YOGA ¹	SET UP A VIRTUAL TEA BREAK WITH A FRIEND ²	ATTEND A LIVE STREAM GIG ³	TWO MINUTES TO READ TOP TIPS FOR HOME PRODUCTIVITY ⁴	MAKE AN ORIGAMI ELEPHANT ⁵
SUBSCRIBE TO THE HAPPY NEWS NEWSLETTER ⁶	SHARE 3 PIECES OF GOOD NEWS WITH 3 FRIENDS ⁷	WRITE DOWN 3 THINGS YOU ARE GRATEFUL FOR AND STICK THEM TO THE FRIDGE ⁸	TAKE A 10 MINUTE MEDITATION TUTORIAL ⁹	LEARN AND SHARE 5 PHRASES IN A NEW LANGUAGE ¹⁰	WATCH A TED TALK ON A TOPIC THAT INTERESTS YOU ¹¹	CHECK IN WITH AN ELDERLY OR VULNERABLE RELATIVE ¹²
WRITE AND SEND A LETTER TO A FRIEND ¹³	TAKE PART IN SOME LIGHT EXERCISE FROM YOUR DESK ¹⁴	FIND A GOOD NEWS ARTICLE AND SHARE ON SOCIAL MEDIA ¹⁵	OPEN A WINDOW WIDE AND TAKE 10 DEEP BREATHS ¹⁶	DOWNLOAD AN APP THAT HELPS YOU STAY IN TOUCH ¹⁷	FIND A LOCAL AID GROUP AND SEE WHAT YOU CAN DO ¹⁸	READ MIND'S LATEST BLOG ABOUT MENTAL HEALTH ¹⁹
COMPLETE A SUDOKU / WORDSEARCH / CROSSWORD ²⁰	LEARN A NEW CARD GAME AND TEACH IT TO SOMEONE ELSE ²¹	TAKE PART IN A RANDOM ACT OF KINDNESS ²²	TAKE 3 MINUTES TO STRETCH FROM YOUR DESK ²³	WATCH A WILDLIFE WEBCAM FOR 10 MINUTES ²⁴	5 SKETCHES IN 5 MINUTES FOR THINGS YOU ARE GRATEFUL FOR ²⁵	PICK THREE FOOD ITEMS AT RANDOM AND MAKE IT A MEAL ²⁶
PICK A NEW SKILL TO START LEARNING ²⁷	TAKE A BREAK FROM YOUR SCREEN FOR TWO HOURS ²⁸	FIND A PICTURE OF YOUR FAVOURITE PLACE AND DRAW IT ²⁹	SHARE YOUR TOP TIP FOR WELLBEING WITH FIVE FRIENDS ³⁰			

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