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1 Take a moment to reflect 	2 Reconnect with a friend 	3 Take a break from work  	4 Do some stretching 	5 Put your gratitude in writing 	6 Do a physical activity 	7 Invite someone out 
8 Connect with nature  	9 Put on your favourite movie or song 	10 Stick to your to-do list 	11 Put your phone down 	12 Aim to drink two litres of fluids 	13 Read about and practise mindfulness 	14 Notice and adjust your posture 
15 Give some time for your hobbies  	16 Relax and get an early night's sleep 	17 Have a workspace clear out 	18 Learn something new today 	19 Invite your colleagues to lunch 	20 Connect with your five senses  	21 Treat yourself 
22 Go and explore 	23 Perform a random act of kindness 	24 Book some annual leave  	25 Learn about your wellbeing initiatives   	26 Choose a healthier option 	27 Research volunteering opportunities  	28 Give someone a phone call 
29 Try some 5, 4, 3, 2, 1 breathing  	30 Take time to reflect on the last month 	Dimensions of wellbeing:  Mental  Physical  Social				