

30 WAYS TO PRIORITISE YOUR WELLBEING

1

Do a 10 minute guided meditation

2

Stretch your body for 10 minutes

3

Take a 30 minute solo walk in silence

4

Make a mindful cup of tea

5

Do 5 minutes of box breathing (5-5-5-5)

6

Take a warm bath burning a candle

7

Write down 3 things you're grateful for

8

Have a sleep in!

9

Outsource dinner for the night

10

Enjoy some of your favourite chocolate

11

Allow yourself to be angry or sad with no guilt

12

Have a shower with a favourite oil

13

Buy yourself a present

14

Repeat a positive affirmation to yourself

15

Call someone who makes you happy

16

Have breakfast in bed

17

Make yourself your favourite cocktail

18

Do 5 minutes of 4-7-8 breathing

19

Try something new

20

Listen to a favourite song on loud

21

Take a walk on grass with bare feet

22

Do a 10 minute unguided meditation

23

Watch a favourite show on TV

24

Do something nice for someone else

25

Go to bed early

26

Sit down and enjoy lunch in silence

27

Scrap your to-do list for a day

28

Have a boogie in your lounge room

29

Take a nap

30

Do a hobby that you enjoy