

Wellbeing Wednesday: 26th October 2022

Morning

9am: Try out some light yoga*

Start your day with some breath-synchronised sequences. Yoga will help you get your glow on and heart pumping!

11am: Connect with a friend or family member

Why not phone a friend or family member you haven't spoken to in a while. Ask them how they are and what plans they have for the day.

Afternoon

1pm: Drop in to see a Social Prescriber*

If you want to get more connected to the university community, drop by to see a Social Prescriber in The Atrium of University Place.

2:00pm: Get crafty and paint your own pumpkin*

Do some arts and crafts for your wellbeing and attend our seasonal pumpkin painting event. Must pre-book in advance.

Evening

5pm: Have you drank enough water today?

Have you had enough water today? Even in the cold weather it's still really important to keep your hydration levels up. Why not grab yourself a glass of water!

8pm: Take some time to wind-down before going to bed

Take an hour before going to sleep to wind-down from the day. Turn off your phone, make yourself a warm drink and completely relax.