

A healthy wellbeing balance



Achievement

Achieving a goal, even if it's only small, can help us to feel good.

Try and incorporate tasks into your day that can give you a sense of accomplishment. Here are some things you could try:

- Completing an online course
 - Using a goal planner
 - Exercising

Take a look on our Give page for more ideas

Wellbeing

Connection

Being close to, and feeling like
we're valued by others is a really
important part of looking after
our wellbeing. Make sure you
make time in the day to be social.
Here are things you might try:

- Video chatting loved ones
 - Virtual coffee break
- Take a look on our Connect page for more ideas

Virtual quiz

Enjoyment

Sometimes when life gets busy or stressful, we tend to forget about making time for the things that make us happy. No matter what is going on in life, you deserve to have fun too.

Try and spend a couple of hours each day doing things you enjoy!



Take a look on

our Learn and

Discover page

for more ideas