

# Wellbeing ideas calendar

## connect

## give

## take notice

## be active

## be healthy

## learn and discover

**1**  
Speak to a friend  
you haven't heard  
from in a while

**2**  
Give your thanks  
to somebody who  
means a lot to you

**3**  
Switch off your  
phone and be  
present

**4**  
Take a brisk walk  
at lunch time or  
on your way home

**5**  
Eat a rainbow diet  
full of fruits and  
vegetables

**6**  
Learn to cook a  
dish from your  
favourite country

**7**  
Plan a trip or an  
activity with your  
friends or family

**8**  
Give your time  
to help someone  
with a task

**9**  
Take a walk with  
no specific  
destination

**10**  
Try an online yoga  
class alone or with  
your friends.

**11**  
Switch your phone  
off at least an hour  
before bed

**12**  
Learn a new skill  
by watching videos  
on YouTube

**13**  
Call, Facetime or  
Skype a loved one  
rather than text

**14**  
Volunteer your  
time for a cause  
you care about

**15**  
Try a mindfulness  
meditation  
exercise

**16**  
Take the stairs  
rather than the  
lift

**17**  
Swap out one  
caffeinated drink  
for herbal tea

**18**  
Try downloading  
a free app to learn  
a new language

**19**  
Prepare a large  
meal to share  
with your friends

**20**  
Make a cup of  
tea or coffee for  
a loved one

**21**  
You don't need to  
slow down, just  
live in the moment

**22**  
Check out the  
online classes  
run by UoM Sport

**23**  
Let your friends  
know where you  
are if you're alone

**24**  
Listen to a  
podcast series on  
a topic you like

**25**  
Take a look at SU  
societies - you  
can join any time!

**26**  
Check out the  
opportunities on  
Volunteer Hub

**27**  
Don't have the TV  
on whilst eating  
your dinner

**28**  
Aim for 10,000  
steps a day, walk  
wherever you can

**29**  
Establish a wind  
down routine that  
helps you sleep

**30**  
Visit a local art  
gallery or museum  
in Manchester

**31**  
Play a board game  
with your friends  
or family