

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