## Wellbeing Wednesday: 18th May 2022

### Morning
- **9am: Do some morning stretches**
  Start your day off well with slow movements and stretches. This increases blood flow to the muscles and can help boost feelings of positivity.
- **11am: Donate food tins to a food bank**
  Take a visit to your local supermarket and see if there is a box you can donate some of your unwanted food tins to.

### Afternoon
- **12pm: Volunteer and garden for wellbeing**
  Step away from your desk and join us for a spot of lunchtime gardening at the allotment behind St Peters House. Sign up via the Wellbeing Calendar.
- **5pm: Check out our Instagram reels**
  Check out our Instagram reels on @uomwellbeing and find tips on study spaces, wellbeing activities and more.

### Evening
- **7pm: Check in with a fellow course mate**
  The exam season can be an isolating time with everyone working to different schedules. Check in with a course mate and ask them how they are getting on.
- **9pm: Write yourself a thank you letter**
  Write a thank you letter to yourself before bed. Remind yourself of all your achievements and accomplishments.