Wellbeing Wednesday: 10th November 2021

Morning
9am: Action for Happiness
Join this movement by going to the website and signing up to receive practical positive action ideas.

10am: Morning Journaling
Start the day by writing down your thoughts and any intentions for the day ahead.

Afternoon
3pm: World Kindness Day
This Saturday is World Kindness Day. Take some time to think about what small act of kindness you would like to carry out.

4:30pm: Sporticipate Handball
Try something new. Sign up for this Sporticipate session on the UoM Sport website.

Evening
6pm: Milk and Honey programme
Head to St Peters House website to book onto some sessions, such as the Baking Masterclass or Gong Bath!

10pm: Wind down hour in bed
Go to bed an hour earlier to wind down before sleeping. You could use the time to read or meditate.