Wellbeing Wednesday: 2nd June 2021

Morning

8am: Take your workout outside
Taking your workout outside is a great way to boost your mood and get moving.

11am: Study at a local coffee shop on campus
Switch up your study space and support a local business at the same time!

Afternoon

1pm: Have a picnic
Grab a blanket and your favourite food and head outside to your garden or local park.

3pm: Nature spotting
When you are out on a walk, try and identify all the wildlife, flowers and plants you see along the way.

Evening

5pm: Practice mindfulness to de-stress
Mindfulness can help to bring awareness to the present moment and destress after a busy day.

7pm: The Craft of Bee Hunting Webinar
Join Dr Tom Seeley on Eventbrite to learn the special skills needed for this outdoor activity!