Wellbeing Wednesday: 29th June 2022

**Morning**

9am: Wake up Yoga with Adriene on YouTube

This 11 minute Morning Yoga practice is perfect for waking up and getting you energised for the day.

10am: Find a volunteering opportunity

Whether you're in Manchester or elsewhere, search for ways to get involved with your community over summer.

**Afternoon**

12pm: Glastonbury catch up

Discover new music and old favourites by catching up on the Glastonbury weekend coverage on BBC iPlayer and YouTube.

3pm: Why not check in with a friend?

During the summer break, keep connected with your friends. Give them a call or a message to see how they're doing.

**Evening**

5pm: Managing the Demands of Postgraduate Study

Sign up to this Counselling and Mental Health Service workshop taking place on Friday and gain the skills to manage your work.

8pm: Wind-down evening walk

With the nights at their lightest, take advantage by going on an evening stroll focusing on your breath and prepping for sleep.