Wellbeing Wednesday: 11th August 2021

**Morning**

**9am: Sleep in**
Catch up on sleep by turning off your alarm and letting your body decide when to wake up!

**10am: Shake up your breakfast**
Switch up your morning routine by testing out a new smoothie recipe for your breakfast.

**Afternoon**

**1pm: Guided Movement for Love and Gratitude**
Check out The Mindful Movement Podcast Community on Spotify for this guided meditation.

**3pm: Level up your beverage**
Cut up some lemons and cucumber and make your own spa water at home.

**Evening**

**5pm: BBC Sounds Audio Lab on Eventbrite**
This session aims to amplify the next-generation of UK podcasters and audio creatives.

**7pm: Mindful cooking**
Cooking offers a wonderful opportunity for us to train the mind to be present.