

# Wellbeing Weekly Challenge

## Monday

Message a friend

Give thanks to  
Someone

Meditate

Dance to your  
favourite song

Have a cup  
of Herbal Tea

Download a Free  
Language App

## Tuesday

Take a look at the SU  
Societies!

Make a tea or coffee  
for a loved one

Write down some things  
you are grateful for

Stretch

Make a  
fruit salad

Try sudoku or a  
crossword

## Wednesday

Make lunch for you  
and a friend

Check out the  
Volunteer Hub

Journal

Take a short,  
brisk walk

Sing along to your  
favourite album

Practice playing an  
instrument

## Thursday

Video call with a  
family member

Donate food tins to a  
local food bank

Switch off your phone  
and be present

Try a Yoga Video on  
YouTube

Establish a wind down  
routine that helps you  
sleep

Try cooking  
something new

## Friday

Play a board game  
with your flatmates

Clear out your wardrobe  
and donate clothes you  
no longer need

Turn the TV off while  
you eat your dinner

Go to an exercise  
class

Make meal full of  
colourful vegetables

Listen to a  
Podcast

## Weekend

Have a movie night with  
your friends!

Volunteer your time to a  
cause you care about

Take a walk with no  
specific destination

Go for a long walk  
around a local park

Turn off your phone  
before you go to bed

Visit a local Gallery or  
Museum