

Practical Ways to Improve Your Wellbeing

Do these for three months and notice the difference!

Daily

- **Every day make sure you give yourself at least one treat**
Take time to do this really well.
- **'Guerrilla' goodness**
Consciously do an extra good turn for someone.
- **Smile at / say hello to a stranger at least once a day**
- **Have a good laugh at least once a day consciously**
- **Count your blessings.**
At the end of each day reflect on at least 5 things you're grateful for.
- **Don't just do something, sit there!**
Sit in a comfortable chair, and do nothing. Picture a clear blue sky and hold it in your mind. When you notice that your mind is thinking of something else, picture a clear blue sky again and hold it. Do this for 15 minutes.
- **Keep a log of what happens when you do / don't do the things listed here**

Periodically

- **Talk Time**
Have an hour-long uninterrupted conversation with a friend once a week.
- **Get physical**
Exercise (at minimum a brisk walk) for half an hour three times a week.
- **Phone a friend**
Make contact with at least one friend or relation you haven't been in contact with for a while and arrange to meet up.

Ongoing Projects

- **Plant something from scratch**
Nurture it, watch it grow.
- **Consciously cut by half the time you watch TV**
Replace it by doing a daily activity above.