

OCTOBER ACTIVITY CALENDAR

Make time for a pamper day.

Arrange an active day out.

Positively reflect on each day.

Complete an NHS workout.

Create a daily exercise routine.

Spend time outdoors.

Create a personal daily mantra.

Try meditation

Set realistic goals.

Try a new activity class.

Say "Yes" to yourself.

Have a social media detox.

Leave free time for yourself.

Spend time with family and friends.

Reflect on what makes you happy.

Call an old friend or family member.

Treat yourself!

Cook your favourite meal.

Sleep in.

Complete a crossword.

Complete a MIND action plan.

Complete an arts and crafts activity.

Have a go at baking.

Have a board games night.

Pay someone a compliment.

Acknowledge something you did well.

Browse through happy photographs.

Create a daily exercise routine.

Let go of unrealistic expectations.

Declutter and donate.

Join a local group/club.

Read a good book!

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31 Wellbeing Activities