Suggested Category: Mindfulness

Pick a mindful activity to support a healthy mind

- Get up early when to watch the sunrise
- Spend time with an animal
- Keep a journal
- Practise Breathing exercises
- HAve a go at Meditation
- Go for a 30 minute walk
- Take a nap
- De-clutter a room
- Light a candle
- Sing along to music
- Look through old photos
- Take a long shower
- Write a list of positives from the past year
- Listen to a new album