

Wellbeing

#AlphabetChallenge

A

Call an elderly family member or someone you know lives alone

B

Write down five things you're grateful for

C

Sit still in your garden or by the window for ten minutes and listen - notice what you hear

D

Draw a rainbow for the NHS

E

Think of someone you love and send them a message

F

Write them a letter to someone important to you

G

Read a chapter of your favourite book (or any book)

H

Put on some music and dance to like nobody's watching (hint: nobody is watching)

I

Write three pages in a journal

J

Next time you are going out for food, message your neighbours and ask if they need anything

K

Sit in the sunlight, outside or by your window, and take ten deep inhales and exhales, breathing slowing through your nose

L

Choose a time that suits and don't look at your phone for two to three hours

M

Write a list of your favourite smells, sounds, tastes, sensations (e.g. walking barefoot on freshly cut grass)

N

Go for a walk (either leave your phone behind or don't look at it)

O

Think of a hobby that used to make you happy, e.g. painting, playing an instrument, baking. Set aside an afternoon to do that!

P

Listen to your favourite song

Q

Go on a work Skype/Zoom/Teams video meeting in fancy dress

R

Cook a new recipe

S

Do an online workout or yoga class

T

Write a haiku for a colleague or friend. Send them it.

U

Donate a can of food to a local foodbank

V

Tidy your sock drawer

W

Call an old friend and catch up

X

Do a crossword or sudoku

Y

Send this list to someone else

Z

Bake something