







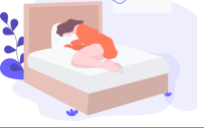


<p>Day 1: HAVE A GO AT JOURNALING</p> <p>From a simple list to a way of organising your thoughts onto paper, journaling can be really therapeutic and empowering.</p> 	<p>Day 2: LISTEN TO A PODCAST</p> <p>Podcasts can be a great positive distraction. Here are 10 podcast suggestions to lift your mood and aid your wellbeing.</p> 	<p>Day 3: DOODLE, DRAW, PAINT</p> <p>Art Therapy comes in many forms, it can be a way of expression and help you to feel relaxed. You don't have to be an artist to give it a go!</p>	<p>Day 4: BAKE SOMETHING YUMMY</p> <p>Join a free online baking tutorial or have a go at baking your favourite cakes or bread. Share with friends or indulge yourself!</p> 	<p>Day 5: TRY A SIMPLE YOGA ROUTINE</p> <p>Yoga has many benefits, it's a gentle way to move your body but can also help clear your mind. Give it a try and find what feels good.</p> 
<p>Day 6: WATCH AN INSPIRING TED TALK</p> <p>There are lots of wonderful TED Talks to choose from; how about starting with one from Brené Brown on human connection & courage.</p> 	<p>Day 7: DISCOVER EVERYDAY BEAUTY</p> <p>It's easy to let moments slip by waiting for them to be 'perfect', try practicing slowing down and recognising the beauty in the here and now.</p> 	<p style="text-align: center;">14 Day Wellbeing Challenge 2.0</p> <p style="text-align: center;">Pause.</p> <p>Click on the titles to view the link.</p>	<p>Day 8: GO ON A VIRTUAL MUSEUM TOUR</p> <p>Here's a way you can access culture and education at home. Museums can increase mindfulness and improve wellbeing.</p> 	<p>Day 9: PRACTICE SELF-APPRECIATION</p> <p>The way that we talk to ourselves can have a big impact on how we feel. Try focusing on being kind and thinking about what you like about yourself.</p> 
<p>Day 10: MAKE A CARE PACKAGE</p> <p>This is a great way to show support and kindness to others when you're not physically there. And if you're in need a pick-me-up, why not make one for yourself?</p> 	<p>Day 11: CREATE A MIND PLAN</p> <p>This NHS mind plan gives simple and practical advice for a healthier mind and happier life. It is really quick to do and gives personalised tips on how to feel better.</p> 		<p>Day 12: EXPLORE SELF-CARE</p> <p>Self-care encompasses all dimensions of your wellbeing. It can be anything from enjoying a simple cup of tea to setting boundaries in relationships. The main focus is what makes you feel good.</p>	<p>Day 13: CREATE A WIND-DOWN ROUTINE</p> <p>Establishing a good routine for the evening can really help to improve your sleep, which in turn helps your mental health and wellbeing too!</p> 

To speak to one of our wellbeing practitioners, please contact: 02078414470 or email askbeam@childrenssociety.org.uk
(Available from 10am-6pm, 7 days a week)

