



Wellbeing Matters



Please keep a log of all the wellbeing challenges you have completed using the wellbeing matters diary sheet.

Week 1

Phone a friend you have not spoken to for a while

Paint or draw something which makes you feel Happy

Listen to a piece of music which reminds you of a positive event

Listen to a podcast

For your fluid intake today, try to drink just water

Write down 3 things you are grateful for

Create a thank you card and give to someone you know