



Wellbeing Challenges



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

Week 1

Phone someone you have not spoken to for a while

Write a letter to someone who makes you feel happy

Listen to a piece of music which reminds you of an exciting event

Watch an uplifting film

For your fluid intake today, try to drink just water

Write down 3 things you are looking forward to

Create a thank you card and give it to someone you live with or a friend