



DPA WELLBEING CHALLENGE



Drink 6 glasses of water in a day.	Listen to relaxing music.	Swap a fizzy drink for a smoothie	Sit outside to get some fresh air.	Stretch your muscles for 20 minutes.	Make a meal for someone else.
Try a yoga session at home.	Write down your strengths.	Talk to your friend for one hour.	Get at least 8 hours of sleep.	Have some you time.. Pamper yourself.	Do a 30 minute strength workout.
Read a book.	Go to bed one hour earlier.	Write down all the things you like about yourself.	Do a favour for somebody else.	Do a 30 minute HIIT workout.	Practise a skill or interest for 25 minutes.
Take 10,000 steps in a day.	Watch a documentary.	Swap a biscuit or cake for a piece of fruit.	Meditate in a quiet place for 10 minutes.	Play a game with someone.	Talk to someone about their interests.

SMALL CHANGES GO A LONG WAY, TRY ONE CHALLENGE A DAY AND SEE HOW IT MAKES YOU FEEL!