

Business School Wellbeing Calendar

1
Take a walk without a destination



2
Relax at a Buddy Scheme Yoga Class



3
Switch off your phone an hour before bed



4
Try out a Tea and Talk session



5
Contact a friend you haven't spoken to in a while



6
Do something fun or silly



7
Walk wherever you can



8
Batch cook a healthy meal to eat this week



9
Relax at a mindfulness session



10
Take regular screen breaks and feel the benefits



11
Go along to a Residential Life Virtual Drop-In



12
Join one of Active US' social sports sessions



13
Carry out a random act of kindness



14
Save a meal from being thrown away



15
Focus on getting a good night's sleep



16
Ask for help if you're struggling



17
Learn a new language at the Language Café



18
Cut down your caffeine intake



19
Offer your time as a volunteer



20
Make time to do something you love



21
Stock up on fruit and veg for the week ahead



22
Connect with your local natural environment



23
Find a new student society to join



24
Take a break from social media



25
Make new friends at the Midweek Mingle



26
Use Primal Play's Daily Movement Checklist



27
Celebrate the weekend with a good sing!



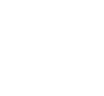
28
Share a meal with a loved one in-person or over video



29
Take time to enjoy nature



30
Before bed, think of one thing that made you smile today



Click on a link icon to find out more