

30

30

CHALLENGE

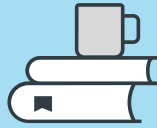
#timetounwind with **everymind**

1



Get outside into nature for 20 minutes

2



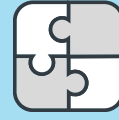
Re-read an old favourite book

3



Dedicate 5-10 minutes to mindful breathing

4



Do a brainteaser puzzle

5



Declutter your workspace

6



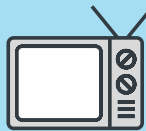
Try some yoga for 15 minutes

7



Do something you used to enjoy as a child

8



Start a new TV show

9



Have the conversation you've been avoiding

10



Do a 5-minute breathing exercise

11



Set aside time to listen to music

12



Try a new exercise

13



Do a small, annoying task you've been putting off

14



Take a long, hot bath or shower

15



Write down 3 good things that happened today

16



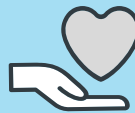
Watch your favourite stand-up comedian

17



Practice mindfulness for 5 minutes

18



Do a random act of kindness for someone else

19



Schedule 'me time' today

20



Write down 5 things you're grateful for

21



Try your hand at baking

22



Dance around the house to your favourite party song

23



Take a moment to appreciate a small win today

24



Watch a funny movie

25



Do something creative

26



Write down 3 of your achievements so far

27



Don't check your work emails after log off today!

28



Do some stretching for 10 minutes

29



Quiet time - spend 5 minutes in silence

30



Delegate a task to someone else

