

Try to do all 4 each day



Brush teeth (Morning & Night)

Wash yourself

Take medications & supplements

Eat, and drink plenty of fluids

DAILY WELL-BEING TO-DO LIST

Pick 3 (or more!) per day



Reach out to a friend

Sit & listen to nature for 10 minutes

Do some stretches

Put on some music and dance

Do one thing you will be glad you did later

Go for a walk/Get fresh air

Tidy up one item/space

Detox your social media

Turn off your phone for 1 hour

Search for a new recipe to try out this week

Put on clothes that make you feel good

BODY, MIND & SOUL