

If you are self isolating make the most of this time to do all those things you've been meaning to do at home or for yourself. Have a daily routine or plan of things you can achieve.

Spring clean,
sort out a cupboard, drawer
or room

Make or mend
something. Sew that button
on your shirt or that hole in
your pocket

Read a book, do a crossword

Rearrange your flat or room,
give it a new look

Practise that Instrument,
Discover new music,
Dance

Change that lightbulb!

Write a memoir
Keep a journal
Make a list of all those
things you've been putting
off

Move your body every day with
gentle stretches or some yoga to
boost your mood

Re-pot those plants

Watch something fun or
inspirational

Set yourself a challenge. i.e. meditate for 5 mins a day, do some sit ups, or write down things you appreciate.

Sort out your old
photographs,
Make a photo album, frame
them or make a collage

Send us photos of your
achievements.
Bristol.wellbeing.college@second-
step.co.uk