

The UCARE Month Health and Well Being Challenge

 <p>Day 1 Go for a long walk</p> 	<p>Day 2 Listen to a piece of music you have not listened to for a while that lifts your spirits.</p>	<p>Day 3 Take 5 minutes to sit still + breathe slowly + deeply</p> 	<p>Day 4 Ring a family member or friend</p>	<p>Day 5 Watch a comedy</p> 	<p>Day 6 Go to bed early and turn your phone off</p>	<p>Day 7 Do something creative - make a jigsaw, paint or draw</p> 
 <p>Day 8 Help Someone</p>	<p>Day 9 Write down 5 things you are grateful for</p>	<p>Day 10 Do some extra physical activity in the home or out doors</p>	<p>Day 11 Cook a new recipe- eat healthy and stay well</p>	<p>Day 12 If you feel worried or low in mood ask for help</p>	<p>Day 13 Get in a routine</p>	<p>Day 14 Get organised and de clutter</p> 
 <p>Day 15 Share this with someone else</p> 	<p>Day 16 Make a list</p>	<p>Day 17 Step into a good book or new TV programme / box set</p>	<p>Day 18 Listen to music you have enjoyed in the past</p> 	<p>Day 19 Make a plan</p> 	<p>Day 20 Write down three things you would like to see/ do/ visit before Christmas</p>	<p>Day 21 Make some progress on a project (at work or home)</p> 
 <p>Day 22 Do something for you and don't feel guilty</p>	<p>Day 23 Turn off the news and social media for a day</p> 	<p>Day 24 Actively listen to your friend or loved one</p>	<p>Day 25 Write a letter to someone</p> 	<p>Day 26 Play a board game</p>	<p>Day 27 Ring a friend you have not spoken to for a while</p>	<p>Day 28 Spend the day gardening</p>  