

Some holiday ideas...

Here are some ideas that you could do over the holiday to boost your well-being, use your time positively and promote small acts of kindness! The internet is full of other suggestions, but here are some that I have come up with for you.

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| Discover an interesting podcast | Ask other people about things they have enjoyed recently | Keep a gratitude jar! Add something to it daily! | Keep a sleep diary | Share a happy memory with a loved one | Have a device free day and enjoy the space | Write a thank you letter or email to a key worker you know |
| Send an encouraging note to someone who needs a boost | Make a poster to make your post person smile! | Do a chore at home without being asked | Complete a new exercise workout | Leave a note of kindness for someone in your house to find | Colour! Visit supercoloring.com | Help to a cook a meal at home |
| Call an elderly relative or friend for a chat | Enjoy moving to your favourite music | Relax your body & mind with some yoga or meditation | Make a card for a neighbour to say hello | Visit a virtual museum! | Research a job you know nothing about! | Turn devices off 2 hours before bed |
| Look back at photos from a happy time | Tidy up your social media and check your privacy settings | Visit a virtual art gallery! | Do some origami <small>Look on google - challenge yourself!</small> | Call a friend you haven't seen in a while | Write a letter to a neighbour who may live alone | Declutter your wardrobe <small>Is there anything you can recycle or donate?</small> |
| Make time today to do something kind for yourself | Bake something yummy! | Make some Easter cards to send to family and friends | Call a relative who lives far away | Ask someone at home if they need help with anything | Compose a poem or a song | Take a selfie and note down 5 things that you like |
| Visit a virtual zoo to see the animals | Write a journal or diary entry for "A day in isolation" | Watch a film that you really enjoy | Read one of your favourite books again! | Improve your sleeping environment to help your sleep | Make a travel bucket list! | Make a time capsule! <small>Photos, news cuttings etc</small> |

These are just ideas. Try some out.
You could try doing at least one each day.
It doesn't matter if you repeat some!

If you would like to keep me posted on what you get up to or have any other suggestions to share for others, please do get in touch!

Take care everyone,
Miss Allum :)

#selfcare #kindness #wellbeing

