

Day 1:
MAKE AN ORIGAMI HEART

Try adding some messages of self-love on the inside of them.



Day 2:
WRITE A GRATITUDE LIST

It could be as simple as being thankful for your morning coffee or your cosy bed!



Day 3:
GIVE A GIFT

Anything from cards, poems & cake to items you can donate such as twiddle muffs to help dementia patients!



Day 4:
JOURNAL ABOUT WHAT THE WORD 'HOPE' MEANS TO YOU



Day 5:
MAKE A POSITIVITY JAR

Fill with things that bring you a smile; favourite quotes, goals, photo's etc...



Day 6:
WRITE A LIST OF SELF-CARE IDEAS

Have a bubble bath, watch your favourite movie, light some candles.



Day 7:
PRACTICE A GROUNDING EXERCISE

Use each of your five senses to help you to focus on the present.



14 Day Isolation Wellbeing Challenge Pause.

Click on the titles to view the link.

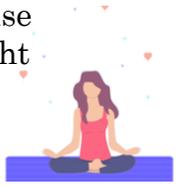
Day 8:
CREATE YOUR OWN WALL DECOR

Being creative has been compared to meditation due to its calming effect on the mind & body.



Day 9:
TRY SOME DEEP BREATHING

This technique can reduce anxiety, calm your mind & increase positive thought processes.



Day 10:
DO A RANDOM ACT OF KINDNESS

Anything from litter picking to posting positive notes around your local community.



Day 11:
JOURNAL ABOUT WHAT 'TOGETHERNESS' MEANS FOR YOU



Day 12:
WRITE A LETTER TO SOMEONE YOU CARE ABOUT

You can pop the letter in a handmade envelope too!



Day 13:
PAINT A RAINBOW FOR YOUR WINDOW

Rainbows are popping up in windows across the UK – they signify hope & positivity.



Day 14:
CREATE A SELF-SOOTH BOX

The idea of these boxes is that they are filled with things that make you feel better.



To speak to one of our wellbeing practitioners, please contact: 02078414470 or email askbeam@childrenssociety.org.uk
(Available from 10am-6pm, 7 days a week)



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