

Mon	Tue	Wed	Thu	Fri	Sat	Sun
WORKPLACE WELLBEING				¹ Set a mini monthly goal	² Watch a funny film 	³ Declutter a room at home
⁴ Check your work area is suitable	⁵ Stretch lots during the day	⁶  Do some mini workouts	⁷ Are you slouching? Sit up tall	⁸ Don't eat at your desk!	⁹ Practice 10 mins deep breathing	¹⁰ Connect with nature
¹¹ Check in with a colleague	¹² Say "NO" to something!	¹³ Set clear working boundaries	¹⁴ Delegate and/or outsource	¹⁵ Run your own race 	¹⁶ Unfollow negative social media	¹⁷ Have a tech free day
¹⁸ Set regular sleep times	¹⁹ Write your to-do-list before bed	²⁰ Have a hot bath 	²¹ Read a book or colour in	²² Ask for help if you need it	²³ Play loud music and dance!	²⁴ Write a list of gratitude
²⁵ Go for a daily walk 	²⁶ Cut down alcohol on week nights	²⁷ Plan some healthy meals	²⁸ Consider quitting smoking	²⁹ Drink plenty of water 	³⁰ Schedule a games night	³¹ Take up a new hobby

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