

Give 15 minutes of your time

The simplest way to give is to give your time. Our time is precious so giving 15 minutes to someone or something else can have a huge effect.

What can we actually do in 15 minutes? Here's just a few examples to inspire you.

- Call someone you haven't spoken to for a while. If you have an elderly relative why not pick up the phone to them?
- Pick up litter in your local area. Improving our local environment can help increase our wellbeing
- Help a friend with a problem. This could be a sibling struggling with their homework
- Make a small gift. This could be a little drawing or a tasty little snack. Knowing that you put your thought and time into it will mean a lot to the recipient
- Tidy a room in your house. Decluttering a room can also result in a decluttered mind

Once you've decided how you're going to give 15 minutes of your time, answer the questions below.

Before: How are you going to give your time?

After: How did it go?

How do you feel now?
