



## **2. Keep exercising!**

Physical activity has numerous benefits for our wellbeing including: distracting us from our negative thoughts, improving our quality of life and improving our mood.

Spend 15 minutes doing a physical activity of your choice. It could be a short run, a brisk walk or an online yoga session, whatever feels right for you. Fill in the boxes below to reflect on how you feel immediately after exercising and a few hours later.

**What exercise did you do?**

**Why did you choose this exercise?**

**How did you feel immediately afterwards?**

**How did you feel a few hours later?**

### **3. Reading**

To combat feelings of stress, why not try reading or listening to an audiobook for 15 minutes? In an international survey of 18,000 people, 58% of respondents rated reading as the most restful activity they did. Those that read were also more likely to be optimistic and have a sense of purpose – both key to wellbeing.

Spend 15 minutes reading or listening to an audiobook. It doesn't matter what you read – fiction, non-fiction, a newspaper or a magazine. Fill in the boxes below to reflect on how you feel immediately after reading and a few hours later.

**What did you read/listen to?**

**Why did you choose to read /listen to this?**

**How did you feel immediately afterwards?**

**How did you feel a few hours later?**

## 4. 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

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?**

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### After

**How did it go?**

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**How do you feel now?**

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