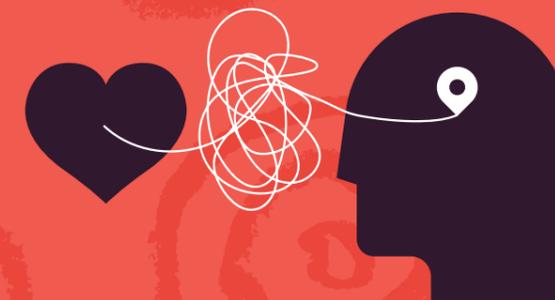


# WELLBEING CHALLENGE

Created by Science Gallery Dublin's OPEN MIND mental health and wellbeing programme, this challenge is guaranteed to brighten up your day - give them a go and see what works best for you!



## CONNECT

Call somebody who isn't a part of your immediate social circle and check in with them.

Somebody's birthday coming up? Collect some videos of their friends and family wishing them a happy birthday and compile it as a present for them.

Talk to someone who has a different opinion about something you are passionate about - what can you learn from them?

Dust off a board game at home - or, if you're alone, try a virtual version with your friends! You can set up a free account with Pogo.com to access tons of online games.

Explore the Instagram pages of your favourite musicians and venues for 'virtual gigs'.

Try out active listening: give your full attention to the person speaking during a video call; ask specific questions; display your interest (e.g. nodding; smiling). Was this something you do anyway? Was it challenging to do this virtually?

## GET ACTIVE

Go for a run! Try using an app like MapMyRun to track your progress.

Try a free exercise video on YouTube.

Aim to walk 15,000 steps today - step on the spot around the house or head out for a walk! Share your steps with friends to increase motivation.

Turn up the music and dance around your room!

Reassociate everyday things with activity. Squat when you brush your teeth or do some burpees as your kettle's boiling.

Have a garden but haven't explored your green thumbs? Find some flowers or plants you'd like to grow at home on your next trip to the shop

## MIND YOURSELF

Start to track your sleep! Try to keep a regular sleeping pattern where you wake up and go to bed at the same time each day.

De-clutter! Go through old things you might be hanging onto and see if you can donate them.

Try a mediation app or YouTube video and notice if you feel more relaxed before going to bed.

Watch something that will make you laugh.

Drink only water for a day - then try to stretch it to a week.

Do a deep-breathing exercise.

## POSITIVITY

List five things that you're grateful for today.

Try to go a full day without complaining.

Scrub up! Wear your favourite clothes, do your makeup or have a clean-shaven face.

Compliment someone close to you on a trait you admire.

Sing! Turn up the music loud or register with SingSnap to have an online karaoke night with friends.

Make a list of things that you like about yourself.

## REFLECT

How do you set work-life boundaries at home? This could be a change of clothes or environment, or even a 'fake commute' to wind down after the day.

Reflect on a challenging time in your life. What advice did you receive from others, or learn for yourself, that helped? Write your favourite and stick it up somewhere where you can see it daily.

Draw, take photos, or list what you notice in your current surroundings: five things you can see; four things you can feel; three things you can hear; two things you can smell; one thing you can taste.

How do you talk to yourself when you are experiencing stress? How would you talk to your friend in this situation? What changes?

Write! Scribble! Draw! You could answer some of the above questions in a daily journal to see how your feelings and state evolve during these strange times.

Open your window or back door and find a comfortable place to sit. Take notice of your senses - what you can feel, hear, smell and touch?

## CREATE

Try out a new recipe.

Try out zen-doodling - to get some inspiration, search 'zen doodle patterns' online.

Try a colouring book - you can print pages off online or free scribble and colour it in!

Try out some crafts. Look up some origami patterns, turn a hand to some crochet and knitting, or find a way to upcycle some household clutter.

Always wanted to create a soundscape but never had the time? Korg and Moog are now offering their mobile synth apps for free! Music software like Reaper, Ableton and Garageband all offer free trials too.

Use the time to learn a new skill! Try coding, how to do a handstand or even an online course.

## DIGITAL DETOX

Unfollow accounts on social media that don't inspire you

Set aside times during the day to update yourself on the news, and deactivate any automatic updates on your devices.

Avoid social media before 11am.

Clear out your inbox or desktop.

Unsubscribe from email marketing you're not interested in.

Have a phone-free evening.