Occupational Health

1. Read a book
2. Watch a comedy/your favourite film
3. Play a board game
4. Try a new recipe
5. Do something crafty
6. Draw/paint a picture
7. Go for a walk outside
8. Sit in your garden/a local park
9. Do a form of exercise you enjoy
10. Dance
11. Listen to your favourite song
12. Breathe
13. Meditate
14. Do some yoga/pilates
15. Help someone else
16. Have a bath
17. Call a friend
18. Eat a healthy snack
19. Spend some time working in your garden
20. Use positive self-talk
21. Do a jigsaw
22. Adult colouring books
23. Play! – kick a ball, run around, hula hoop
24. Connect with someone
25. Practise gratitude
26. Write a journal
27. Learn something new
28. Listen to a podcast
29. Write a letter
30. Sleep! – Read ‘Why we sleep’ Matthew Walker