

# Creative Wellbeing Ideas

WELLBEING STARTS WITH THE LITTLE THINGS - BE MORE PLAY AND CURIOUS WITH YOUR LIFE!

- GO TO A THEMED BRUNCH
- GO ON A NATURE WALK
- MEDITATE TO HANDPAN MUSIC
- MAKE A DIGITAL VISION BOARD
- ATTEND A NETWORKING EVENT
- DONATE SOMETHING TO CHARITY
- BOOK A RETREAT
- MINDFUL STREET PHOTOGRAPHY
- INTERACTIVE VIRTUAL ART CLASS
- TRY A CULINARY CLASS
- MINDFUL COLOURING
- FACE-TIME WITH FRIENDS
- JOURNAL
- LISTEN TO A PODCAST
- COOK YOUR FAVE FOOD
- TAKE A POTTERY CLASS
- GO TO A DANCE CLASS
- COMPLIMENT A STRANGER
- DANCE IN YOUR ROOM
- ATTEND A WRITING WORKSHOP
- GO TO A DANCE CLASS
- PLAN A STAYCATION
- REARRANGE YOUR ROOM - DECLUTTER
- READ A BOOK
- ATTEND AN ART GALLERY
- PUPPY YOGA
- ROLLER SKATING
- ATTEND AN INTERACTIVE EXPERIENCE

