



Coping with COVID-19

19 days of Wellbeing Challenges

Bringing Ingenuity to Life
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Wellbeing in the time of COVID-19

Why wellbeing is more important than ever

A wave of anxiety and uncertainty has swept the world. If wellbeing was a hot topic before, in the wake of the COVID-19 pandemic, it's now on fire. The pandemic brings with it many unpleasant and intense emotions. Heightened fear of the virus itself, job insecurity and financial worries are at the forefront of our minds.

Promoting and supporting employee wellbeing isn't just the right thing to do, it's also good for business as happy and healthy people are more productive and motivated. And today, it's more important than ever to look after our own wellbeing, as well as that of our teams, organisations and society. Together, we can get through this.

How the Wellbeing Challenges help

COVID-19 has shaken up the way we work, with many people now working from home. Most people know there are things they could and should do to establish a healthy routine and adapt to the new situation. But, of course, knowing those things doesn't mean they end up doing them. It's easy for the situation and wealth of advice to overwhelm us.

We designed these Wellbeing Challenges to give you, your teams and employees a starting point. By making some small commitments and creating healthy daily habits involving exercise, nutrition, sleep, (virtual) human interaction and mindfulness, marginal gains build up – in other words, these small, regular efforts can have a larger impact over time.

It's important to remember that doing each of these tasks just once is unlikely to lead to meaningful changes. This is about forming habits to achieve long-lasting improvements.

How to use this toolkit

Each challenge gives the basic requirements to complete it. Participants should try them out, see what works for them and adopt these into their daily life, creating healthy habits that last way beyond COVID-19. The included tracking journal, action plan and guide for a team de-brief can help make these lasting changes.



You don't have to do it alone

Why wellbeing buddies are important

In times of self-isolation and working from home, where casual chats in communal spaces are impossible, we need to create opportunities for people to connect and check in. Social distancing needs to turn into distant socialising.

A long-term wellbeing buddy gives employees a powerful support resource. Encouraging employees to partner up to support each other's wellbeing also strengthens workplace relationships, enhancing teamwork, camaraderie and productivity, and cultivating a supportive culture.

When co-workers connect with each other, it fosters encouragement, provides moral support and promotes the sharing of ideas.

The social support of others makes all the difference as we push to stick to the Wellbeing Challenges. At the same time, it's a great opportunity to make us feel connected – albeit virtually.

How to set up a buddy system

Wellbeing buddies can be run in pairs, small groups or networks of colleagues through email, video conferencing or any other collaborative tool you use. Developing a small or large network of workplace wellbeing buddies should always be fun and pressure-free, so it's important to give the option to opt out.

How to engage people

Have someone coordinate the wellbeing buddies and regularly check in on them to see how they're getting on. Sharing people's experiences and good news stories via internal newsletters can also help boost morale and encourage participation. Having a senior ambassador that role-models the Wellbeing Challenges or a photo of the week competition can also have major impacts on both team morale and participation.

While wellbeing buddy networks should be employee-driven and not feel forced, leaders can promote the wellbeing buddy concept, encourage other leaders to role model a healthy work-life balance and generally inspire employee health and wellbeing.



“Having a wellbeing buddy whilst completing the challenges encouraged me to make the time to focus on my wellbeing.”



How to get started

COVID-19 Wellbeing Challenges checklist

- Find a senior sponsor for the initiative. If you are the sponsor, find someone who can take on the day-to-day running of the Wellbeing Challenges.
- Send a welcome email that sets out the purpose of the Wellbeing Challenges and clarifies the timeline, and attach the 30-second tracking journal (day 0).
- Send the Wellbeing Challenges at the same time every morning so people can get into a routine.
- Remember to send Challenge #1 the night before.
- If possible, set up a virtual space where people can discuss the challenges, such as a Teams channel.
- Check in on the Wellbeing buddy groups weekly. If you have any Mental Health & Wellbeing Champions, ask them to support you.
- Include success stories, updates, comments, photo of the week etc. in internal newsletters to encourage participation.
- Use the senior sponsor as an ambassador and encourage them to share their progress and reflections.
- Organise a team de-brief at the end to offer a chance to reflect, discuss and share an action plan.

Welcome email template



Dear colleagues,

In light of COVID-19, it's more important than ever to look after our wellbeing. The pandemic has shaken up the way in which we work. It's probably fair to say that most of us know there are things we could do to establish a healthy routine and adapt to the new situation. But, of course, knowing them doesn't mean we end up doing them. It's easy for the situation and wealth of advice to overwhelm us. So, we're launching a [team/company/account-wide](#) Wellbeing Challenge.

What's this all about?

Over the next 19 working days, you'll receive 19 Wellbeing Challenges designed to give you a starting point to improve your wellbeing. By making some small commitments and creating healthy daily habits involving exercise, nutrition, sleep, (virtual) human interaction and mindfulness, we can build up marginal gains – in other words, we can make small, regular efforts that lead to larger improvements over time.

It's important to remember that doing each of these tasks just once is unlikely to lead to meaningful changes in your health and wellbeing – you need to form habits to do that. Consider this as a variety pack of wellbeing activities. At the end, you can select the ones that worked best for you and try them on a more committed basis. Please find [attached](#) an optional 30-second tracker journal to help you assess what's having the biggest impact.

Am I doing this alone?

No. In times of self-isolation and working from home, where casual chats in communal spaces are impossible, we need to create opportunities for people to connect and check in. Social distancing needs to turn into distant socialising. We have therefore assigned you a [wellbeing buddy/wellbeing buddies](#). Please see [attached](#) a list of who you have been matched with. *[Alternatively, ask people to opt in first or, where appropriate, use existing team structures]*

In summary:

- From tomorrow, you'll receive one Wellbeing Challenge a day for the next 4 weeks
- Don't worry if you need to skip a day or two, these challenges are there to help you, not stress you. It's all optional
- Please reach out to your [wellbeing buddy/buddies](#) and agree how you'd like to support each other with these challenges
- If, for whatever reason, you need to opt out, let us know and we can re-allocate your buddy
- Feel free to post any reflections, photos or resources in the collaboration tool of your choice – let us know how you are getting on
- Use the optional 30-second tracker to stay on top of the challenges and reflect on your wellbeing journey
- At the end of the Challenges, we'll have a virtual team de-brief where you can work on your personal action plan

Together we can get through this and thrive instead of just survive. If you have any questions please get in touch with [XXX](#).

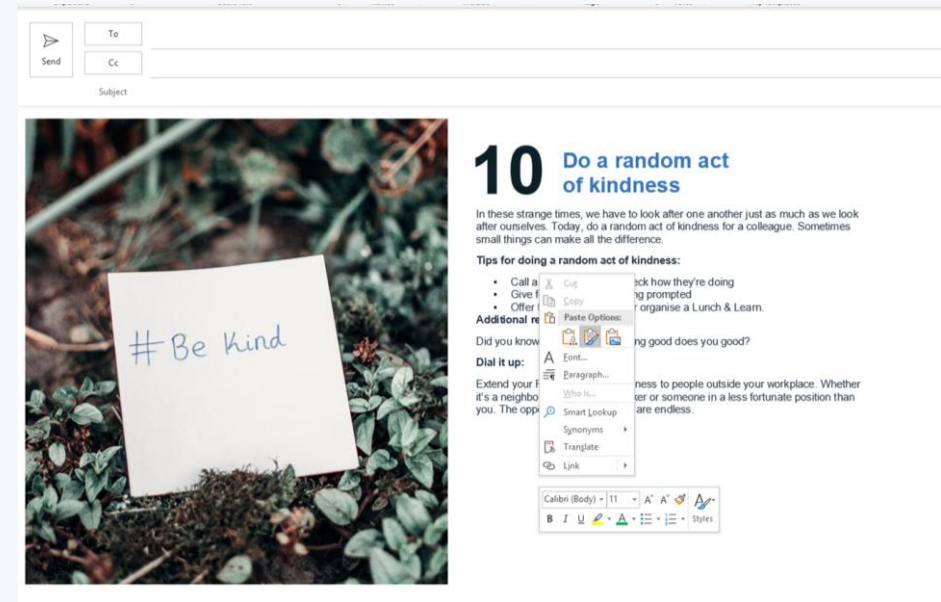
How to use the challenges in Outlook



Step one in PowerPoint

Select the entire slide content of the challenge

Hover over the image, right click and choose "copy", or simply press CTRL+C.



Step two in Outlook

Open a new email and right click

Insert choosing "keep source formatting"

You can still edit the content and should check the text boxes haven't moved. Note, though, that each hyperlink needs to be in its own text box to work in Outlook.

30-second tracking journal

- Print this tracking sheet or complete electronically
- Track which challenges you have completed, how you found them and how they made you feel
- Complete the journal at the end of the day so you have time to reflect – the benefits of the challenges might not be obvious immediately
- Feel free to use the daily tracker to discuss how you're getting on with your wellbeing buddy

No.	Date (add dates)	Completed X ✓	Comments	Mood check in 😊 😞
#0	Mo (add date)		Get organised and reach out to your wellbeing buddies!	
#1	Tues			
#2	Weds			
#3	Thurs			
#4	Fri			
#5	Mo			
#6	Tues			
#7	Weds			
#8	Thurs			
#9	Fri			
#10	Mo			
#11	Tues			
#12	Weds			
#13	Thurs			
#14	Fri			
#15	Mo			
#16	Tues			
#17	Weds			
#18	Thurs			
#19	Fri			

The 19 Wellbeing Challenges


01 Create a morning routine

Our bodies are designed to wake up naturally when the sun rises. But what if you can't get up naturally? Here are 10 ways to create a morning routine that works for you.

How to create a morning routine:

- 1. Wake up at the same time every day.
- 2. Drink water.
- 3. Get dressed.
- 4. Eat breakfast.
- 5. Take a shower.
- 6. Get ready for work or school.
- 7. Leave on time.

Why it's important: A morning routine can help you start your day on a positive note, increase your productivity, and improve your overall health.



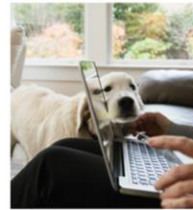
02 Create work-life balance

Work-life balance is the state of equilibrium between your work and personal life. It's about having enough time to spend with your family, friends, and yourself.

How to create a work-life balance:

- 1. Set boundaries.
- 2. Prioritize.
- 3. Delegate.
- 4. Take breaks.
- 5. Exercise.
- 6. Spend time with loved ones.
- 7. Pursue hobbies.

Why it's important: A good work-life balance can reduce stress, improve your mood, and increase your productivity.




03 Keep moving

Physical activity is essential for good health. It can help you lose weight, improve your mood, and increase your energy levels.

How to keep moving:

- 1. Walk or jog.
- 2. Take the stairs.
- 3. Stand up and stretch.
- 4. Do yoga.
- 5. Take a dance class.
- 6. Hire a personal trainer.
- 7. Find a workout buddy.

Why it's important: Regular exercise can help you live longer, feel better, and enjoy your life more.



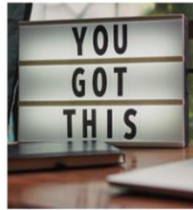
04 Check in with your colleagues

It's important to check in with your colleagues to see how they are doing. It can help you build stronger relationships and improve your team's performance.

How to check in with your colleagues:

- 1. Ask how they are doing.
- 2. Listen to their problems.
- 3. Offer support.
- 4. Celebrate their successes.
- 5. Be a good listener.
- 6. Show appreciation.
- 7. Be honest.

Why it's important: Checking in with your colleagues can help you build a supportive and productive team.




05 Limit your screen time

Spending too much time on your phone or computer can be bad for your health. It can cause eye strain, headaches, and make you feel tired.

How to limit your screen time:

- 1. Turn off notifications.
- 2. Use screen time trackers.
- 3. Take breaks.
- 4. Charge your phone at night.
- 5. Use apps to limit screen time.
- 6. Find alternative activities.
- 7. Set boundaries.

Why it's important: Limiting your screen time can help you feel more energized and focused during the day.




06 Practice gratitude

Practicing gratitude can help you feel more positive and happy. It's about focusing on the good things in your life.

How to practice gratitude:

- 1. Write a gratitude journal.
- 2. Say thank you.
- 3. Focus on the positives.
- 4. Be grateful for what you have.
- 5. Practice gratitude meditation.
- 6. Express gratitude to others.
- 7. Be thankful for your life.

Why it's important: Practicing gratitude can help you live a more meaningful and fulfilling life.




07 Switch your snacks

Switching your snacks can help you eat healthier and feel better. It's about choosing nutritious options over unhealthy ones.

How to switch your snacks:

- 1. Choose fruits and vegetables.
- 2. Opt for whole grains.
- 3. Drink water.
- 4. Avoid sugary and salty snacks.
- 5. Eat mindfully.
- 6. Listen to your body's hunger cues.
- 7. Be consistent.

Why it's important: Switching your snacks can help you improve your diet and overall health.




08 Do something you've been putting off

It's important to do something you've been putting off. It can help you feel more accomplished and motivated.

How to do something you've been putting off:

- 1. Break it down.
- 2. Start small.
- 3. Set a deadline.
- 4. Find a deadline buddy.
- 5. Reward yourself.
- 6. Stay motivated.
- 7. Be consistent.

Why it's important: Doing something you've been putting off can help you feel more in control of your life.




09 Get outside your comfort zone

Getting outside your comfort zone can help you grow and learn. It's about trying new things and taking risks.

How to get outside your comfort zone:

- 1. Try new things.
- 2. Take risks.
- 3. Step out of your shell.
- 4. Be vulnerable.
- 5. Embrace failure.
- 6. Stay curious.
- 7. Be open-minded.

Why it's important: Getting outside your comfort zone can help you become a more resilient and confident person.




10 Do a random act of kindness

Doing a random act of kindness can help you feel more connected to others. It's about being nice to someone you don't know.

How to do a random act of kindness:

- 1. Smile.
- 2. Say hello.
- 3. Hold the door.
- 4. Compliment someone.
- 5. Help someone.
- 6. Be generous.
- 7. Be kind.

Why it's important: Doing a random act of kindness can help you spread positivity and make the world a better place.




11 Take some time out

Taking some time out can help you recharge and relax. It's about stepping away from work or school for a while.

How to take some time out:

- 1. Take a break.
- 2. Go for a walk.
- 3. Read a book.
- 4. Watch TV.
- 5. Listen to music.
- 6. Spend time with loved ones.
- 7. Do something you enjoy.

Why it's important: Taking some time out can help you reduce stress and improve your mental health.




12 Don't take yourself so seriously

Not taking yourself so seriously can help you live a more fun and carefree life. It's about laughing at yourself and not worrying too much.

How to not take yourself so seriously:

- 1. Laugh at yourself.
- 2. Be self-deprecating.
- 3. Don't overthink.
- 4. Be confident.
- 5. Be authentic.
- 6. Be vulnerable.
- 7. Be kind to yourself.

Why it's important: Not taking yourself so seriously can help you enjoy your life and build stronger relationships.




13 Limit your news intake

Limiting your news intake can help you reduce stress and anxiety. It's about not watching or reading too much news.

How to limit your news intake:

- 1. Turn off the news.
- 2. Limit news consumption.
- 3. Avoid sensationalism.
- 4. Focus on the positives.
- 5. Be selective.
- 6. Be critical.
- 7. Be informed.

Why it's important: Limiting your news intake can help you stay calm and focused on what's important.




14 Declutter, Delete, Downsize.

Decluttering, deleting, and downsizing can help you feel more organized and in control. It's about getting rid of things you don't need.

How to declutter, delete, and downsize:

- 1. Sort through your stuff.
- 2. Donate or sell.
- 3. Delete files.
- 4. Unsubscribe.
- 5. Simplify.
- 6. Be intentional.
- 7. Be consistent.

Why it's important: Decluttering, deleting, and downsizing can help you create a more peaceful and functional environment.




15 Let music match your mood

Letting music match your mood can help you feel better and more energized. It's about listening to music that makes you feel good.

How to let music match your mood:

- 1. Listen to music.
- 2. Create a playlist.
- 3. Dance.
- 4. Sing.
- 5. Relax.
- 6. Be inspired.
- 7. Be happy.

Why it's important: Letting music match your mood can help you improve your mental health and overall well-being.




16 Check in with yourself

Checking in with yourself can help you understand your needs and feelings. It's about taking time for self-reflection.

How to check in with yourself:

- 1. Take a break.
- 2. Reflect.
- 3. Journal.
- 4. Meditate.
- 5. Be honest.
- 6. Be vulnerable.
- 7. Be kind to yourself.

Why it's important: Checking in with yourself can help you live a more authentic and meaningful life.



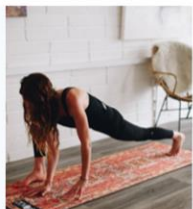
17 Make exercise fun

Making exercise fun can help you stay motivated and enjoy your workouts. It's about finding ways to make physical activity enjoyable.

How to make exercise fun:

- 1. Try new activities.
- 2. Exercise with friends.
- 3. Listen to music.
- 4. Watch TV.
- 5. Be creative.
- 6. Be consistent.
- 7. Be patient.

Why it's important: Making exercise fun can help you build a healthy habit and improve your physical health.



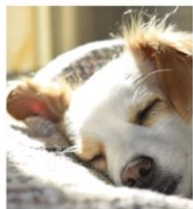
18 Get a good night's sleep

Getting a good night's sleep can help you feel more rested and energized. It's about creating a sleep routine.

How to get a good night's sleep:

- 1. Go to bed at the same time.
- 2. Create a bedtime routine.
- 3. Avoid screens.
- 4. Relax.
- 5. Be consistent.
- 6. Be patient.
- 7. Be healthy.

Why it's important: Getting a good night's sleep can help you improve your cognitive function and overall health.




19 Reframe the moment

Reframing the moment can help you see things in a different light. It's about changing your perspective.

How to reframe the moment:

- 1. Be positive.
- 2. Be grateful.
- 3. Be optimistic.
- 4. Be resilient.
- 5. Be confident.
- 6. Be brave.
- 7. Be kind.

Why it's important: Reframing the moment can help you overcome challenges and live a more positive life.



01 Create a morning routine

Our lives have changed and our daily routines are not what they used to be. Think about how you can set up a healthy routine that doesn't include breakfast at midday and conference calls in pyjamas.

Tips for setting up a healthy morning routine:

- Don't snooze: Get up when your alarm actually rings and do NOT hit the snooze button.
- Stretch: Why not do a morning stretch? Here's [a 10-minute stretch routine](#) you can easily build into your day.
- Breakfast: Have a healthy breakfast. Why not prepare some overnight oats? The benefits of having breakfast are numerous, ranging from lower rates of diabetes to increased satiety and weight loss.
- Get inspired: Listen to a podcast or the radio whilst getting ready. Radio 4 does a great thought of the day around 7:48.
- Meditate: There are some great morning meditations on the free app [Insight Timer](#).
- Get moving: Go for a morning jog (while following government guidance) or do an online workout at home.

Dial it up:

If you have a partner, children or housemates who you're isolating with, why not include them in this? If you're self-isolating alone, can you ask a friend to give you a wake-up call so you can't hit the snooze button?





02 Create work-life balance

If you aren't used to working from home, it might feel like your home and work lives have merged, particularly if your bedroom or kitchen table have turned into an office. So, think about how you can make little changes to create some boundaries.

Tips for separating work from life:

- If possible, stick to your usual working hours and switch your laptop and work phone off in the evenings.
- If you have family commitments and need to look after your children, speak to your line manager about flexible working hours.
- If you work in your bedroom or living room, pack up your laptop after the work day is done.
- If you work on the kitchen table, divide the table in half: a working and living space.
- If you share the space with others, why not have set lunch and break times to reconnect and eat together? Create a schedule.

Additional resources:

Leapers is a community that supports the mental health of the self-employed. They have produced a great guide on [working well from home under self-quarantine](#).

Dial it up:

Why not organise a virtual after work drinks party for your friends and family that are far away? There are plenty of free [video conferencing providers](#). That way, you have to stop working at a certain time.

03 Keep moving

With most of our day spent indoors, it's easy to become sedentary. Find little ways in which you can keep moving throughout your working day.

Tips for keeping moving:

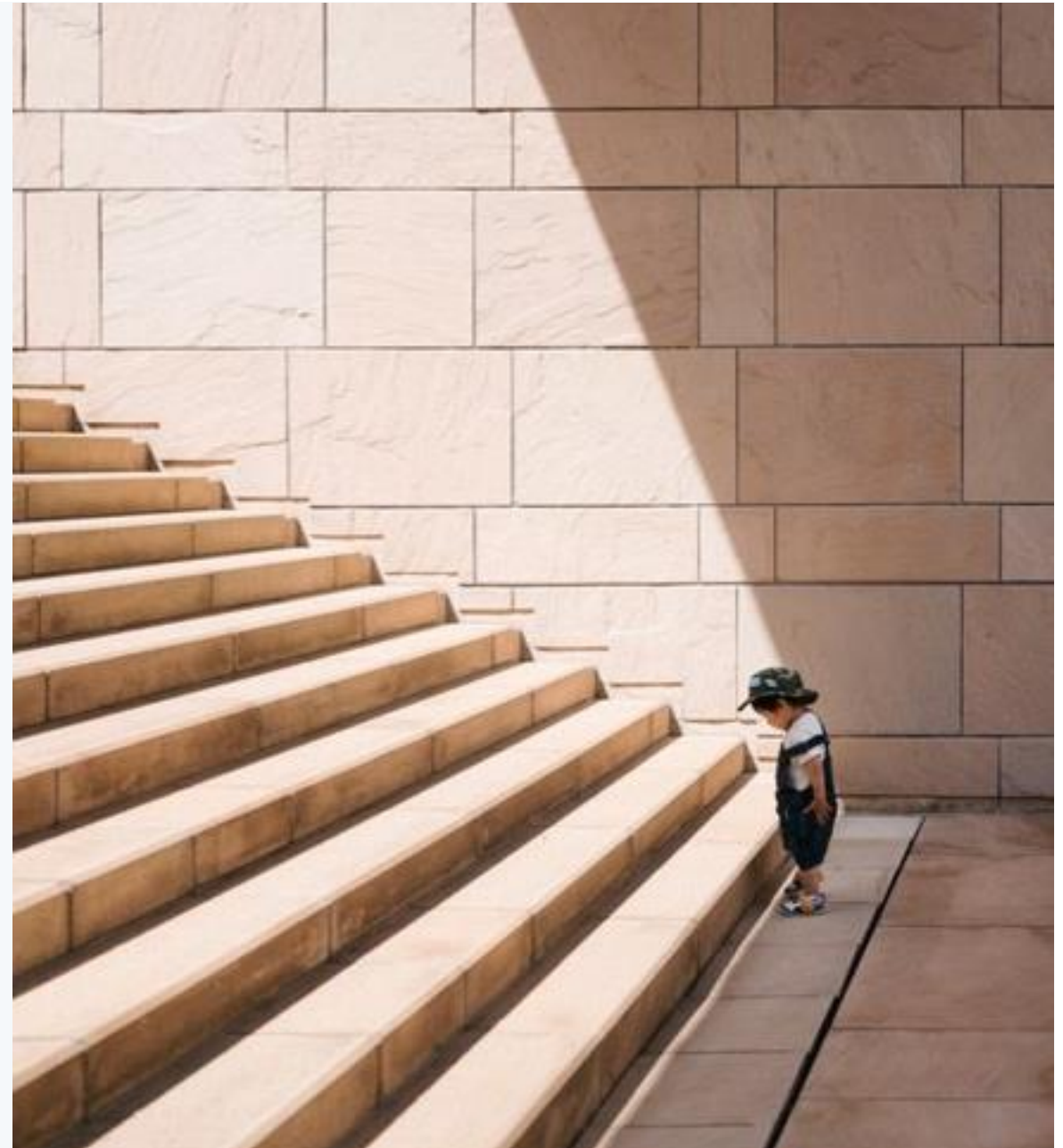
- Try doing 10 star jumps every hour
- Try stretching between conference calls
- Try taking calls while walking up and down the corridor.

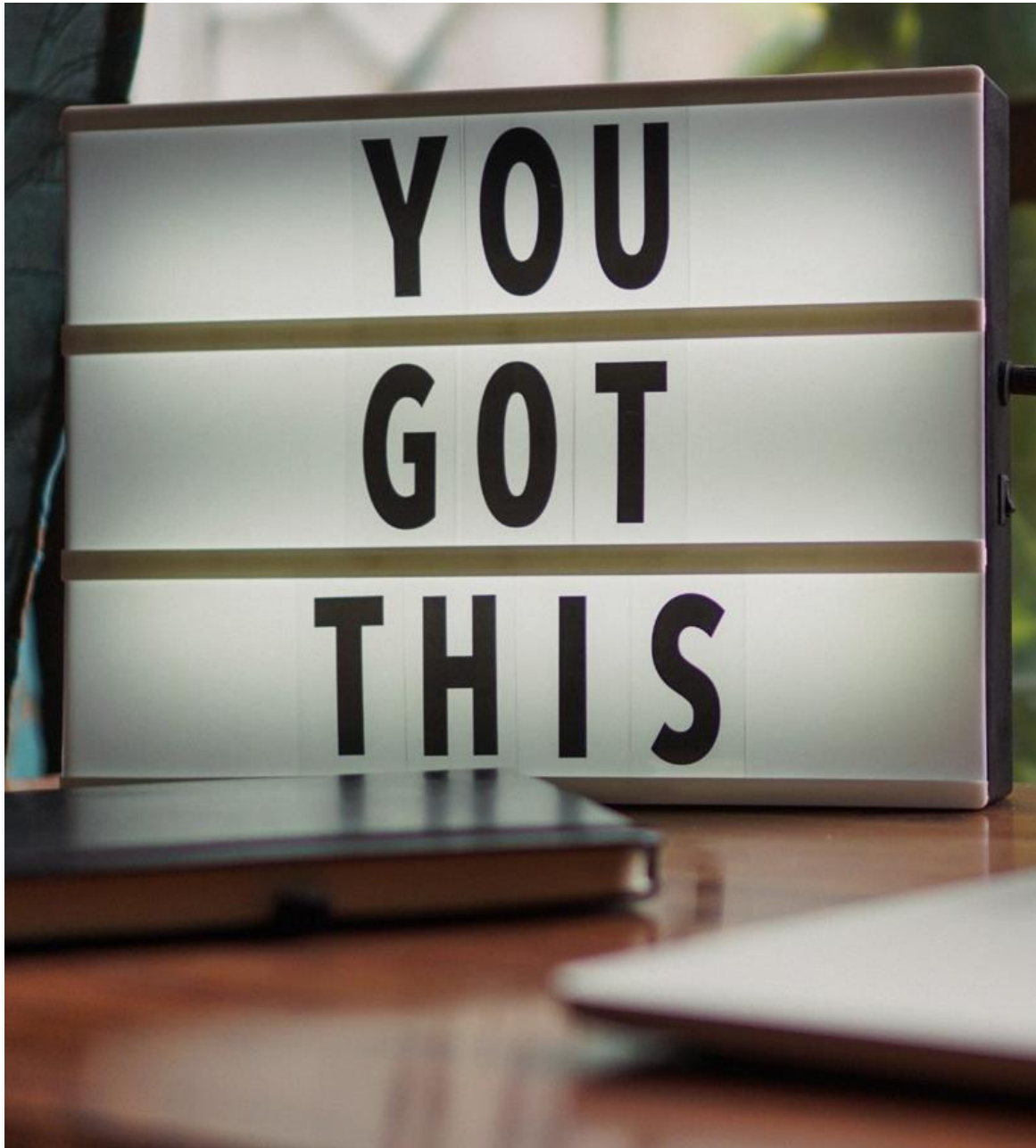
Additional resources:

Listen to this half-hour podcast: [How Exercise Impacts on The Brain & Our Mental Health](#).

Dial it up:

Use a step counter (there's one in most smartphones) and make sure you aim for 10,000 steps a day.





04 Check in with your colleagues

How are you? No, how are you really? This question can go a long way. Often, we think we are the only ones that find a situation challenging and need to put on a brave face.

Pick up the phone and give a colleague a call just to check in and ask them how they're really doing.

Additional resources:

This [CNBC article](#) has some great ideas on how to stay connected while working remotely.

Dial it up:

Why not reconnect with someone you've lost touch with just to ask whether they and their loved ones are safe and healthy? Whether it's a former client or a former colleague, we're all going through the same experience.

05 Limit your screen time

COVID-19 has changed our relationship with our electronic devices. While it's a blessing that we can keep in touch with our loved ones, we need to get the balance right.

Tips for limiting your screen time:

- Make airplane mode your
- Instead of watching TV or scrolling through your phone, pick up a book
- Go for short walks while respecting government guidance
- Sit still and notice all the beauty in the world around you.

Additional resources:

- Harvard Medical School's article on [Screen Time and the Brain](#)
- Psychology Today explores [The Beauty of Doing Nothing](#)

Dial it up:

Why not use a [Screen Time tracking app](#) (this feature is built into top smartphones) to become aware of how much time you actually spend on your phone every day. You can even set a time limit for specific apps.





06 Practice gratitude

In times like these, it's more important than ever to count your blessings.

Tips for practicing gratitude:

- Write down three things that you're grateful for, went well today or made you happy
- When you say 'thank you', explain what you're thanking the person for.

Additional resources:

- Positive Psychology's [14 Health Benefits of Practicing Gratitude According to Science](#)
- Psychology Today's [7 Scientifically Proven Benefits of Gratitude](#)

Dial it up:

Practice active gratitude. Sometimes, we just say thank you without giving it much thought. Say why you're grateful. For example, "Thank you for rescheduling the meeting, I would have struggled otherwise." It will make the other person feel appreciated and, by being more aware and actively expressing your gratitude, you'll feel better too.

07 Switch your snacks

With the fridge or chocolate stack just metres away, monitor your unhealthy snacking habits.

Tips for a healthy diet:

- Swap processed snacks for fruit, hummus and carrot sticks or nuts
- Consider how you can boost your immune system by having a healthy diet

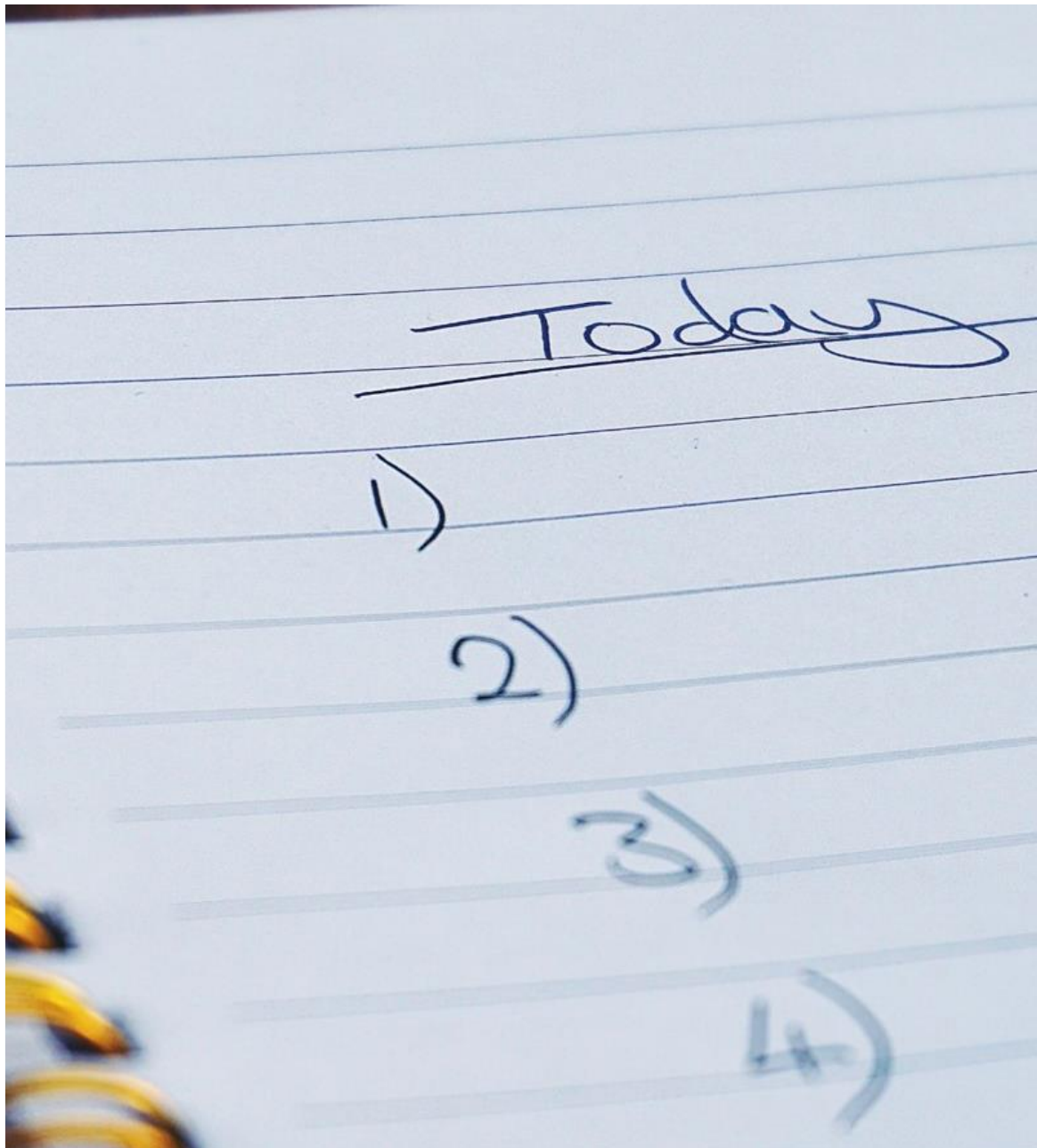
Additional resources:

- Medical News Today are sharing some [great foods for boosting your immune system](#)
- BBC Good Food has some [healthy meal prep ideas](#)

Dial it up:

Have a busy day of conference calls coming up? Why not spend an evening cooking and preparing lunch for the next day? And share your favourite recipe with your wellbeing buddy.





08 Do something you've been putting off

Some of us have more time than ever as we're not commuting and are staying at home. Some of us might be busier than ever, juggling work and home schooling children. Either way, we're all guilty of putting off certain tasks. If we just got them done, it would free up some headspace to refocus on things that really matter.

Do something today that you've been putting off for a while. You'll feel much better afterwards.

Additional resources:

Regardless of whether you're a procrastinator or not, check out this [TED talk playlist](#) and watch a talk that interests you. Tim Urban's 'Inside the mind of a master procrastinator' is highly recommended.

Dial it up:

If there's something you habitually put off, get a regular slot in your diary where you tackle it.

09 Get outside your comfort zone

When staying home, it's easy to lose momentum and default to reading or watching TV. Challenge yourself to do something different.

Tips for getting out your comfort zone:

- Try a new (indoor) sport (ever heard of Zoom Zumba?)
- Enjoy a free theatre or opera screening, or do a virtual museum tour
- Join a virtual cooking or art class
- Learn a new language
- Take a free course

Additional resources:

- Check out [this list of free online classes](#) to beat COVID-19 loneliness
- [Open Culture](#) offers free courses on virtually anything

Dial it up:

Encourage others to try something out of their comfort zone. You could set your family and friends challenges to complete (that can be done at home and following government guidelines) – it's a great way to stay connected in a fun way. Anyone fancy a virtual bake off?





10 Do a random act of kindness

In these strange times, we have to look after one another just as much as we look after ourselves. Today, do a random act of kindness for a colleague. Sometimes small things can make all the difference.

Tips for doing a random act of kindness:

- Call a team member to check how they're doing
- Give feedback without being prompted
- Offer to share your skills or organise a Lunch & Learn.

Additional resources:

Did you know [research shows](#) doing good does you good?

Dial it up:

Extend your Random Acts of Kindness to people outside your workplace. Whether it's a neighbour, a healthcare worker or someone in a less fortunate position than you. The opportunities to do good are endless.

11 Take some time out

In times like these, it's easy to get overwhelmed. By focusing on breathing, we can drown out some of the COVID-19 noise.

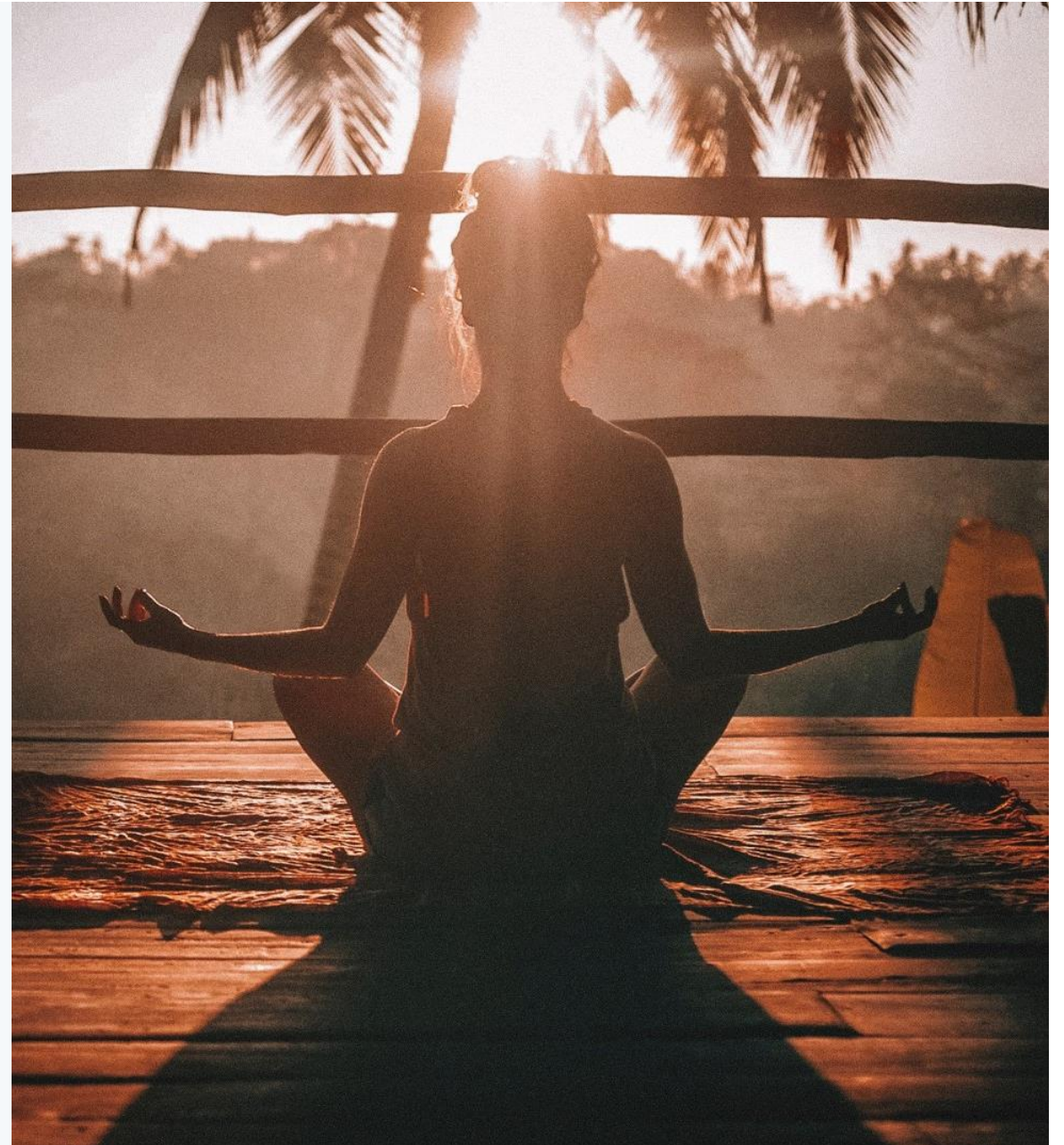
Tips for taking time out:

Try some of these meditation apps – they're either free or offer some free resources and trials.

- [Headspace](#)
- [Insight Timer](#)
- [The Daily Meditation Podcast](#)
- [Happy Not Perfect](#)
- [Calm](#)

Dial it up:

Give [Square Breathing](#) a go. You can do it anywhere if you need to ground yourself for a minute or two. Find a rectangular shape, like a window, follow it with your gaze and count your breaths. Breathe in for 4, hold for 4, breath out for 4, hold for 4.





12 Don't take yourself so seriously

In a moment where you feel stressed, anxious or frustrated, step back and re-evaluate if this really is the end of the world. COVID-19 will pass. Keep things in perspective.

Tips for not taking yourself too seriously:

- Do something silly like rubbing your tummy and patting your head at the same time or Pulling a silly face.
- Do something that takes you out of your head and into your body.

Additional resources:

[Psychology Today](#) has a great article on How to stop taking yourself too seriously.

Dial it up:

Why not take a walk down memory lane and play a game you used to love as a child? No matter how silly it seems now - you're never too old to have fun.

13 Limit your news intake

Anxiety is a normal reaction to uncertainty, particularly things that may harm us. So, limit your news consumption today.

Tips for limiting your news intake:

- Balance keeping informed with not overwhelmed, such as only watching one news programme
- Allow your body and mind to de-stress and recover by planning time away from stress-inducing activities

Additional resources:

- Find advice from the [Mental Health Foundation](#)
- See what mental health charity [Mind](#) has to say

Dial it up:

Pass this advice onto a colleague, friend or family member and have an honest conversation about how you're really coping.





14 Declutter. Delete. Downsize.

Declutter and create some space. It's great for keeping your mind clear and focused. Sometimes less is more.

Tips for decluttering:

- Organise your inbox
- Delete folders you no longer need
- Tidy your desk(top)

Additional resources:

- There's a really thought provoking documentary on Netflix called Minimalism
- Sparking joy: [The Marie Kondo method](#)
- Minimalism: [When Living With Less Means More Mental Health](#)

Dial it up:

Extend this to your home. Especially now, when there might be a few of you confined to the same space for the foreseeable future, having a clutter-free home can make a big difference. Why not prepare some bags to take to a charity shop when they reopen?

15 Let music match your mood

Music can have an incredibly powerful impact on us. It moves us. It motivates us. It distracts us. It helps us relax. Create a playlist of songs you can turn to when you're in a particular mood to help regulate how you're feeling.

Tips for creating a mood playlist:

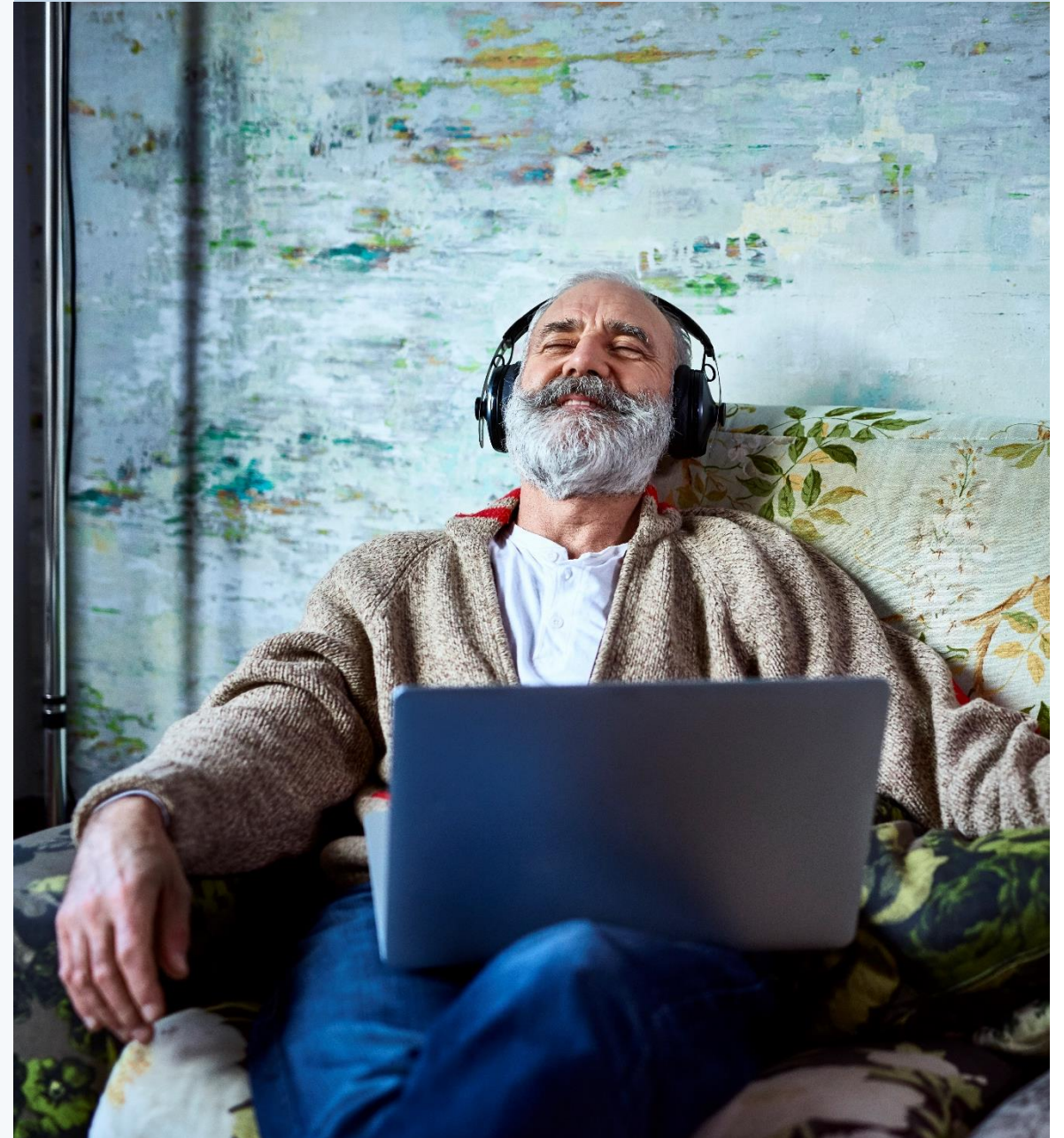
- Look for songs to help you unwind and relax
- Look for songs to energise you
- Look for songs to lift you up
- Look for songs you love working out to
- Look for songs that trigger happy memories.

Additional resources:

- [10 Surprising Psychological Benefits of Music](#)
- [6 Ways Music Can Improve Well-being](#)

Dial it up:

Exchange and discuss your playlist with your wellbeing buddy, colleague or friend. Actively reflect on the part music plays in your life and how you can use it to improve your wellbeing.





16 Check in with yourself

In times like these, it's normal to have a lot on your mind and for your body to feel a little different while it adapts to a new routine (or desk chair). Close your eyes for a minute or two and check in with yourself on three levels:

Mind: what are you thinking or worried about?

Body: how are you physically feeling?

Heart: what are you grateful for?

Then think about what can you do to improve your wellbeing. If your body feels tired, think about how you could re-energise it, for example.

Additional resources:

Why not do a [full body scan](#)?

Dial it up:

Do this with your team over a conference call. It might seem weird to do this in a group but it works.

17 Make exercise fun

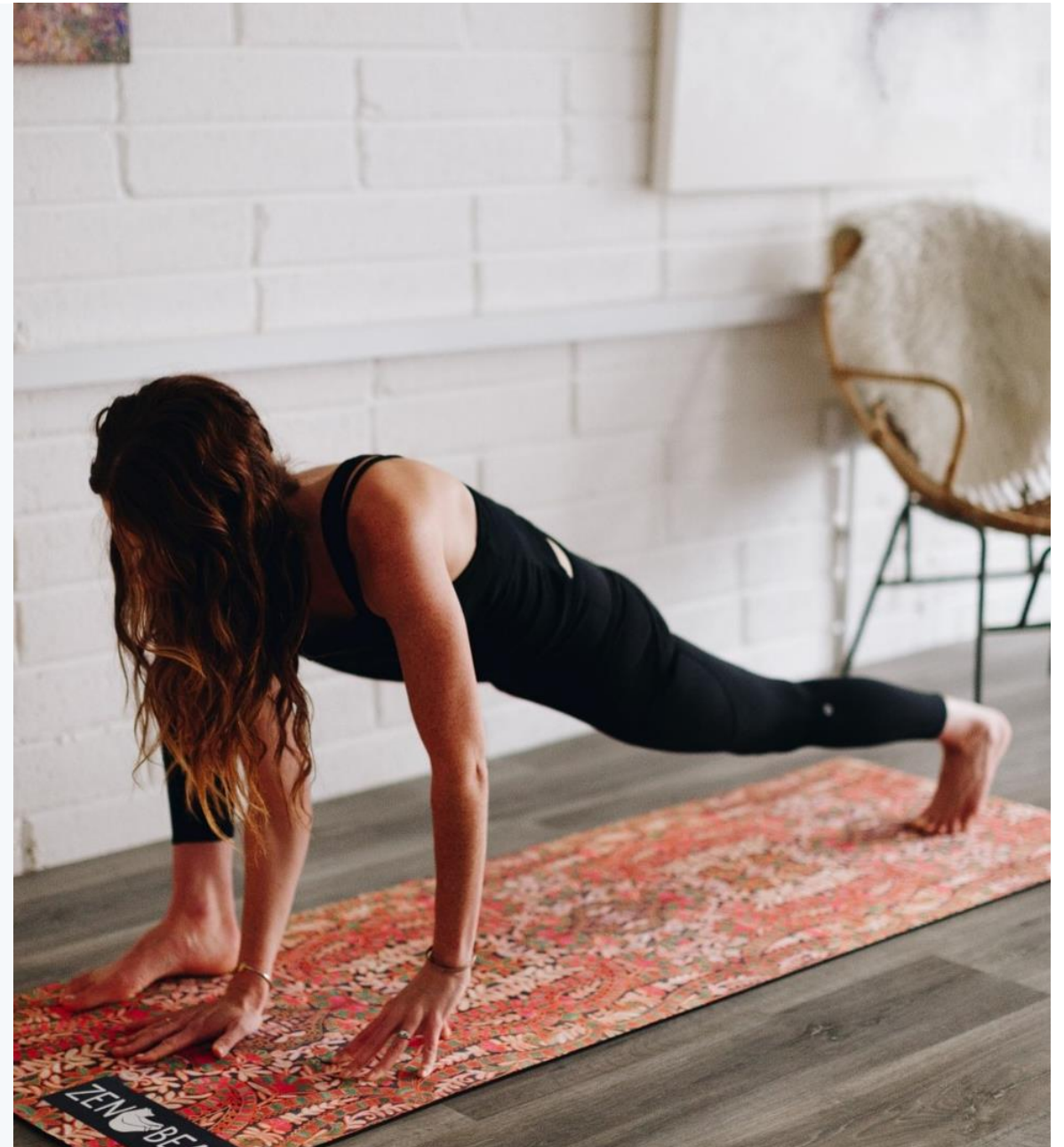
Making time to exercise is particularly important given you'll be more sedentary than usual. There are plenty of free videos online and live classes for all levels of ability. Why not incorporate a quick workout into your daily routine?

Additional resources:

- Joe Wicks is keeping the nation fit with a free [9am PE lesson](#). If you have children at home, why not join in with them?
- Check out the [Independent's collection](#) of the best exercise classes on Zoom, YouTube and Instagram
- Explore the [10 best online home workouts](#) as chosen by the Guardian

Dial it up:

Think long-term and beyond COVID-19, set yourself a goal that requires you to train. Whether that's a 5k or Iron Man - just push yourself slightly beyond your usual limit. Having a goal to train for will give you an extra motivational boost.





18 Get a good night's sleep

When it comes to your wellbeing, sleep plays an important role. [The National Sleep Foundation](#) points out that whilst more sleep won't necessarily prevent you from getting sick, not getting enough could have a negative effect on your immune system.

Tips for getting a good night's sleep:

- Stick to a routine in the evening and morning
- Avoid screens for an hour before going to sleep
- Try a short mindfulness session before going to bed

Additional resources:

- [Sleep Matters: The Impact Of Sleep On Health And Wellbeing](#)
- Listen to the '[Why we sleep](#)' episode on the *Feel Better, Live More* podcast

Dial it up:

Have you tried tracking your sleep? There are [plenty of apps](#) out there to help you stay on top of how much you sleep, how deep you sleep and what factors can influence your quality of sleep.

19 Reframe the moment

A wave of anxiety and uncertainty has swept the world and it's easy to lose perspective. So, take five minutes and practice one of the below:

- Mindset shift – You're not stuck at home, you're safe at home
- This shall pass – Remember that this shall pass. Think of a time when you thought a situation would last forever and it didn't
- Be a time traveller – Reimagine this situation if you were a couple of months, a year or 10 years in the future. How will you feel then? Imagine yourself in that calmer place in the future and it will help put things in perspective
- Focus on the good – If you accept that the situation is beyond you, how can you make the most of it and focus on the positives

Additional resources:

- [How to Fail podcast](#): Mo Gawdat on how to cope with anxiety in a time of Coronavirus
- [Deliciously Ella podcast](#): Coping with the current uncertainty with psychotherapist Anna Mathur

Dial it up:

Make a list of everything you've learned during these past weeks and reflect on if you'd like to change anything about how you live your life after COVID-19.





My action plan

Reflect on what habits you want to develop

Three habits I want to develop in the coming weeks:

1)

2)

3)

What will help me and what support do I need?

When do I know that I have been successful?

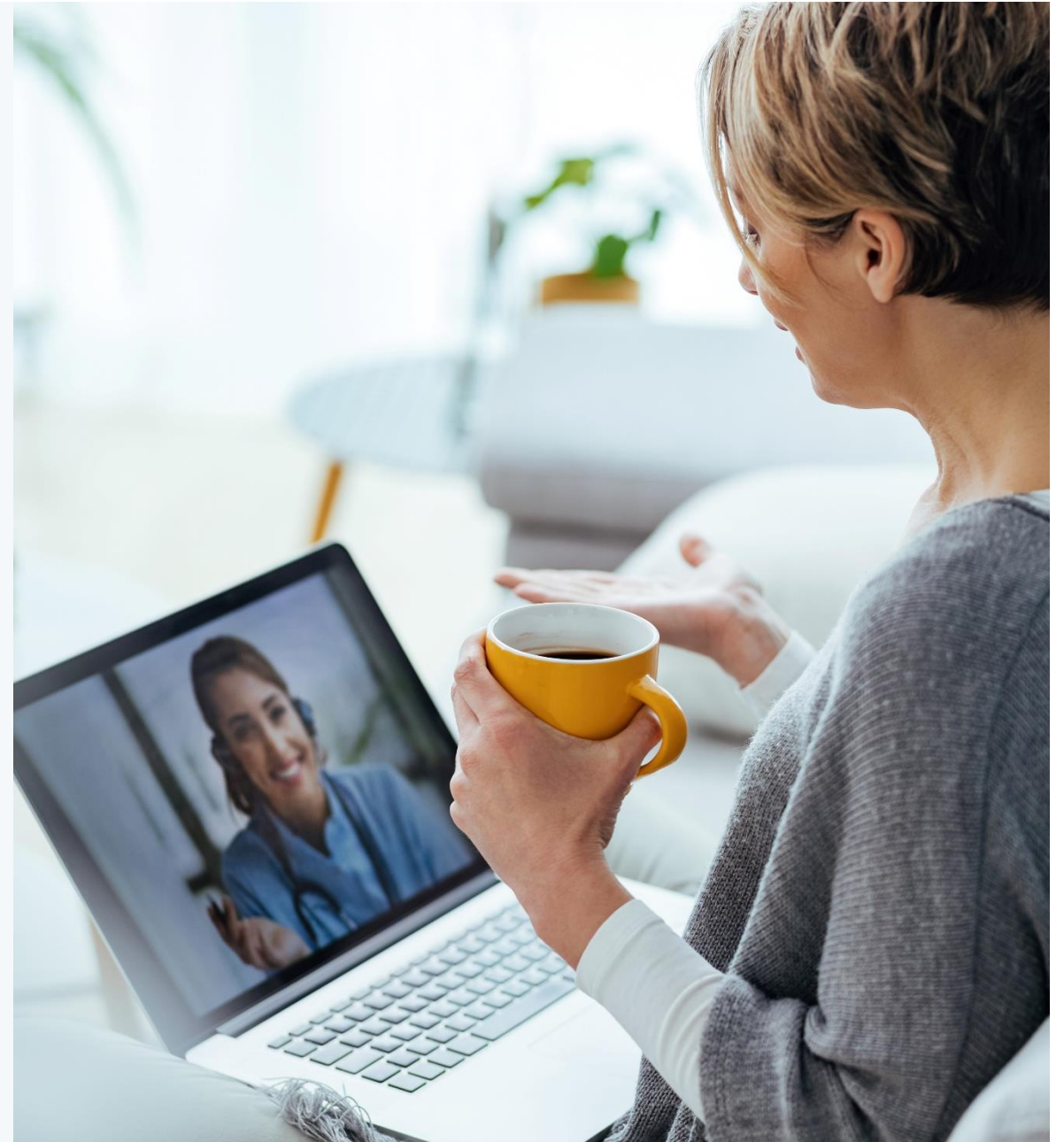
My commitment statement:

Why do I want to adopt these habits?

Team de-brief

Questions to guide the team de-brief

- How did you feel before starting the Wellbeing Challenges?
- How do you feel after completing the Wellbeing Challenges?
- What have you learnt about yourself and your colleagues?
- Is there anything you found particularly challenging or particularly easy to do?
- What habits are you hoping to develop in the coming weeks?
- What habits (if any) are you hoping to keep up after life goes back to “normal” post COVID-19?
- Allow time to complete the action plan + feed back



Get in touch

Our wellbeing experts are here to help:



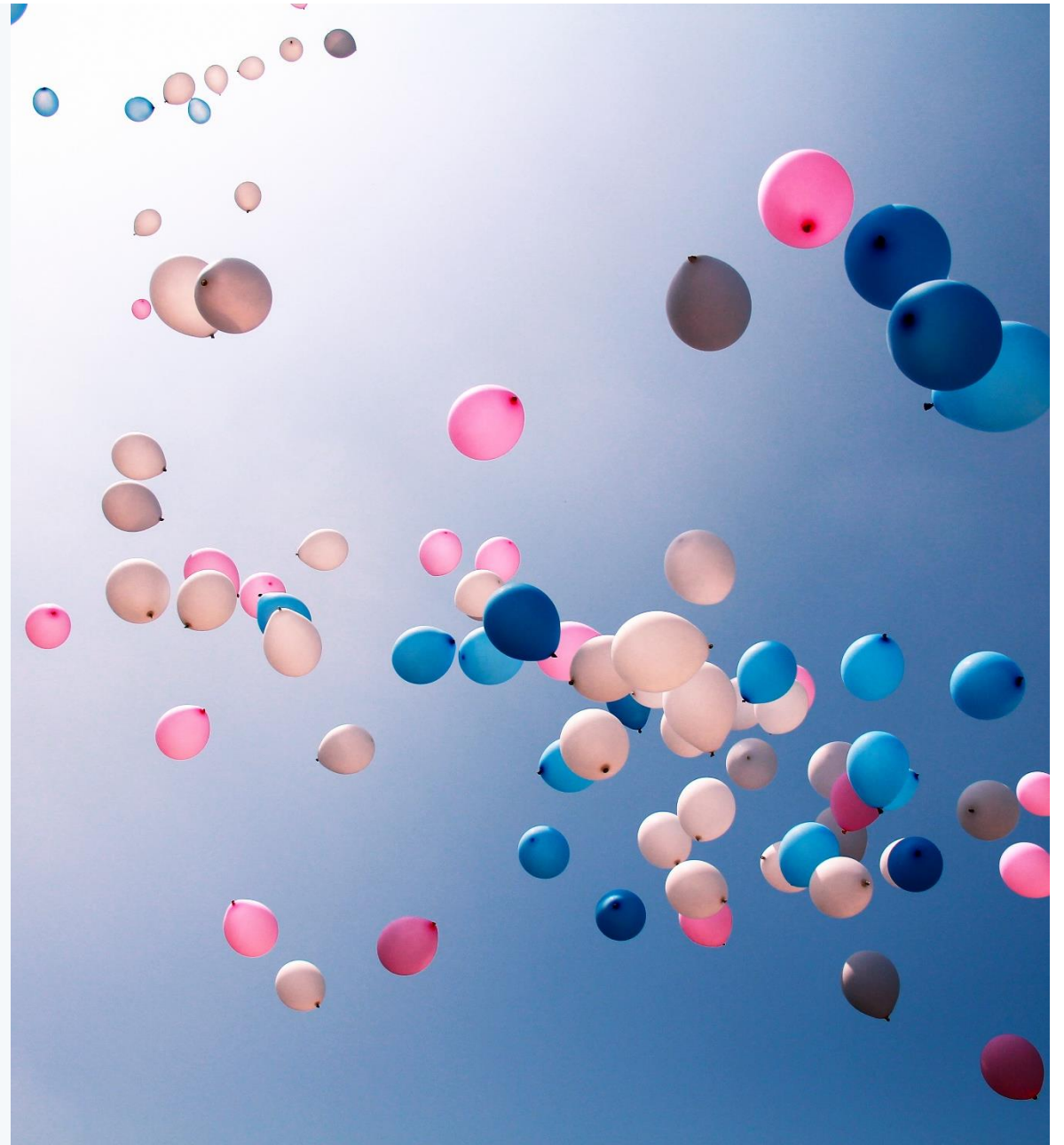
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