



# GUILDFORD HIGH SCHOOL

MIND	BODY	SOUL
<b>Listen to a podcast:</b> that is positive, inspiring and motivating.	<b>Take a relaxing bubble bath to ease tired muscles:</b> Do this at any time of day!	<b>Paint, draw:</b> Or just take your pencil for a walk and doodle your time away!
<b>Immerse yourself in a good book:</b> Why not make a comfy nest in the garden or a quiet spot in the house then snuggle up and read.	<b>Make a delicious fruit / vegetable smoothie:</b> perhaps you could even turn it into an ice lolly!	<b>Social Media Spring Clean:</b> Are all your influences positive? Fill your feed with positive images and stories that make you feel better.
<b>Phone a friend or a relative:</b> talking and connecting is vital to our wellbeing - and to those we care about.	<b>Breathe:</b> find stillness in your day and focus on your breathing 'when we breathe better, we feel better'	<b>Make a baking tray garden:</b> Connect with nature and be creative.
<b>Make squishy soap:</b> science, craft and hygiene!	<b>Have an early night:</b> Plan a bedtime routine and stick to it.	<b>Digital Detox Day:</b> switch off all things digital for one day at the weekend.
<b>Do a puzzle or play a game:</b> can you complete a jigsaw, crossword or sudoku challenge or play a board game with your family?	<b>Yoga with a pet!</b> And, if you can, go barefoot in the garden and let the grass tickle your toes.	<b>Gratitude:</b> write down ten things you feel grateful for and why. If there is someone in your life whom you are grateful to have, tell them.
<b>Bake a cake:</b> and if you are struggling for time, why not try a mug cake?	<b>Go on a nature walk:</b> simply walk, breathe and take notice.	<b>Watch your favourite movie:</b> snuggle up on the sofa with some popcorn.
<b>Write a self-affirmation:</b> a great self-care tool that helps challenge any negative thoughts.	<b>Try a new fitness workout:</b> could you also do this for charity? 2.6 challenge? Or @Run.For.Heroes – Run 5km, donate £5, nominate 5.	<b>Meditation:</b> Try an App and if still unsure, watch Andy Puddicombe's TED talk: All it takes is 10 mindful minutes.
<b>Write a letter to yourself to read a year from now:</b> try writing about how you are feeling, what you are missing being in isolation and what you are looking forward to when it ends.	<b>Stay hydrated:</b> intentionally drink 8 glasses of water. Water helps us stay alert, be productive and allows our minds and our bodies to function at their best.	<b>Do a random act of kindness:</b> something to help someone else, however small either in your home or for your neighbours or community.



*Aspire to be the best that you can be*