

EMOTIONAL WELLBEING

1. Aerobic activity - running
- power walking
2. Dancing
3. Swimming
4. Singing - particularly in a choir
5. Bath for 40-60 minutes
6. Playing a musical instrument
7. Painting and drawing
8. Writing in your journal
9. Sounding
10. Massage
11. Acupuncture
12. Rebirth Breathing Technique - Breathwork
13. Having fun – social time with friends
14. Deep belly laughing
15. Being in nature.

Two easy and enjoyable ways to emotionally recharge:

- Beach - have a jog and swim
- Football - barracking for your team