

Wellness Practices

Sometimes, taking care of ourselves – whether physically, mentally, spiritually, or emotionally – can feel like another thing on our to-do lists. And between work, friends, partners, and kids, it can be easy to let the little things that help us feel our best slip to the bottom. During this Wellness Challenge, we encourage you to take some time to practice wellness. A few suggestions are:

- Make time for yourself doing something you enjoy
- Meditate
- Make a check-up appointment (doctor, dental, eye, lab tests)
- Do something fun
- Find your creative outlet
- Offer a helping hand to others
- Meet someone new
- Breathe deeply
- Read a book
- Journal
- Watch a funny movie
- Visit a friend
- Develop a healthy routine
- Ask for help or support when you need it



Below is an article titled “30 Wellness Practices that you can start today”. It is written for students but is very applicable to everyone. Hope that you enjoy the read and more importantly enjoy your wellness practices!

[30 Wellness Practices that You can Start Today](#)

