

Daily actions

Encourage others to do small wellbeing boosting things every day.

Group activity: 1) Print and cut out the suggestions below, put them into a jar/envelope, 2) Invite people to pick one or more actions to build into their day/week, 3) When you next get together ask how they got on and how it made them feel.

<i>hapus</i> Ar gyfer ein lles meddyliol For our mental wellbeing Appreciate nature around you, wherever you are	<i>hapus</i> Ar gyfer ein lles meddyliol For our mental wellbeing Take three calm breaths at regular intervals during your day	<i>hapus</i> Ar gyfer ein lles meddyliol For our mental wellbeing If you find yourself rushing, make an effort to slow down	<i>hapus</i> Ar gyfer ein lles meddyliol For our mental wellbeing Say hello to a neighbour today	<i>hapus</i> Ar gyfer ein lles meddyliol For our mental wellbeing Be kind to yourself, we all make mistakes
<i>hapus</i> Ar gyfer ein lles meddyliol For our mental wellbeing Get some movement into your day today	<i>hapus</i> Ar gyfer ein lles meddyliol For our mental wellbeing Be the reason somebody smiles today!	<i>hapus</i> Ar gyfer ein lles meddyliol For our mental wellbeing Before you go to sleep, write down 3 things you've appreciated today	<i>hapus</i> Ar gyfer ein lles meddyliol For our mental wellbeing Compliment somebody today	<i>hapus</i> Ar gyfer ein lles meddyliol For our mental wellbeing Thank someone you are really grateful for and tell them why
<i>hapus</i> Ar gyfer ein lles meddyliol For our mental wellbeing Notice your feelings without trying to change them	<i>hapus</i> Ar gyfer ein lles meddyliol For our mental wellbeing Try out a new way to be physically active today	<i>hapus</i> Ar gyfer ein lles meddyliol For our mental wellbeing Notice how you speak to yourself and choose to use kind words	<i>hapus</i> Ar gyfer ein lles meddyliol For our mental wellbeing Tap into your creativity try making something, or sing like no one's listening...	<i>hapus</i> Ar gyfer ein lles meddyliol For our mental wellbeing Put away digital devices and focus on the moment
<i>hapus</i> Ar gyfer ein lles meddyliol For our mental wellbeing Notice something that is going well today	<i>hapus</i> Ar gyfer ein lles meddyliol For our mental wellbeing Stop to notice the sky for a few moments today	<i>hapus</i> Ar gyfer ein lles meddyliol For our mental wellbeing Start today by appreciating your body and that you're alive	<i>hapus</i> Ar gyfer ein lles meddyliol For our mental wellbeing Take 5 minutes to sit still and breathe	<i>hapus</i> Ar gyfer ein lles meddyliol For our mental wellbeing Count how many people you can smile at today

hapus

Ar gyfer ein
lles meddyliol
For our mental
wellbeing

Find out something new
about the history
around you

hapus

Ar gyfer ein
lles meddyliol
For our mental
wellbeing

Make time to focus on
something that
interests you

hapus

Ar gyfer ein
lles meddyliol
For our mental
wellbeing

Notice three things you
find beautiful in the
outside world

hapus

Ar gyfer ein
lles meddyliol
For our mental
wellbeing

Find out something new
about a friend

hapus

Ar gyfer ein
lles meddyliol
For our mental
wellbeing

Explore new ideas –
you could try a new
website or podcast