

Daily actions / 每日练习小活动(每天行动)

Encourage others to do small wellbeing boosting things every day. / 鼓励他人每天做一些有益身心健康的小活动（小行动）。

Group activity / 集体活动

- 1) Print and cut out the suggestions below, put them into a jar/envelope, 把以下建议打印并裁剪出来，放入罐子或信封中，
- 2) Invite people to pick one or more actions to build into their day/week, 让参与者抽取一项或多项有助于融入日常或每周生活的行动，
- 3) When you next get together ask how they got on and how it made them feel. 在下次聚会时，让他们分享完成那些行动后的感受和体验。

<p>hapus <small>Ar gyfer ein lles meddyllol For our mental wellbeing</small></p> <p>Notice something that is going well today</p> <p>留意今天进展顺利的小事</p>	<p>hapus <small>Ar gyfer ein lles meddyllol For our mental wellbeing</small></p> <p>Stop to notice the sky for a few moments today</p> <p>停一停，抬头仰望天空</p>	<p>hapus <small>Ar gyfer ein lles meddyllol For our mental wellbeing</small></p> <p>Start today by appreciating your body and that you're alive</p> <p>从珍惜开始新的一天，感恩自己还活着</p>	<p>hapus <small>Ar gyfer ein lles meddyllol For our mental wellbeing</small></p> <p>Take 5 minutes to sit still and breathe</p> <p>静坐五分钟，专注呼吸</p>	<p>hapus <small>Ar gyfer ein lles meddyllol For our mental wellbeing</small></p> <p>Count how many people you can smile at today</p> <p>数一数今天你能对几个人微笑</p>
<p>hapus <small>Ar gyfer ein lles meddyllol For our mental wellbeing</small></p> <p>Find out something new about the history around you</p> <p>发掘你身边的历史故事</p>	<p>hapus <small>Ar gyfer ein lles meddyllol For our mental wellbeing</small></p> <p>Make time to focus on something that interests you</p> <p>腾出时间投入你真正感兴趣的事情</p>	<p>hapus <small>Ar gyfer ein lles meddyllol For our mental wellbeing</small></p> <p>Notice three things you find beautiful in the outside world</p> <p>留意外界中你觉得美好的三样事物</p>	<p>hapus <small>Ar gyfer ein lles meddyllol For our mental wellbeing</small></p> <p>Find out something new about a friend</p> <p>发掘你朋友的另一面</p>	<p>hapus <small>Ar gyfer ein lles meddyllol For our mental wellbeing</small></p> <p>Explore new ideas – you could try a new website or podcast</p> <p>探索新的想法 - 你可以尝试一个新网站或播客</p>

<p>hapus <small>Ar gyfer ein lles meddyliol For our mental wellbeing</small></p> <p>Appreciate nature around you, wherever you are</p> <p>无论身在何处， 都要欣赏你身边的大自然</p>	<p>hapus <small>Ar gyfer ein lles meddyliol For our mental wellbeing</small></p> <p>Take three calm breaths at regular intervals during your day</p> <p>每日定时做三次深呼吸</p>	<p>hapus <small>Ar gyfer ein lles meddyliol For our mental wellbeing</small></p> <p>If you find yourself rushing, make an effort to slow down</p> <p>当你发现自己在急忙时， 请试着刻意放慢脚步</p>	<p>hapus <small>Ar gyfer ein lles meddyliol For our mental wellbeing</small></p> <p>Say hello to a neighbour today</p> <p>今天我要向一位邻居 打招呼</p>	<p>hapus <small>Ar gyfer ein lles meddyliol For our mental wellbeing</small></p> <p>Be kind to yourself, we all make mistakes</p> <p>善待自己， 每个人都会犯错</p>
<p>hapus <small>Ar gyfer ein lles meddyliol For our mental wellbeing</small></p> <p>Get some movement into your day today</p> <p>今天让自己动起来</p>	<p>hapus <small>Ar gyfer ein lles meddyliol For our mental wellbeing</small></p> <p>Be the reason somebody smiles today!</p> <p>今天让我成为他人 绽放笑容的理由</p>	<p>hapus <small>Ar gyfer ein lles meddyliol For our mental wellbeing</small></p> <p>Before you go to sleep, write down 3 things you've appreciated today</p> <p>睡前写下三件今天值得感恩的事</p>	<p>hapus <small>Ar gyfer ein lles meddyliol For our mental wellbeing</small></p> <p>Compliment somebody today</p> <p>今天我要真诚地赞美 一个人</p>	<p>hapus <small>Ar gyfer ein lles meddyliol For our mental wellbeing</small></p> <p>Thank someone you are really grateful for and tell them why</p> <p>向你感激的人表达谢意 并说明原因</p>
<p>hapus <small>Ar gyfer ein lles meddyliol For our mental wellbeing</small></p> <p>Notice your feelings without trying to change them</p> <p>留意自己的感受 却无须试图改变它们</p>	<p>hapus <small>Ar gyfer ein lles meddyliol For our mental wellbeing</small></p> <p>Try out a new way to be physically active today</p> <p>尝试一种新的运动方式</p>	<p>hapus <small>Ar gyfer ein lles meddyliol For our mental wellbeing</small></p> <p>Notice how you speak to yourself and choose to use kind words</p> <p>留意你对自己说话的方式， 选择以恩言善待自己</p>	<p>hapus <small>Ar gyfer ein lles meddyliol For our mental wellbeing</small></p> <p>Tap into your creativity, try making something, or sing like no one's listening...</p> <p>尝试动手创作， 或放声尽情歌唱</p>	<p>hapus <small>Ar gyfer ein lles meddyliol For our mental wellbeing</small></p> <p>Put away digital devices and focus on the moment</p> <p>放下手机，专注当下</p>