

# Pledge to Stay well

150+ Self-Care Ideas  
and Resources  
to Nourish and Empower

*Saint  
Belford*

# Why we created this eBook

Pledge to Stay Well was born from a desire to make self-care as simple and accessible as possible.

Having hustled to breaking point and experienced and witnessed the crippling effects of mental illness, burnout and a host of other problems that stem from self-neglect, we've come to the conclusion that becoming the best, most nourished version of yourself and living a life that truly fulfills you, begins with the pledge to put yourself first.

While YouTube and Google are both epic creations, sifting through the sheer volume of content to find a decent article in the self-care department can be a tad overwhelming, not to mention time-consuming. As a result, those grand intentions to put yourself first can very easily wither away.

This year, we made it our mission to conduct the preliminary research for you, so that you can spend less time in rabbit holes and more time self-caring.

The result is 150+ self-care ideas and helpful resources, divided into three sections: Mind, Body and Soul. Each section is subdivided into three categories: 10 minutes or less, 30 minutes or less and 60 minutes or more.

# Why we created this eBook

We understand that the majority of ideas in this guide fall into more than one category, however, to avoid duplication, each idea is listed once and is categorised based on personal experience.

For example, while yoga is nourishing to the mind, body and soul, we have chosen to categorise it under Mind because of the mental health benefits we have observed in our practice.

Ultimately, we want to inspire you to curate a personalised menu of self-care rituals which you can put into practice, whether you're at work, home or far away from your natural habitat.

Love and good vibes,

Alex and Tom  
Founders

Ps. If you stumble upon any broken links or have resources that you believe are worth including, please let us know. We want to keep this as resource-rich as possible.

# SB Definition of self-care

Self-care is about consciously enhancing your wellbeing and overall quality of life. It's about listening intently to what your body needs and adopting mindful habits, routines and rituals that nourish, nurture and energise you inside and out. It's the prerequisite for becoming the best, most nourished version of yourself.

## Mission

Our mission is to create tools and resources that empower you to put yourself at the top of your to-do list, so that you can design, build and live a life of fulfillment, without compromising your wellbeing in the process.



# Mind

Self-care practices to enhance  
your mental wellbeing



Mind | 10 minutes

## Practise Mindfulness Meditation

### Free Meditation Apps

- \* [Smiling Mind](#)
- \* [Insight Timer](#)
- \* [1 Giant Mind](#)
- \* [Omvana](#)
- \* [Oak](#)
- \* [10% Happier](#)

### Benefits

- \* [Eco Institute: 141 Physical, Mental, Emotional and Spiritual Benefits of Meditation](#)
- \* [Live and Dare: 76 Scientific Benefits of Meditation](#)
- \* [Ellen Welcomes Transcendental Meditation Expert Bob Roth \(00:07:07\)](#)

### Types of Meditation

- \* [Live and Dare: 23 Types of Meditation Explained - Find the Best Technique For You](#)
- \* [Mindful Minutes: 11 Meditation Styles Explained](#)
- \* [Headspace: What the Noting Technique is and How to Take Advantage of it](#)

### Helpful Tips

- \* [Headspace: 9 Simple Ways to Make Meditation a Daily Habit](#)

### Guided Meditations

- \* [Sam Harris: 9 Minute Guided Meditation](#)

## Practise Controlled Breathing

### Benefits

- \* [Forbes: How Breathing Calms Your Brain, And Other Science-Based Benefits Of Controlled Breathing](#)
- \* [Yoga Journal: The Science of Breathing](#)
- \* [The Chopra Center: Breathing for Life - The Mind-Body Healing Benefits of Pranayama](#)



# Mind | 10 minutes

## Types

- \* [Dr Axe: 5 Breathing Exercises to Reduce Stress & Improve Sleep](#)
- \* [Dr Weil: Three Breathing Exercises And Techniques Plus Video Demonstrations](#)
- \* [The Chopra Center: The Art of Deep Diaphragmatic Breathing](#)

## Practise Yoga

### Mental Health Benefits

- \* [Yoga Journal: How Yoga Calms Anxiety Holistically](#)
- \* [Yoga Journal: 5 Ways Yoga Benefits Your Mental Health](#)

### Poses

- \* [Yoga Journal: Yoga Poses by Benefit](#)
- \* [Verywell Fit: Must-Know Yoga Poses for Beginners](#)
- \* [The Chopra Center: Practice Willpower With These 6 Yoga Poses](#)

## Practise Gratitude

### Benefits

- \* [Shawn Achor: The Happy Secret to Better Work TED Talk \(00:12:21\)](#)
- \* [Benjamin P. Hardy: This 75-Year Harvard Study Shows How To Have Lifetime Joy](#)
- \* [Chopra: 6 Proven Benefits of Gratitude](#)

### How to

- \* [The Chopra Center: 25 Simple Ways to Practice Gratitude](#)
- \* [4 Gratitude Rituals to Increase Kindness and Joy](#)

### Inspiration

- \* [Marc and Angel: 365 Simple Pleasures to Brighten a Year](#)



Mind | 10 minutes

## Listen to Uplifting Music

### Benefits

- \* [Power to the Playlist: Are You Listening to Music That Can Change Your Life?](#)
- \* [The Chopra Center: Healing with Sound: Tune Up to Find Inner Harmony](#)
- \* [The Mindful Kind Podcast: #12 Music and Mindfulness](#)

### Happiness Playlist

- \* [The Chopra Center: Your Happiness Playlist: 101 Songs to Lift Your Spirits and Improve Your Mood](#)

## Power Pose

### Benefits

- \* [Amy Cuddy: Your Body Language May Shape Who You Are TED Talk \(00:21:03\)](#)

## Do a Mindful Body Scan

### Benefits

- \* [Mindful: The 7 Qualities of Mindfulness Trained in the Body Scan](#)

### Body Scan Meditations

- \* [Leslie Rohonczy: 4 Minute Body Scan Meditation](#)
- \* [Greg de Vries: 10 Minute Guided Body Scan Meditation](#)
- \* [Mindful: Beginner's 30 Minute Body Scan Meditation](#)





Mind | 10 minutes

## Take a Cold Shower

### Benefits

- \* [The Tim Ferriss Show: «»The Iceman,»» Wim Hof \(01:27:14\)](#)
- \* [Dr Rhonda Patrick: 20 Page Report on Cold Shocking the Body](#)
- \* [Dr Rhonda Patrick: Wim Hof \(the Iceman\) on Defeating Extreme Cold & Attenuating the Immune Response \(00:50:05\)](#)
- \* [Menprovement: 16 Benefits of Cold Showers That Will Blow Your Mind](#)

## Make Your Bed

### Why

- \* [Admiral McRaven's Life Lesson #1: Make Your Bed \(00:01:37\)](#)

## Chant Om

### Benefits

- \* [Yogapedia: 5 Benefits of Chanting Om](#)

## Write Morning Pages

### What is it?

- \* [Julia Cameron: Definition of Morning Pages](#)
- \* [Julia Cameron: Morning Pages FAQ](#)

### Benefits

- \* [Matthew Trinetti: 3 Pages Every Morning - Why I Started a Daily Ritual and How I Stuck With it](#)
- \* [Chris Winfield: These 3 Pages Might be Your Key to a Clearer Mind, Better Ideas and Less Anxiety](#)
- \* [Bryan Ye: Morning Pages - The Most Cost Effective Therapy](#)



Mind | 10 minutes

## Journal to process your emotions

### Prompts

- \* [3 Simple Self-Reflection Tools](#)
- \* [19 Self-Enquiry Prompts to Elevate Self-Awareness and Live Life on Purpose](#)

## Leave Yourself a Loving Post-It Note

### Inspiration

- \* [Tiny Buddha: A Powerful Self-Love Practice: 8 Notes of Appreciation](#)

## Feel Your Emotions

### Benefits

- \* [Pursuit: Exercising Your Emotions \(00:25:53\)](#)
- \* [Susan David: The Gift and Power of Emotional Courage \(00:16:48\)](#)

### How to

- \* [The Tim Ferriss Show: Tony Robbins on How to Resolve Internal Conflict \(00:11:23\)](#)

### Free Apps

- \* [Stigma Mood Tracker & Journal App](#)

## Practise Positive Self-Talk

### Benefits

- \* [Headspace: The Science of Giving Yourself a Pep Talk](#)



# Mind | 10 minutes

## How to Practise Positive Self-Talk

- \* [Tony Robbins: Change Your Words, Change Your Life](#)
- \* [Marc and Angel: 6 Conversations You Need To Have With Yourself](#)

## Inspiration

- \* [Marc and Angel: 40 Powerful Mantras to Help You Think Positive](#)
- \* [Tony Robbins: Tips on Changing the Way You Feel \(00:09:22\)](#)

## Let Go of Negative Thoughts

### How to

- \* [The Chopra Center: Retrain Your Brain - How to Reverse Negative Thinking Patterns](#)
- \* [TED: How to Stand up to Your Inner Critic](#)

### Resources

- \* [Pixel Thoughts: 60-Second Meditation Tool](#)

## Practise Saying No to Things That Don't Serve You

### Benefits

- \* [Live Happy: 5 Positive Reasons for Saying No](#)

### How to

- \* [Femeconomy: Practise Saying No by Bkindred Founder, Penny Locaso](#)

### Inspiration

- \* [Headspace: Low Self-Esteem Doesn't Have to be Forever - Here's how to Turn it Around](#)



Mind | 10 minutes

## Sing Along to Your Favourite Songs

### Benefits

- \* [Making Music: Three Ways Singing Makes You Healthier \(Physical, Mental, Emotional & Social Benefits\)](#)
- \* [Time: Singing Changes Your Brain](#)
- \* [The Guardian: Alice Wignall on the Health Benefits of Singing](#)

## Practise Mindful Colouring

### Free Printables

- \* [Owl](#)
- \* [Happiness is Homemade: Free Adult Colouring Pages](#)
- \* [French Bulldog](#)
- \* [Sea Turtle](#)
- \* [Monday Mandala: Mandala Colouring Pages](#)

### Benefits

- \* [Verywell Mind: Learn How Coloring a Mandala Can Relieve Stress](#)
- \* [Pocket Mindfulness: The Benefits of Adult Colouring - 10 Reasons to Colour Yourself Calm](#)
- \* [ABC News: Five Minutes of Colouring Can Have the Same Benefits as Hour of Meditation, Expert Says](#)

## Try Aromatherapy

### Benefits

- \* [doTerra: The Emotional Benefits of Aromatherapy + How to Use Essential Oils to Manage Your Emotions](#)

### Resources

- \* [doTerra: Aromatic Use of Essential Oils](#)
- \* [doTerra: Internal Use of Essential Oils](#)
- \* [doTerra: Topical Use of Essential Oils](#)



Mind | 10 minutes

## Get Some Sunshine

### Benefits

- \* [Lifhack: 10 Amazing Health Benefits of Sun Exposure](#)
- \* [Curejoy: What are the Health Benefits of Sunlight?](#)

## Play on a Swing Set

### Benefits

- \* [Huffington Post: Why You Should be a Swinger](#)

### Resources

- \* [Playground Finder](#)

## Watch the Clouds

### How to

- \* [Calm Moment: How to Enjoy Cloud Watching The Mindful Way](#)

## Go for a Mindful Walk

### Benefits

- \* [The Chopra Center: 9 Reasons to Try Mindful Walking](#)

### How to

- \* [Rachael Kable: 3 Simple and Interesting Ways to go for a Mindful Walk](#)
- \* [Live and Dare: 6 Walking Meditation Techniques](#)



Mind | 10 minutes

## Listen to Nature Sounds

### Benefits

- \* [Huffington Post: Listening To Nature Sounds At Work Can Boost Your Mood And Productivity. Study Finds](#)
- \* [The Chopra Center: Nature Therapy - How Nature Can Help Heal and Expand Your Awareness](#)

### Nature Sounds

- \* [Natural Soothing Sound of a Waterfall & Bird Sounds](#)
- \* [Ocean Waves](#)
- \* [Nature Sounds by Spotify](#)

## Watch the Waves Crash

### Mental Health Benefits

- \* [ABC: Out of the blue - The Healing Power of the Sea](#)
- \* [Lifhack: Science Explains How the Beach Can Change Our Brains and Mental Health](#)
- \* [YouTube: Soothing Waves Crashing On Beach \(10 Hours\)](#)

## Take a Walk Along the Beach

### Benefits

- \* [NBC News: What the Beach Does to Your Brain](#)



Mind | 10 minutes

## Create a Folder or Album of Photos, Videos and Screenshots that Make You Happy

### Benefits

- \* [Tribe of Mentors: Whitney Cummings - Find Your Calm \[00:24:15\]](#)

## Keep a Minimum Number of Tabs Open

### Benefits

- \* [The Muse: Why You Should Close All of Your Tabs \(Except This One\)](#)
- \* [Trello: Why You Open Too Many Tabs and How to Stop Doing it](#)

## Remove Apps You Don't Use

### Benefits

- \* [Mindful: 5 Ways to Organize Your Phone to Unhijack Your Mind](#)

## Celebrate Your Milestones

### Why

- \* [The Muse: 12 Little Milestones You Should Be Celebrating at Work](#)
- \* [Saint Belford: Why Celebrating Your Progress is a Prerequisite for Long-Term Success](#)

### How to

- \* [Tiny Buddha: Knowing How Far You've Come: 8 Tips to Celebrate Your Growth](#)



Mind | 10 minutes

## Reflect on Your Day

### Benefits

- \* [Zen Habits: 5 Powerful Reasons to Make Reflection a Daily Habit, and How to Do It](#)

### Inspiration

- \* [Pick The Brain: 6 Questions You Need to Ask Yourself Everyday](#)

## Plan Your Day the Night Before

### Benefits

- \* [Jonathan Vieker: The Simple Genius of Planning Your Day the Night Before](#)

## Try a Guided Sleep Meditation

### Guided Sleep Meditations

- \* [Meditainment: 21 Minute Guided Sleep Meditation](#)
- \* [Sleep Easy Relax: 43 Minute Guided Sleep Meditation](#)





Mind | 30 minutes

## Watch an Inspiring TED Talk

### Inspiration

- \* [TED: From Inspiration to Action: Here's What 6 People Did After Watching a TED Talk](#)
- \* [Ted: The 10 Most Popular TEDx Talks](#)
- \* [Oprah Daily: 15 of the Best Ted Talks to Watch For a Dose of Inspiration](#)

### Personal Favourites

- \* [Simon Sinek: Start With Why - How Great Leaders Inspire Action](#)
- \* [Brené Brown: The Power of Vulnerability](#)
- \* [Shawn Achor: The Happy Secret to Better Work](#)
- \* [Tim Ferriss: Why You Should Define Your Fears Instead of Your Goals](#)
- \* [Tony Robbins: Why We Do What We Do](#)
- \* [Nick Vujicic: Overcoming Hopelessness](#)

## Create a Bucket List

### Benefits

- \* [Bucket List Journey: 10 Incredible Ways a Bucket List Can Improve Your Life](#)

### How to

- \* [Raptitude: How to Make a Bucket List You'll Actually Do: A Comprehensive Guide](#)
- \* [Science of People: The Ultimate Guide to Creating Your Bucket List Right Now](#)

### Resources

- \* [Bucket List: Create and Share Your Bucket List Online](#)
- \* [Bucketlist: Create and Keep Track of Your Bucket List Online](#)



Mind | 30 minutes

## Set a Goal that Aligns with Your Values

### Benefits

- \* [Live by Your Values and Everything Else Will Fall into Place](#)

## Set Smaller Process Goals

### How to

- \* [Headspace: How to Use “Process Goals” When You’re Feeling Deflated](#)
- \* [Headspace: If a Goal is Starting to Feel Impossible, Here’s How to Reframe it](#)

## Practise Self-Reflection

### Benefits

- \* [Lifhack: How Self-Reflection Gives You a Happier and More Successful Life \(And Where to Begin\)](#)

### Helpful Tips and Resources

- \* [Positive Psychology Program: Introspection in Psychology - 87 Self-Reflection Questions, Exercises & Worksheets](#)
- \* [Lifhack: The Power of Self-Reflection: Ten Questions You Should Ask Yourself](#)

### Inspiration

- \* [Forbes: 13 Ways You Can Craft A Strong Personal Mission Statement](#)
- \* [Aubrey Marcus Podcast: #156 Purpose of Pain with Christine Hassler](#)

## Write a Letter to Your Future Self

### Benefits

- \* [Tré Wee: Why You Should Write a Letter to Your Future Self](#)



# Mind | 30 minutes

## Resources

- \* [FutureMe](#)
- \* [Letter 2 Future](#)

## Perform an 80/20 Analysis

### Benefits

- \* [Develop Good Habits: The 80/20 Rule - How the Pareto Principle Can Transform Your Life](#)

### How to

- \* [Personal Excellence: Apply 80/20 to Your Life Now in 3 Simple Steps](#)

## Clean Out Your Email Inbox

### Why

- \* [SaneBox: Why You Shouldn't Underestimate the Power of a Clean Inbox](#)

### Helpful Tips and Resources

- \* [Bustle: 5 Hacks For Cleaning Out Your Email Inbox if It's Out of Control](#)
- \* [Unroll.Me: Free App to Clean Up Your Inbox](#)
- \* [Fast Company: Your Guide to Cleaning Up Your Inbox in One Hour](#)

## Clean Up Your Desktop

### Helpful Tips

- \* [Zapier: Find Files Faster - How to Organize Files and Folders](#)
- \* [Wired: How to Clean Your Computer Inside and Out](#)



Mind | 30 minutes

## Tidy Your Workspace

### Benefits

- \* [Tim Denning: How To Be Happier And More Focused Using The Art Of Tidying Up \(Tips Included\)](#)
- \* [The Conversation: Clean Your Way to Happiness: Unpacking the Decluttering Craze](#)

## Declutter Your Newsfeed

### How to

- \* [Psychology Today: Is It Time to Declutter Your Social Media?](#)

## Practise Emotional Freedom Techniques

### Benefits of EFT

- \* [Dr Axe: 5 Emotional Freedom Technique Tapping Benefits for Stress, Pain & More](#)

### Where to Begin

- \* [Tapping 101: What is Tapping and How Can I Start Using It?](#)

## Play an Instrument

### Benefits

- \* [Anita Collins: How Playing an Instrument Benefits Your Brain \(00:04:44\)](#)
- \* [Refinery29: Music & Mental Health: Why We Should All Learn A Musical Instrument](#)



Mind | 60 minutes

## Watch Your Favourite Movie

### Benefits

- \* [The Atlantic: On Repeat - Why People Watch Movies and Shows Over and Over](#)
- \* [The Oprah Magazine: Rewatching Beloved TV Shows Is Good For Your Health, Science Says](#)
- \* [Exploring Your Mind: Film Therapy: The Benefits of Watching Movies](#)

## Create a Self-Care Kit

### How to

- \* [The Mighty: 25 Things to Put in Your Self-Care Kit](#)

## Commit to Building a New Healthy Habit

- \* [Saint Belford: Curating Habits That Stick eBook](#)

### Why

- \* [Charles Duhigg: The Power of Habit TED Talk](#)

### How to

- \* [Develop Good Habits: How to Form a Habit in 8 Easy Steps](#)
- \* [Thomas Oppong: Small Wins, Marginal Gains: That's How You Change Behavior in The Long Term](#)

### Inspiration

- \* [Marc and Angel: 20 Habits Happy People Have \(But Never Talk About\)](#)
- \* [Marc and Angel: 12 Unconventional Habits of Highly Productive People](#)
- \* [Headspace: 5 Ways to Get Out of Your Own Way and Communicate Clearly](#)
- \* [Thomas Oppong: 26 Proven Productivity Systems, Principles, And Habits to Help You Achieve More](#)



Mind | 60 minutes

## Drop a Habit That Doesn't Serve You

- \* [Saint Belford: Curating Habits That Stick eBook](#)

### Understanding Cravings

- \* [Mindful: How to be Mindful With Your Cravings](#)

### How to

- \* [Judson Brewer: A Simple Way to Break a Bad Habit TED Talk](#)
- \* [Develop Good Habits: 27 Proven Steps to Quit your Addiction](#)
- \* [Mindful: How Mindfulness Works to Break Bad Habits](#)

### Inspiration

- \* [Marc and Angel: 12 Little Habits that Stole Your Happiness Last Year](#)

## Read a Self-Development Book

### Benefits

- \* [Thomas Oppong: Your Brain on Reading \(Why Your Brain Needs You to Read Every Day\)](#)
- \* [Srinivas Rao: The Hidden Benefits of Reading a Book More Than Once](#)

### Recommendations

- \* [Inc Magazine: 25 Books Jeff Bezos, Mark Zuckerberg, and Other Top CEOs Recommend](#)
- \* [Forbes: Advice Worth Reading: 15 Self-Improvement Books That Will Motivate And Inspire](#)
- \* [TED: 88 Books to Enjoy This Summer](#)
- \* [Develop Good Habits: 250+ Top Self-Help Books \(by Category\)](#)

### Book Summaries

- \* [Derek Sivers: Detailed Notes From the Last 250+ Books I've Read](#)
- \* [Samuel Thomas Davies: 100+ Self-Help Book Summaries](#)



Mind | 60 minutes

## Learn a Language

### Benefits

- \* [Be Brain Fit: The Brain Benefits of Learning a Second Language](#)

### How to

- \* [Tim Ferriss: How to Learn Any Language in Record Time and Never Forget It](#)

## Watch a Documentary

### Recommendations

- \* [Collider: The Best Documentaries on Netflix](#)

## Learn About a Topic You're Interested in

### Resources

- \* [How Stuff Works: Award-winning source of unbiased, reliable, easy-to-understand answers and explanations of how the world actually works.](#)
- \* [TED: TED features powerful talks from leaders and experts in their fields.](#)
- \* [Brain Pickings: A treasure chest, full of pieces spanning art, science, psychology, design, philosophy, history, politics, anthropology, and more.](#)
- \* [Big Think: The world's largest archive of lessons from the people changing how we work, live, and experience.](#)
- \* [Fact Slides: Takes relevant and complex information from NGOs, think tanks, journals, specialised magazines and media and converts it into colourful and animated slideshows that are easy and fun to read.](#)
- \* [Creative Live: 1500+ curated classes, 650+ expert instructors, 10 million+ students strong.](#)

### Inspiration

- \* [Science Alert: 3 Simple Steps to Mastering Any New Subject, According to a Nobel Prize-Winning Physicist](#)



Mind | 60 minutes

## Learn a New Skill

### Inspiration

- \* [Develop Good Habits: Learn Something New - 101 New Skills to Learn Starting Today](#)

### Resources

- \* [Future Learn: Free Online Courses](#)
- \* [CreativeLive: 1500+ Curated Classes and 650+ Expert Instructors](#)
- \* [Skillshare](#)
- \* [The Great Courses](#)
- \* [OpenLearn](#)

## Listen to a Soothing Podcast

### Inspiration

- \* [Rachael Kable: The Mindful Kind Podcast](#)
- \* [Justin Malik: Optimal Living Daily](#)
- \* [Brooke McAlary: The Slow Home Podcast](#)
- \* [Lindsay Mueller: Well / Aware Show](#)
- \* [Jason Wachob: The Mindbodygreen Podcast](#)
- \* [Jonni Pollard: 1 Giant Mind](#)
- \* [Heaspace: Radio Headspace](#)
- \* [Jay Shetty: On Purpose](#)
- \* [Saint Belford: The Saint Belford Podcast](#)

## Turn Off Notifications for the Day

### Benefits

- \* [Wired: Turn Off Your Push Notifications. All of Them.](#)
- \* [HubSpot: What You Can Do to Minimize Push Notification Anxiety](#)





Mind | 60 minutes

## Do a Social Media Detox

### Benefits

- \* [Medium: What I Learned From a 30-Day Social Media Detox](#)

### Strategies and Tips

- \* [HubSpot: How to Detox From Social Media Without Deleting Your Account](#)
- \* [Good Housekeeping: Here's How to Do a Social Media Detox the Right Way](#)
- \* [Declutter The Mind: How to Take a Social Media Detox and Improve Your Mental Health](#)
- \* [Glitter Guide: 10 Ways To Take A Social Media Detox](#)

## Do a Digital Detox

### Benefits

- \* [Becoming Minimalist: 7 Important Reasons to Unplug and Find Space](#)
- \* [Forbes: 30 Reasons to do a Digital Detox](#)
- \* [Srinivas Rao: 4 Amazing Benefits of Reducing Your Screen Time](#)

### How to

- \* [The Guardian: How to Quit Your Tech: A Beginner's Guide to Divorcing Your Phone](#)
- \* [The Cusp: How to Take a Digital Detox and Actually Stick to It](#)

### Inspiration

- \* [Nick Wignall: The 30-Day Digital Declutter](#)

## Practise Fear-Setting

### Benefits

- \* [Tim Ferriss: Fear-Setting - The Most Valuable Exercise I Do Every Month](#)



Mind | 60 minutes

## Face One of Your Fears

### Benefits

- \* [Tim Ferriss: Why You Should Define Your Fears Instead of Your Goals](#)
- \* [Tim Ferriss: How the Best Overcome Fear \(1:11:39\)](#)
- \* [Huffington Post: The Science Of Conquering Your Fears](#)
- \* [Anthony Moore: How to Activate Extreme Self-Confidence and Destroy Chronic Anxiety and Fear](#)

### Inspiration

- \* [Hey Kendra: What I Learned About Fear From 700+ Comfort Zone Challenges](#)
- \* [Hey Kendra: 100 Things to do Outside Your Comfort Zone](#)
- \* [Marc and Angel: 9 Fears You Will Regret Never Facing](#)
- \* [The Mindful Kind Podcast: #52 Facing Your Fears and Mindfulness](#)

## Take a Pottery Class

### Benefits

- \* [Artsy: Creating Ceramics Can Help Combat Depression](#)
- \* [Be Brain Fit: The Mental Health Benefits of Art Are for Everyone](#)
- \* [Medical News Today: How Art and Creativity Can Improve Your Health](#)

## Paint

### Benefits

- \* [Health Fitness Revolution: Top 10 Health Benefits of Painting](#)

### Helpful Tips

- \* [Artists Network: Painting for Beginners - Choosing the Right Medium](#)



# Mind | 60 minutes

## Draw

### Benefits

- \* [Artsy: Drawing Can Help You Boost Your Memory—Here's How](#)
- \* [Verywell Mind: Drawing, Art Therapy & Stress Relief](#)

### Helpful Tips

- \* [Ralph Ammer: A Quick Beginner's Guide to Drawing](#)

## Bake a Healthy Treat

### Benefits

- \* [SBS: How Baking Can Improve Your Mental Health](#)
- \* [Happiful: Baking is Good For Your Mental Health, Here's Why](#)

### Favourite Food Blogs

- \* [The Healthy Hunter Blog](#)
- \* [Cookie and Kate](#)
- \* [The Endless Meal](#)
- \* [Running on Real Food](#)
- \* [Nadia Felsch](#)
- \* [Cook Republic](#)
- \* [Gather & Feast](#)
- \* [Minimalist Baker](#)
- \* [Kenko Kitchen](#)
- \* [Deliciously Ella](#)
- \* [Moving Out Eating In](#)
- \* [My New Roots](#)
- \* [Madeleine Shaw](#)
- \* [Jessica Sepel](#)
- \* [Tending The Table](#)
- \* [The Fit Foodie](#)
- \* [Bosh!](#)

## Plan a Holiday or Something to Look Forward to

### Benefits

- \* [Happify: 11 Secrets to a Happier Vacation, Backed by Science](#)



# Mind | 60 minutes

## Resources

- \* [Tinggly: The Ultimate List of Travel Planning Resources Recommended by Travellers](#)

## Go Camping

### Benefits

- \* [Huffington Post: The Very Real Benefits of Going Camping](#)

## Ask for Help

### Why

- \* [Forbes: Why Asking for Help is a Strength \(and Three Ways to do so Effectively\)](#)
- \* [Headspace: Asking for Help can be Awkward. But it Doesn't Have to be.](#)
- \* [Forbes: 4 Reasons Why Asking For Help Makes You A Stronger, Not Weaker](#)
- \* [The Muse: 4 Times You Just Need to Suck it Up and Ask for Help at Work](#)

### Inspiration

- \* [Amanda Palmer: The Art of Asking](#)
- \* [Michele L. Sullivan: Asking for Help is a Strength, Not a Weakness](#)

## Join a Support Group

### Benefits

- \* [David Susman: 9 Benefits of Support Groups](#)

## See a Therapist

### Benefits

- \* [Nick Wignall: The Surprising Benefits of Trying Therapy \(Even If You Don't Need It\)](#)



Mind | 60 minutes

## Try Floatation Therapy

### Benefits

- \* [Dr Axe: Sensory Deprivation Tank Science - How 'Floating' Works & Proven Benefits](#)
- \* [Float Nation \(Documentary\)](#)
- \* [Runner's World: I Tried Flotation Therapy to Calm My Mind. Here's What Happened](#)

## Play Board Games

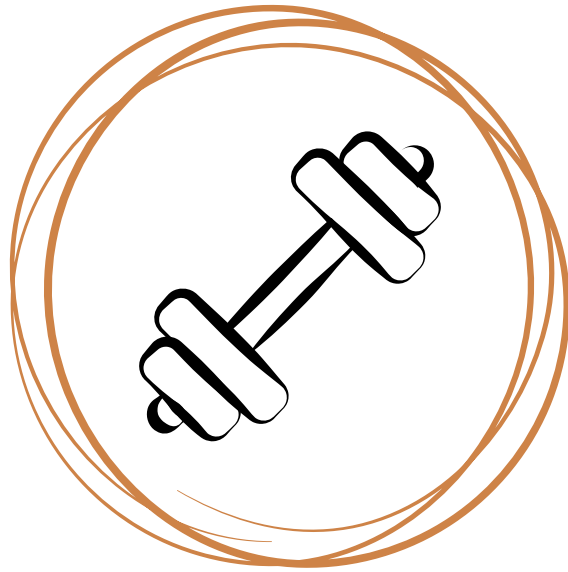
### Benefits

- \* [Bar Games 101: 7 Unexpected Benefits of Playing Board Games](#)
- \* [Buffer: Games and Your Brain - How to Use Gamification to Stop Procrastinating](#)

## Complete a Jigsaw Puzzle

### Benefits

- \* [Goodnet: 7 Surprising Ways Puzzles are Good for Your Brain](#)
- \* [Inc: The 1 Item Bill Gates Almost Always Brings Along When Going On Vacation](#)



# Body

Self-care practices to enhance  
your physical wellbeing



## Body | 10 minutes

### Stretch Your Body

#### Benefits

- \* [Verywell Fit: Stretching 101 - Benefits and Proper Techniques](#)

#### Morning Stretches

- \* [Video: 5-Minute Morning Stretches to Power Your Day](#)

#### Desk Stretches

- \* [The Muse: 17 Desk Stretches That'll \(Almost\) Replace Going to the Gym](#)
- \* [Verywell Fit: 10 Best Stretching Exercises for Office Workers](#)

#### Lower Back, Legs and Feet

- \* [Video: 20 Min Lower Back Rehab - Lower Back Stretches for Lower Back Pain](#)
- \* [Video: Legs Up The Wall](#)

### Dance

#### Benefits

- \* [CNN: 5 reasons why dancing is good for your health](#)

### Do a Kettlebell Workout

#### Benefits

- \* [Big Think: Study Confirms Lifting Weights Reduces Depression](#)

#### Resources

- \* [Onnit: The Beginners Guide to Kettlebells](#)
- \* [Onnit: Kettlebell Swings: The 1 Exercise That Fixes 99 Problems](#)



Body | 10 minutes

## Do a 10 Minute Full Body Workout

### Benefits + Inspiration

- \* [Verywell Fit: 8 Mini Workouts That Work Your Whole Body](#)
- \* [Verywell Fit: The Super Simple 7-Minute Workout](#)
- \* [Verwell Fit: 6 Workouts That Help You Burn 100 Calories in Just 10 Minutes](#)

### Free Apps

- \* [Wahoo 7 Minute Workout App](#)
- \* [MyFitnessPal App](#)
- \* [Nike Training Club App](#)
- \* [7-Minute Workout App](#)

## Skip to Music

### Benefits

- \* [Verywell Fit: Benefits + Techniques](#)
- \* [Time: The Bone Benefits of Jumping Rope](#)

### Workout Inspiration

- \* [Onit Academy: 4 Week Jump Rope Workout Challenge](#)

## Get Your Heart Rate Up

### Benefits

- \* [ABC TV Catalyst: Fit in 6 Minutes](#)

### Inspiration

- \* [Bowflex: The Four-Minute Cardio Workout For Your Heart \(00:04:27\)](#)





## Body | 10 minutes

- \* [Pop Sugar Fitness: 5-Minute Bodyweight Workout For Arms \(00:05:37\)](#)
- \* [Bowflex: The Five-Minute Cardio Blast Workout \(00:05:32\)](#)
- \* [Freeletics: Free Body Weight Workouts](#)

## Self-Massage

### Benefits

- \* [Yoga International: 5 Reasons for Daily Self-Massage](#)

### How to

- \* [Yoga Healer: How to Give Yourself a Self-Massage](#)

## Make a Clean Smoothie

### Inspiration

- \* [The Healthy Patch: Everyday Easy Green Smoothie](#)
- \* [5 Super Healthy Morning Breakfast Smoothies](#)

## Sip on a Cup of Tea

### Benefits

- \* [Mind Body Green: 5 Unique Teas With Amazing Health Benefits](#)
- \* [Mind Body Green: 9 Surprising Health Benefits Of Drinking Tea](#)

### Meditations

- \* [The Chopra Center: 5 Meditations for a Cup of Tea](#)



Body | 10 minutes

## Drink More Water

How to

- \* [Life Hacker: How To Trick Yourself Into Drinking More Water Every Day](#)
- \* [Prevention: Hacks To Drinking More Water](#)

## Try Oil Pulling

Benefits + How to

- \* [Nourished Life: Everything You Need to Know About Oil Pulling!](#)

## Practise Dry Brushing and Oiling

Benefits

- \* [Wellness Mama: Dry Brushing for Skin: 5 Benefits & How to Do It the Right Way](#)
- \* [Mind Body green: Why You Should Start Dry Body Brushing Today](#)

## Moisturise

Helpful Resources

- \* [NY Times: How to Build a Skin Care Routine](#)
- \* [Refinery29: The Beginners Guide to Scented Oils](#)

## Enjoy a Sauna or Steam Room Session

Benefits

- \* [Dr Axe: Infrared Sauna Benefits](#)
- \* [Dr Rhonda Patrick: How Sauna Use May Boost Longevity \(00:08:36\)](#)



## Body | 10 minutes

### Helpful Tips

- \* [Nutritious Life: 8 Things to Know Before You Try an Infrared Sauna](#)

## Practise Earthing

### Benefits & How to

- \* [The Chopra Center: Grounding the Human Body - The Healing Benefits of Earthing](#)
- \* [Conscious Lifestyle Mag: How Touching the Earth Can Improve Your Health](#)
- \* [Well + Good: Could This be the World's Simplest Jet Lag Cure?](#)

## Try cryotherapy

### Benefits

- \* [Dr. Rhonda Patrick on the Benefits of Cryotherapy \(00:23:27\)](#)

### Helpful Tips

- \* [Stay Fit 305: 6 Tips To Get You Through Your First Whole Body Cryotherapy Session](#)



Body | 30 minutes

## Take an Epsom Salt Bath

### Benefits

- \* [Dr Axe: Epsom Salt - The Magnesium-Rich, Detoxifying Pain Reliever](#)
- \* [SaltWorks: Epsom Salt Uses and Benefits](#)

## Plan Your Meals in Advance

### How to

- \* [Wellness Mumma: The Ultimate Guide to Meal Planning](#)
- \* [The Saint Belford Podcast: Ep #11 - How to Create a Nourishing Meal Plan Every Week](#)

### Our Favourite Food Blogs

- \* [The Healthy Hunter Blog](#)
- \* [The Endless Meal](#)
- \* [Nadia Felsch](#)
- \* [Cook Republic](#)
- \* [Gather & Feast](#)
- \* [The Unrefined](#)
- \* [Deliciously Ella](#)
- \* [Bosh!](#)
- \* [Moving Out Eating In](#)
- \* [My New Roots](#)
- \* [Madeleine Shaw](#)
- \* [Jessica Sepel](#)
- \* [Tending The Table](#)
- \* [The Fit Foodie](#)
- \* [Minimalist Baker](#)

### Vegetarian/Vegan

- \* [Cookie and Kate](#)
- \* [Sami Bloom](#)
- \* [Kenko Kitchen](#)
- \* [Running on Real Food](#)

### Resources

- \* [The Healthy Patch: A Guide to Wholefood Colours and What They Mean for Your Health](#)



Body | 30 minutes

## Cook a Nourishing Meal

### Benefits

- \* [Chopra: 3 Reasons to Cook Your Own Meals](#)

### Inspiration

- \* [The Mindful Kind Podcast: #117 Mindful Cooking](#)

## Practise Mindful Eating

### Benefits

- \* [The Chopra Center: How to Develop a Mindful Eating Practice](#)

### Mindset and Psychology

- \* [The Chopra Center: Exploring the Mindset and Psychology Behind Your Food Choices](#)

### How to

- \* [Mindful: 7 Reminders for Mindful Eating](#)
- \* [Mindful: How to Be Mindful With a Snack](#)
- \* [Live Sonima: Guided Meditation for Food Cravings \(00:04:42\)](#)

## Go for a Nature Walk

### Benefits

- \* [Mindful: 3 Key Health Benefits of a Nature Break](#)
- \* [Business Insider: 11 Scientific Reasons You Should Be Spending More Time Outside](#)
- \* [Washington Post: New Research Suggests Nature Walks Are Good For You Brain](#)

### Helpful Tips

- \* [Rachael Kable: 3 Simple and Interesting Ways to go for a Mindful Walk](#)



Body | 30 minutes

## Practise Tai Chi

### Benefits

- \* [Time: How Tai Chi Makes You Stronger](#)
- \* [Harvard Health: The Health Benefits of Tai Chi](#)

### Tai Chi For Beginners

- \* [Video: Top Ten Tai Chi Moves For Beginners](#)
- \* [Video: 14 Minute Daily Tai Chi Routine](#)

## Swim

### Benefits

- \* [Mind Body Green: Why Swimming Is Great For Your Mind, Body & Soul](#)

### Resources

- \* [Your Swim Log: The Ultimate Practices for Swimmers](#)
- \* [GQ: 2 Swimming Workouts \(Other Than Plain Old Laps\)](#)

## Sleep

### Benefits

- \* [The Guardian: Why Sleep Deprivation is Increasing Our Risk of Cancer, Heart Attack and Alzheimer's - and What You Can Do About it](#)
- \* [Podcast: The Joe Rogan Experience Ep #1109 - Matthew Walker \(Sleep Scientist\)](#)
- \* [Saint Belford: 37 Fast Facts Proving a Good Night's Sleep Really is the Elixir of Life](#)

### Helpful Tips

- \* [Headspace: How To Change Your Relationship With Sleep](#)
- \* [Podcast: The Tim Ferriss Show - Tools and Tips for Better Sleep](#)



Body | 30 minutes

## Make Kombucha

### Benefits

- \* [Dr Axe: 8 Kombucha Benefits](#)

### How to

- \* [Video: Beginners Guide To Fermentation: Kombucha Making](#)



Body | 60 minutes

## Go for a Hike

### Benefits

- \* [Time: Why Hiking Is the Perfect Mind-Body Workout](#)

### How to

- \* [Mindful: How to Take a Mindful Hike](#)

## Go for a Scenic Bike Ride

### Benefits

- \* [Rydoze: 101 Benefits Of Cycling That Will Make You Love It More](#)

### Resources

- \* [Rail Trails Australia: Comprehensive up-to-date descriptions of all rail trails in Australia.](#)
- \* [Plotaroute.com: Free worldwide route planner for outdoor pursuits including walking, running and cycling.](#)

## Get a Massage

### Benefits

- \* [Dr Axe: 8 Massage Therapy Benefits](#)

### Types

- \* [Discover Massage Australia: Different Massage Types and their Benefits](#)

## Practise Pilates

### Benefits

- \* [Pilates Bridge: 12 Scientifically Proven Benefits of Pilates for Your Peace of Mind](#)





## Body | 60 minutes

### Resources

- \* [Verywell Fit: Pilates Routines & Workouts](#)
- \* [Self: 5 Things to Know Before You Take Pilates Classes](#)

## Get a Health Check

### Types

- \* [Better Health Channel: Regular Health Checks](#)
- \* [HCF: Health Checks by Age](#)

## Practise Martial Arts

### Types

- \* [Wiki: List of Major & Minor Martial Arts Styles](#)
- \* [ThoughtCo: Popular Martial Arts Categorised by Style](#)

### Benefits

- \* [The Conversation: Five Brain-Boosting Reasons to Take Up Martial Arts - At Any Age](#)

### Inspiration

- \* [Verywell Fit: The MMA Workout You Can Do at Home](#)

## Take a Boxing Class

### Benefits

- \* [Live Strong: 6 Reasons You Should Try a Boxing Workout](#)
- \* [Harper's Bazaar: 6 ways boxing can benefit your mental health](#)



Body | 60 minutes

## Play Team Sports

### Benefits

- \* [TED-Ed: How Team Sports Benefits Your Body and Brain](#)

## Start CrossFit

### Benefits

- \* [Dr Axe: CrossFit Benefits](#)

### Helpful Tips

- \* [Running On Real Food: 17 Bits of Advice for Crossfit Beginners](#)

### Inspiration

- \* [Verywell Fit: 100+ CrossFit Hero WODs to Try](#)

## Play Tennis

### Benefits

- \* [Blackmores: Top 10 Health Benefits of Tennis](#)

### How to

- \* [MasterClass: How to Play Tennis - The Beginner's Guide to Tennis](#)

## Go Rock Climbing

### Benefits

- \* [Medium: Mind and Body Benefits of Rock Climbing](#)



Body | 60 minutes

How to

- \* [Outside Online: The Beginners Guide to Rock Climbing](#)

## Visit the Hot Springs

Benefits

- \* [Lifhacker: The Surprising Health Benefits Of Hot Springs And Mineral Baths](#)



# Soul

Self-care practices to enhance  
your spiritual wellbeing



Soul | 10 minutes

## Watch the Sunrise or Sunset

### Benefits

- \* [Well and Good: How to Maximize Your Summer Days With a Sunrise Ritual](#)

## Dance Like Nobody's Watching (Ecstatic Dance)

### Benefits

- \* [The Conscious Club: Ecstatic Dance: Letting Your Inner Wild Side Out](#)
- \* [Elephant Journal: The Healing Practice of Ecstatic Dance](#)

## Hug Someone You Love

### Benefits

- \* [Well and Good: 10 Awesome Health Benefits of Hugging That'll Make You Want to Squeeze Someone Like Right Now.](#)

## Recite a Mantra

### How to

- \* [The Mindful Kind Podcast: #125 Affirmations and Meditation](#)
- \* [The Mindful Kind Podcast: #126 Affirmations in Everyday Life](#)

### Inspiration

- \* [The Chopra Center: 7 Mantras for Creating the Life You Want](#)
- \* [The Chopra Center: 7 Simple Mantras for Healing and Transformation](#)
- \* [Marc and Angel: 12 Mindfulness Quotes that Will Change the Way You Spend Your Life](#)
- \* [Marc and Angel: 7 Relationship Mantras to Stop Small Misunderstandings from Turning into Big Mistakes](#)
- \* [Marc and Angel: The 10-Second Pause that Can Save a Day and Spare Some Pain](#)



Soul | 10 minutes

## Read Real Life Uplifting Stories and Life Lessons

### Inspiration

- \* [Marc and Angel: 60 Tiny Love Stories to Make You Smile](#)
- \* [Marc and Angel: 21 Tiny Stories for Those Who Have Lost Their Motivation](#)
- \* [Marc and Angel: 99 Tiny Stories to Make You Think, Smile and Cry](#)

## Start a Jar of Awesome

### Benefits

- \* [Lifehacker: Keep a Jar Of Awesome to Remind You to Celebrate the Small Wins](#)

## Make a List of all the Things You Love About Yourself

### Benefits

- \* [Medical News Today: Why Self-Love is Important and How to Cultivate it](#)
- \* [Saint Belford: The Self-Esteem, Self-Worth and Self-Love Equation](#)

## Reflect on Your Accomplishments

### Benefits

- \* [The Washington Post: Here's Why You Should Throw Yourself a Party the Next Time You Reach a Goal](#)
- \* [Fast Company: Why You Should Keep An Accomplishments Box](#)



Soul | 10 minutes

## Call a Friend or Loved One

### Benefits

- \* [The Conversation: How Landline Phones Made Us Happy and Connected](#)
- \* [Bustle: 17 Reasons Talking On The Phone Benefits Your Love Life](#)

## Gaze at the Stars

### Benefits

- \* [Yugen Lab: Benefits of the Night Sky](#)
- \* [The Unbounded Spirit: The Lost Practice of Stargazing](#)

### Where to Begin

- \* [Mental Floss: 13 Tips for Stargazing From Astronomers](#)
- \* [ABC News: A Beginner's Guide to Finding Stars and Planets](#)

## Pray

### Inspiration

- \* [Aubrey Marcus Podcast: Truth and Responsibility with Jordan Peterson](#)

## Read Poetry

### Benefits

- \* [Red Online: Why Reading Poetry is So Good for You](#)
- \* [Mic: Science Shows Something About What Reading Poetry Does to Your Brain](#)
- \* [Writer's Digest: 8 Reasons Why Poetry Is Good for the Soul](#)



Soul | 10 minutes

## Pay it Forward

### Benefits

- \* [Kevin Nantazon: Pay It Forward, You'll Be Surprised To See How Much You Can Achieve.](#)
- \* [Huffington Post: The Healthy Side of Giving: How Paying It Forward Pays Back](#)

### How to

- \* [Planet of Success: 45 Beautiful Ideas to Pay it Forward](#)

### Inspiration

- \* [The She Factor: The 9 «Pay It Forward» Stories That Changed Lives](#)

## Perform a Random Act of Kindness

### Benefits

- \* [Random Acts of Kindness: The Science of Kindness](#)
- \* [Happify: The Science of Giving - Why One Act of Kindness is Usually Followed by Another](#)

### Inspiration

- \* [Random Acts of Kindness Foundation: Kindness Ideas](#)
- \* [Little Dreamers: 50 Random Acts of Kindness](#)

## Donate to a Charity

### Benefits

- \* [Pursuit: Why Giving is Good for the Soul](#)
- \* [Good To Give: Why it Feels Good to Give](#)





Soul | 10 minutes

## Step Out of Your Comfort Zone

### Benefits

- \* [Dave Asprey: Reasons to Get Out of Your Comfort Zone \(And 10 Things You Can Do Right Now\)](#)

### Inspiration

- \* [Shonda Rhimes: My Year of Saying Yes to Everything](#)
- \* [Hey Kendra: 100 Things to do Outside Your Comfort Zone](#)
- \* [The Mindful Kind: Being More Open-Minded When Trying New Things](#)

## Laugh Out Loud

### Benefits

- \* [Verywell Mind: Health Benefits of Laughter](#)
- \* [Everything Zoomer: The Healing Benefits of Laughter](#)

### Inspiration

- \* [Make Use Of: 15 Funniest Websites for the Best Humor on the Web](#)



Soul | 30 minutes

## Have an Honest Conversation With a Friend

### Benefits

- \* [Brené Brown: The Power of Vulnerability](#)

### How to

- \* [Mindful: Three Mindfulness Practices that Encourage Generous Conversations.](#)
- \* [Mindful: Stop, Wait, Go](#)
- \* [Mindful: Could You Connect More?](#)

## Reconnect With Old Friends

### Benefits

- \* [How to Reconnect With An Old Friend Without Making It Awkward](#)

## Plant Something

### Benefits

- \* [Daily Life: Planting Trees to Feed Your Soul](#)

## Play with Animals

### Benefits

- \* [Verywell Mind: How Owning a Dog or Cat Can Reduce Stress](#)
- \* [The Chopra Center: 4 Benefits of Owning a Pet](#)



Soul | 30 minutes

## Animal Shelters

- \* [Pet Rescue](#)
- \* [RSPCA Australia](#)
- \* [Second Chance Animal Rescue](#)
- \* [Save-A-Dog Scheme](#)
- \* [The Lost Dogs Home](#)
- \* [Forever Friends Animal Rescue](#)

## Define or Revisit Your Core Values

### Benefits

- \* [Unless You Care Project: Finding Fulfillment Through Your Values](#)
- \* [5 Life Changing Benefits of Discovering Your Core Values](#)



Soul | 60 minutes

## Read Fiction

### Benefits

- \* [Buffer: The Surprising Power of Reading Fiction](#)

### Resources

- \* [Goodreads: By Decade Book Lists](#)

## Read an Inspiring Book

### Inspiration

- \* [Refinery29: Inspiring Books That Are NOT Chicken Soup For The Soul](#)
- \* [Mind Body Green: Can't Afford A Life Coach For 2016? Read These 10 Books For Your Best Year Ever](#)

## Spend Quality Time With Friends and Family

### Benefits

- \* [Time: Why Spending Time With Friends Is One of the Best Things You Can Do for Your Health](#)

### Inspiration

- \* [Verily: 10 Ways to Spend Time With Friends \(Even When You Have Too Much to Do\)](#)
- \* [Mindful: Could You Connect More?](#)

## Start or Resume Your Passion Project

### Benefits

- \* [Trello: Why You Should Keep That Passion Project \(Even If It Doesn't Pay\)](#)



Soul | 60 minutes

How to

- \* [Buffer: How Creative Hobbies Improve Our Performance at Everything](#)
- \* [Shopify: Creative Side Projects - A How-To Guide](#)

## Start a DIY project

Benefits

- \* [CNN: This is Your Brain on Crafting](#)

Inspiration

- \* [Smaggle: 29 Best Bedroom DIY Ideas and Projects](#)

## Create a Vision Board

Benefits & How to

- \* [Morning Coffee With Dee: How to Create a Vision Board With Intention & Purpose](#)
- \* [Jack Canfield: How to Create an Empowering Vision Board](#)

## Perform a Life Audit

Benefits & How to

- \* [Ximena Vengoechea: How and Why to do a Life Audit](#)

## Create a Dreamline (Pulled from The 4 Hour Work Week)

How to

- \* [Tim Ferriss: Ideal Lifestyle Costing](#)



Soul | 60 minutes

## Start the Conversation About Mental Health

How to

- \* [Beyond Blue: Talk About It](#)
- \* [R U OK?: How to Ask Are You Okay?](#)

## Exit Toxic Relationships

How to

- \* [Headspace: How to Know if You're in a Toxic Friendship \(And How to Get Out of it\)](#)
- \* [The Minimalists: Letting Go of Shitty Relationships](#)

Inspiration

- \* [Marc and Angel: 7 Qualities of a Conscious, Loving Relationship](#)

## Attend Social Events

Benefits

- \* [Medical News Today: What are the Health Benefits of Socializing?](#)

## Volunteer at a Soup Kitchen

Benefits

- \* [The Chopra Center: 6 Ways Volunteering Makes You Happy](#)
- \* [Goodnet: 6 Invaluable Lessons You Learn from Volunteering](#)

Resources

- \* [GoVolunteer: Volunteering Opportunities in Australia](#)
- \* [International Volunteer HQ: Australia's Most Trusted Volunteer Abroad Programs](#)



Soul | 60 minutes

## Go to a Comedy Show

### Benefits

- \* [Verywell Mind: Health Benefits of Laughter](#)

### Resources

- \* [Timeout: Comedy Shows](#)

## Go to Gig

### Benefits

- \* [Triple J: Going to Gigs can Help You Live Longer, New Study Claims](#)
- \* [MusicOomph: 22 Compelling Benefits of Going to Live Music Concerts](#)

## Visit a Museum or Art Gallery

### Benefits

- \* [CultureOwl: 10 Reasons to Visit Museums](#)

## Practise Forgiveness

### Benefits

- \* [Lifhack: 5 Ways Forgiveness Can Benefit Your Life](#)
- \* [Marc and Angel: 4 Powerful Lessons You Gradually Learn as You Let Go of the Past](#)
- \* [Marc and Angel: 10 Simple Reasons It's Time to Let Go](#)

### How to

- \* [Dr Wayne Dyer: How to Forgive Someone who has Hurt You](#)
- \* [Verywell Mind: Tips for Letting Go of Stress and Anger](#)
- \* [Mindful: Let It Go - 11 Ways to Forgive](#)



Soul | 60 minutes

## Forgive Yourself

### Benefits

- \* [Tiny Buddha: Overcoming Shame - Forgive Yourself and Let Go](#)

### How to

- \* [Mindful: A 10-Minute Guided Mindfulness Meditation to Foster Forgiveness](#)
- \* [Mindful: How to Practice Forgiving Yourself](#)
- \* [Conscious Lifestyle Magazine: Letting Go of the Past - 5 Powerful Practices For Releasing Emotional Baggage, Hurt and Regrets](#)

## Practise Self-Acceptance and Letting Go

### How to

- \* [Conscious Lifestyle Magazine: 5 Powerful Exercises for Letting Go of Self Judgement and Negative Thoughts](#)

## Try Crystal Healing

### How to

- \* [Conscious Lifestyle Mag: A Complete Guide to Supercharging the Mind, Body and Spirit with Sacred Stones and Minerals](#)

## Learn About the 7 Chakras

### Inspiration

- \* [Mind Valley: The Complete Guide to the 7 Chakras for Beginners](#)



# Connect with us

