



'Me and the 23' - BRIT Challenge March 2023



1
Try a new activity

2
Try 2-3 minutes of
Mindfulness

3
If you can,
take the stairs

4
Be creative with
someone else.
Bake, draw,
paint, write

5
Get outside
and enjoy nature

6
Ask someone if they
are ok and really
listen to the answer

7
Choose an
online class

8
Take time to
check how you
are feeling

9
Listen to a
new podcast

10
Do an act of
kindness for
someone

11
Set aside 23 mins
to do an activity
you love

12
Have a picnic
in the park

13
Take time to read

14
Dance for 2-3 mins
to your
favourite song

15
Leave your phone
at your desk and
go have a chat

16
Prioritise sleep
and go to bed in
good time

17
Call the friend
you have been
meaning to call

18
Volunteer in your
local community

19
Try learning to
cook something
new

20
Move for 23 mins.
Run, jog, walk, stretch,
yoga, Pilates, dance.
Join the movement

21
Take a
screen break

22
Do 2,3 or 23 mins
more physical
activity than you
normally do

23
Show gratitude.
Say thank you to
someone

You can choose one activity and repeat for 23 days to build a healthy habit or you can pick and choose different activities to suit you.

Based upon **5 steps to mental wellbeing - NHS** (www.nhs.uk)

connect

be active

keep
learning

give

take
notice



Connect with other people

Good relationships are important for your mental wellbeing. They can:

- help you to build a sense of belonging and self-worth
- give you an opportunity to share positive experiences
- provide emotional support and allow you to support others



Learn new skills

Research shows that learning new skills can also improve your mental wellbeing by:

- boosting self-confidence and raising self-esteem
- helping you to build a sense of purpose
- helping you to connect with others

Even if you feel like you do not have enough time, or you may not need to learn new things, there are lots of different ways to bring learning into your life.



Be physically active

Being active is not only great for your physical health and fitness. Evidence also shows it can improve your mental wellbeing by:

- raising your self-esteem
- helping you to set goals or challenges and achieve them
- causing chemical changes in your brain which can help to positively change your mood



Give to others

Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- creating positive feelings and a sense of reward
- giving you a feeling of purpose and self-worth
- helping you connect with other people

It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.



Pay attention to the present moment (mindfulness)

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.

Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.

Read more about **mindfulness**, including steps you can take to be more mindful in your everyday life.



#UCLanBRITChallenge