



Take the time to  
breathe for 28 days  
Week one

Day 1:  
Spend 5 minutes to de-clutter your bedside table  
and bring back some order

Day 2:  
Go for a walk around the block for 5 minutes  
and get some air

Day 3:  
Dance like no one is watching

Day 4:  
Savour some wonderful memories  
by using images to create a wonder-wall

Day 5:  
Pause and reflect on three things  
you are grateful for this week

Day 6:  
Reach out to someone you  
haven't seen for a while, and say hi

Day 7:  
Make your bed up with crisp, clean, ironed sheets