

The background is black with several glowing, wavy lines in various colors: a vertical orange and red line on the left, a diagonal cyan line, a vertical light blue line, and a purple ring on the right. A central graphic consists of a dark blue square with a multi-colored border (pink, green, blue) and a speech bubble tail pointing down and to the left.

**Gwent  
N-gage**

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# GO FOR A WALK

Breathe in that  
fresh air



# EAT SOME CAKE

Bake it or buy it. Just  
know you deserve it!



# DO A LITTLE READING

book, comic, magazine,  
where will the story  
take you?



# PAMPER YOUR SKIN

Show yourself some  
love & care.



# GRAB A COFFEE

Enjoy some time for  
yourself or share with  
a friend.



# LISTEN TO MUSIC

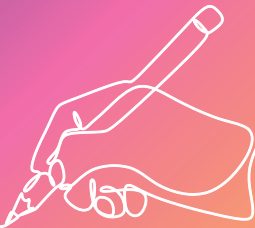
make a feel-good  
playlist & pump up  
the volume



# GET ACTIVE

work up a sweat,  
go for a run, do a home  
workout or hit the gym





# GET MOTIVATED

write a list of things you  
need to do, complete tasks  
1 by 1, tick them off as  
you go



# PURSUE YOUR PASSION

dream big, set yourself  
goals and action them



# EMBRACE CREATIVITY

paint, draw, colour in,  
sing, or dance



# ENJOY AN AUDIO BOOK

get lost listening  
to the story



# BINGE WATCH A SERIES

indulge in each episode



# LAUGH OUT LOUD

watch or listen to  
some comedy



# ENJOY A FILM

put on an old fave or  
go to the cinema to  
see something new



# LEARN SOMETHING NEW

discover a new skill,  
expand your mind





# COOK A MEAL

find a recipe, get the  
ingredients, take the time  
to cook and savour  
every mouthful



# FEEL GRATEFUL

write down 3 things  
you feel grateful for



# TREAT YOURSELF

buy something new,  
eat something yummy



# BE IN NATURE

get outdoors, explore,  
go to the park, the woods,  
the beach, soak up  
some nature



# SPRING CLEAN

get organised, out with  
the old, in with the new



# PLAN A TRIP

a day out, a favourite  
place or somewhere  
new



# CHILL OUT

breathe, let out a sigh, try  
mindfulness or a guided  
meditation



# RANDOM ACT OF KINDNESS

do something nice for  
someone else, could  
be someone you love,  
a friend or a stranger





# CATCH UP

call a friend or family  
member for a good chat  
or arrange to meet up



# REMEMBER THE GOOD TIMES

look back through old  
photos, places visited or  
past adventures, reminisce  
about fun times



# CHALLENGE YOUR MIND

try a puzzle, jigsaw,  
crossword or even an  
escape room



# DO NOTHING

take a nap, at times it's  
important to give yourself  
a day of rest



# PLAY A GAME

could be a games console,  
a board game, or an app  
on your phone, try and  
beat your high score



# SPLASH

take a long shower,  
soak in the bath or go for  
a swim feel the water on  
your skin



# WRITE A JOURNAL

write down your thoughts  
or feelings – put pen  
to paper



# STRETCH

try some gentle stretches  
or a yoga workout





# FLOWERS

smell some wild flowers  
or buy a beautiful bunch



PLANT SEEDS

and watch them grow



# PET AN ANIMAL

cuddle a pet, visit a farm,  
spend time with a  
furry friend



# PEOPLE WATCH

go for a wander,  
take in your surroundings  
and senses



## MAKE A PICNIC

put together some picnic  
snacks and drinks and  
venture outside for a picnic,  
could be to a local park or  
even your back garden.



# JOIN A CLUB

Musical instrument,  
singing or sports, try  
something you enjoy

