

Healing activities for wellbeing

Just as your body needs nourishment to be healthy, your mind needs the right nourishment to be well. Doing activities that focus on your wellbeing will help you improve your mood and make you feel more satisfied with, and enthusiastic about life.

Focusing on the areas of self-esteem and self-belief, leisure and social connectedness, and meaning or spirituality will help.

Here are some tips to get you started:

- Make something.
- Take some time to yourself.
- Go away for a weekend break.
- Visit loved ones.
- Watch your children play.
- Listen to a piece of music.
- Soak in the bathtub.
- Go to a movie.
- Go jogging or walking.
- Spend time in nature.
- Read magazines or the newspaper.
- Take up a hobby (such as model building or a craft).
- Spend time with friends.
- Meet new people.
- Play card and board games.
- Go to the gym or take an exercise class.
- Try yoga or Pilates.
- Repair things around the house.
- Work on your car or bicycle.
- Do some gardening.
- Go swimming.
- Have a family get-together.
- Go camping.
- Sing around the house.
- Pray or connect with your religion.
- Visit the beach.
- Try a new sport.
- Do some sketching, painting or writing.
- Go for a drive.
- Join a club (such as a garden or sewing club).
- Sing with a group.
- Play a musical instrument.
- Make a gift for someone.
- Do some cooking or baking.
- Do some sewing or knitting.
- Go out to dinner.
- Discuss books with friends.
- Go to a concert.
- Daydream.
- Go bike riding.
- Go to a sports game.
- Look at photographs.
- Take some photographs.
- Go fishing.
- Stargaze.
- Read.
- Do some acting for fun.
- Keep a diary/journal or write letters.
- Clean.
- Dance.
- Go on a picnic.
- Meditate.
- Have lunch with a friend.
- Complete a puzzle.
- Talk on the phone.
- Light candles.
- Have coffee at a café.
- Listen to the radio.
- Get a massage.
- Do some woodworking.
- Volunteer.

Written by HealthInfo clinical advisers. Page created April 2019.