



# TAKE 5 TO THRIVE

21 DAYS OF DAILY ACTIVITIES TO BOOST YOUR HEART AND MIND

## 1 FIVE MINUTE MEDITATION

Engage in a five-minute meditation session to calm your mind and reduce stress. Focus on your breath or use a guided meditation app or YouTube video.

## 2 CONNECT WITH SOMEONE YOU TRUST

Reach out to a friend or family member to share your thoughts and feelings. This can help alleviate stress, provide emotional support and you never know, it may even be helping them out too.

## 3 COLOURING BOOK

Take a few moments to color intricate patterns that inspire you. This is a wonderful way to relax and tap into your creative side. Let your imagination flow with the coloring page we've provided below.

## 4 GRATITUDE JOURNAL

Take a moment to reflect on the things you're grateful for. Writing them down can help shift your focus to the positive aspects of your life and boost your mood. You'll find a few questions at the end to get you started!

## 5 LISTEN TO YOUR FAVOURITE SONG

Enjoy a 5-minute break by listening to a song that uplifts you and improves your mood.

## 6 EXPRESS POSITIVE AFFIRMATIONS

Embrace the power of positive self-talk by repeating affirmations about yourself and your goals. At the end, you'll find a set of printable cards that you can try out.

## 7 SOUND BATH

Immerse yourself in soothing sounds or music designed to promote relaxation and reduce stress.

*PSSST* - DON'T FORGET TO TAG US IN YOUR DAILY CHALLENGES! #T52T

8

## FUEL YOUR BODY

In just a few minutes, you can prepare a delicious and nutritious smoothie that nourishes your body and mind. Check out the recipe below!

9

## PRACTICE MINDFULNESS

Practicing mindfulness with a 5-minute body scan: Focus on each part of your body from head to toe to become more aware of physical sensations and reduce stress.

10

## STRETCH

Try a few basic yoga poses to enhance your flexibility, strength, and relaxation. To help you begin, check out our yoga pose chart below.

11

## TAKE A SHORT NATURE WALK

Enjoy a brief walk in nature or among indoor plants to refresh your mind and body.



12

## FIVE MINUTE WORK OUT

Engage in some quick exercises such as jumping jacks or a skipping rope to increase your energy levels and get the endorphins pumping!

13

## DOODLE

Engage in free form drawing or doodling to stimulate creativity and relax your mind. Buy a colouring book if you prefer a bit of guidance!

14

## BREATHE

Practice a quick breathing exercise, such as the 4-7-8 technique, to calm your mind and reduce anxiety.

15

## GET GARDENING

Spend a few minutes caring for plants - either indoor or outdoor - which can be a soothing and has been proven to prevent cognitive decline.



**16**

### **GIVE A HUG**

Experience the comforting effect of physical touch with a hug from a loved one or a pet.

**17**

### **SOAK UP THE SUN**

Enjoy a few minutes of sunlight to improve your mood and increase your vitamin D levels.

**18**

### **DANCE**

Move to your favourite song to boost your energy and enhance your mood.

**19**

### **SELF CARE**

Embrace a soothing nighttime routine by unplugging your devices and applying your skin care cream or serum, allowing you to unwind and reconnect with yourself before drifting off to sleep!

**20**

### **READING**

Read a few pages from a book or article that interests you to escape and unwind.

**21**

### **GET ORGANISED**

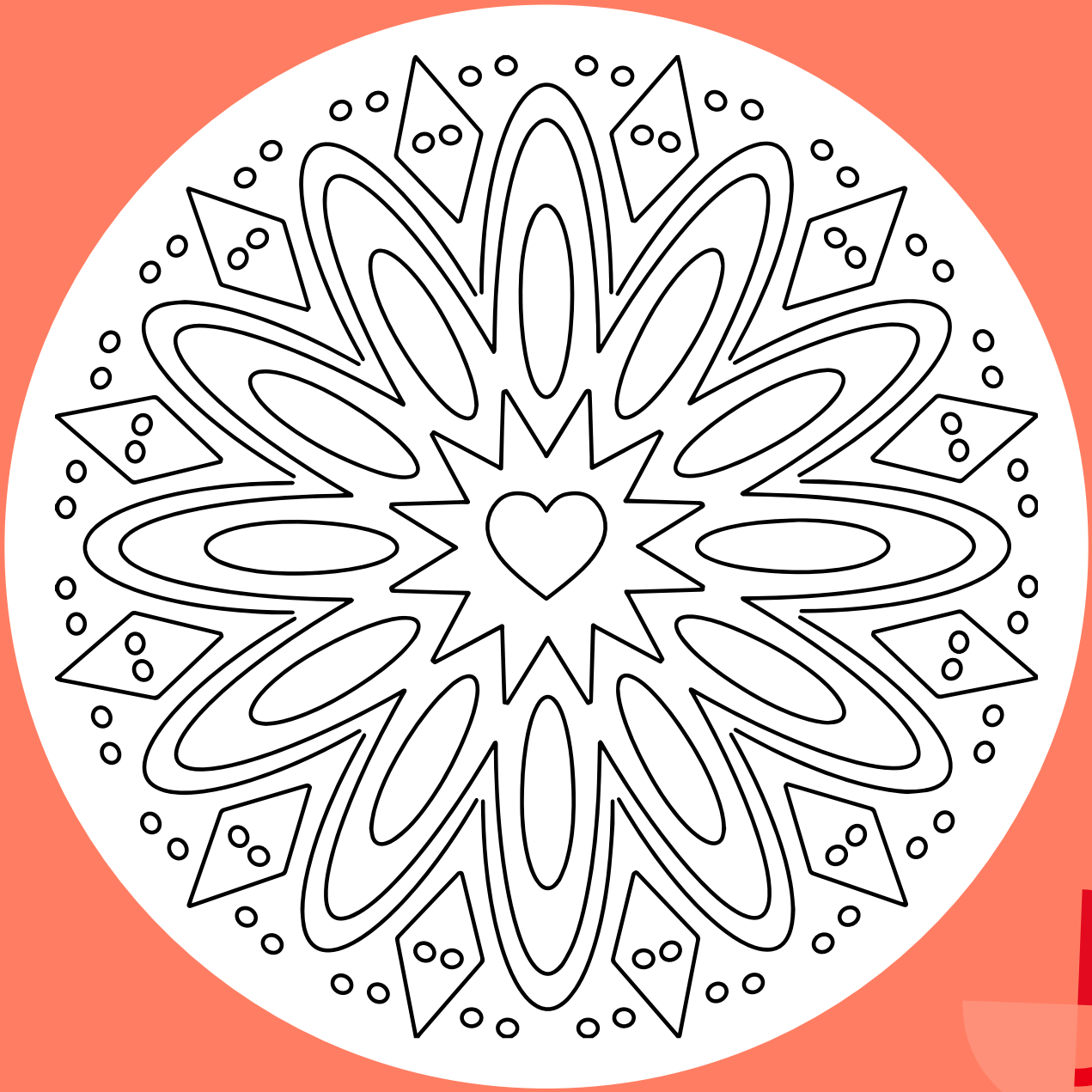
Spend a few minutes tidying up your desk or work area to create a more organised and calming environment.



CHALLENGE NO.3  
#TAKE5TOTHRIVE

TAP INTO YOUR CREATIVE SIDE BY  
COLOURING ME IN

Take a few moments to colour intricate patterns that inspire you.  
This is a wonderful way to relax and tap into your creative side.



CHALLENGE NO.4  
#TAKE5TOTHRIVE

TAKE A MOMENT TO REFLECT ON THE THINGS  
YOU'RE GRATEFUL FOR

Writing them down can help shift your focus to the positive aspects of your life and boost your mood.

WHAT IS ONE THING I OFTEN  
TAKE FOR GRANTED BUT

**APPRECIATE  
TODAY?**

WHAT IS SOMETHING I'M  
LOOKING FORWARD TO

**TOMORROW?**

HOW DID I MAKE  
PROGRESS TOWARD

**A GOAL TODAY?**

CHALLENGE NO.6  
#TAKE5TOTHRIVE

EXPRESS POSITIVE  
AFFIRMATIONS

Embrace the power of positive self-talk by repeating affirmations about yourself and your goals.

i AM

CAPABLE OF ACHIEVING  
GREAT THINGS.

i EMBRACE

CHANGE AND WELCOME  
NEW OPPORTUNITIES.

i AM

WORTHY OF LOVE,  
SUCCESS,  
& HAPPINESS.

i TRUST

MYSELF TO MAKE  
THE RIGHT  
DECISIONS.

i CHOOSE

TO FOCUS ON THE  
GOOD IN EVERY  
SITUATION.

i CELEBRATE

MY UNIQUE  
QUALITIES  
AND TALENTS.

## CHALLENGE NO.8 #TAKE5TOTHRIVE

# TRY THIS HEALTHY AND DELICIOUS BERRY BLISS SMOOTHIE

In just a few minutes, you can prepare a delicious and nutritious smoothie that nourishes your body and mind.



**5 MINUTE RECIPE**  
**SERVES 2.**

## INGREDIENTS

½ Cup Mixed Berries  
(Strawberries, Blueberries, Raspberries)  
1 Frozen Banana  
1 Tablespoon Almond Butter  
1 Cup Your Preferred Choice of Milk

## INSTRUCTIONS

1. Place all ingredients in a blender and blend on high speed until smooth.
2. Serve immediately.

# CHALLENGE NO.12

## #TAKE5TOTHRIVE

### FIVE MINUTE STRETCH

Try a few yoga poses to enhance your flexibility, strength and relaxation.

