

DEAR AUNTY

**14 DAY**

**WELLBEING**

*challenge*

14 Days of Gentle Mind, Body & Spirit Activities

# *Welcome to the Wellbeing Challenge!*

Hello DA Family and welcome to the 14 Day Wellbeing Challenge! I've put this challenge together in the spirit of being kind to yourself.

All too often we get so caught up in the day-to-day of life and caring for others that we forget to focus on our own needs.

This challenge provides you the tools to gently begin to focus on your wellbeing.

I wanted to provide something that was effective but easy to achieve. All you need to do is complete one task each day focusing on your mind, body, or spirit.

Tick off the list as you go and don't forget to post your progress in our **Facebook Group** or on IG by tagging me **@dearauntyhomeorganisation.**

*Ingrid (Dear Aunty) xx*





# 14 DAY WELLBEING Challenge



## Week *one*

30min  
Walk



Have a  
Smoothie



Meditate



Coffee or  
Phone Call  
With a Friend



Yoga or  
Stretch Class



3 Things I'm  
Grateful for  
Today



No Social  
Media

## Week *two*

Facemask  
or  
Body Scrub



Find the  
Beauty in  
Today\*



Yoga or  
Stretch Class



Try a  
New Workout



Have a Bath  
or  
Long Shower



Practice  
Box  
Breathing\*\*



Replace Coffee  
with a  
Fresh Juice

\*Be present in your surroundings and acknowledge something of beauty. It could be a flower you see on your daily walk, a bird in a tree or anything that calls to you.

\*\*Box Breathing involves exhaling to the count of four, holding your lungs empty for a count of four, inhaling at the same pace and holding air in your lungs for a count of four, before beginning the pattern again. This technique is great for reducing anxiety.

# Resource Page

## Meditation Apps

- Bloom
- Calm
- Insight Timer



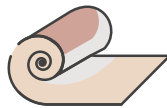
## Running Apps

- C25K 5K trainer
- Nike + Run Club
- Runkeeper



## Workout / Yoga Apps

- Asana Rebel
- Body by Finch
- Fitbit Premium
- JS Health
- Michelle Bridges 12WBT
- Sweat By Kayla

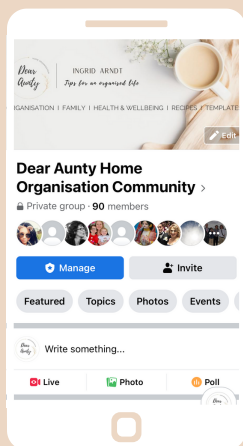


## Recipe Inspo



Check out the blog for ideas

[Click here](#)



## Facebook Community Page

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