



Use this simple game to help you recharge your battery with the science of wellbeing. You might choose to complete it personally, or within your team. See how many you can cross off each week/day, and notice whether there are some activities that help you recharge faster.

Practice self-compassion	Have an early night	Switch off technology for at least 12hrs	Exercise for at least 30 mins	Try out a breathing technique
Notice what is good in your life	Listen to a new perspective	Write down five reasons you are amazing	Do a kind thing for another person	Phone a friend out of the blue
Connect with nature	Stand up to your inner critic	 SURPRISE ME	Learn something new about a colleague	Choose strength instead of stress
Compliment a stranger	Research something you didn't know	Gently stretch your comfort zone	Journal or talk about your feelings	Do something that makes you feel good
Ask for feedback about something	Pay a compliment to a colleague	Ask somebody about their battery	Notice why you enjoy your work	Remember your favourite hobbies