

MIND BALANCE

Mental Health and Wellbeing



MOOD-LIFTING INDOOR THINGS TO DO (WHEN YOU CAN'T THINK OF THINGS TO DO)

Indoors

- Read a book
- Watch a movie
- Play a board game
- Play a computer/playstation game
- Do a puzzle (500, 1000, 1500 pieces...)
- Sketch or paint a picture
- Make gift cards
- Cook a three-course meal
- Write poetry, articles or stories
- Repair something that has been needing attention
- Tidy a drawer or cupboard
- Label drawers and boxes
- Make a vision or memory board with photos and quotes that mean something to you
- Select clothes, toys or other items to give away
- Play an instrument
- Meditate
- Do crossword puzzles or other kinds
- Listen to music
- Take a luscious bath
- Build something
- Do a science experiment
- Make jewellery
- Practice a language
- Call a friend
- Plan a holiday
- Write a letter to your future self
- Do some stretching
- Try a new facemask or beauty product
- Try a new hairstyle
- Give yourself a manicure/pedicure
- Listen to a podcast
- Watch a TED talk
- Find an online course that interests you
- Rearrange your furniture
- Decorate a room
- Do a photoshoot

Indoors (cont'd)

- Do an exercise routine
- Go online shopping
- Update your resume, marketing, LinkedIn etc.
- Prepare creative meals for the week
- Organize finances
- Plan goals for the future
- Make a bucket list
- Watch a documentary
- Watch a movie from childhood
- Re-vamp or tidy up your social media
- Write letters
- Make an online dating profile
- Write emails to people to let them know something meaningful
- Make a fun care package to send to a friend
- Plan your presents for birthdays and Christmas
- Use an adult colouring book
- Clean the house
- Start a small garden
- Write a journal
- Make a photobook
- Make lists of things you want to do, learn, read, go to, do when you're bored, etc.
- Put on music and dance
- Record a video
- Write letters to your past selves: What did the teenage you need to know?
- Learn about wine, beer, coffee,...
- Learn how to tie effective knots, bow-ties,...
- Plan your Halloween costume
- Organize folders on your laptop
- Brainstorm ideas of what you would do if you weren't in the career you are in now
- Make gifts
- Plan a party

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MOOD-LIFTING OUTDOOR THINGS TO DO (WHEN YOU CAN'T THINK OF THINGS TO DO)

Outdoors

- Go for Dinner and drinks
- Go to Parks & playgrounds
- Go to the beach
- Explore something new
- Visit the Country parks
- Go Sightseeing in the region you live in
- Go to Dance class
- Go to Art class
- Go to Gym class
- Go to Cooking class
- Learn a new skill
- Explore some Hiking Trails
- Volunteer with a charity
- Go to Afternoon tea at one of the nice hotels
- Go to a Massage, beauty or a spa treatment
- Go Camping
- Go to Karaoke
- Go to Live Music
- Arrange a junk
- Go to a museum
- Go to an art gallery
- Go to the theatre
- Go to a fun park
- Go window shopping
- Go to a café – try to find one with board games
- Go wine-, beer- or coffee-tasting
- Go to the cinema
- Go to a concert
- Go to a comedy show
- Book an escape room
- Go for a Staycation
- Set up a hammock somewhere in nature with a book

Outdoors (cont'd)

- Go for brunch
- Go trampolining
- Go rock climbing
- Go to play bubble soccer, archery tag, dodgeball, laser tag, paintball, bowling, or mini golfing.
- Get your fortune read

