Activity Menu

- Go for a walk
- Listen to the birds - really pay attention and be mindful
- Write an encouraging letter to a friend
- Organise a virtual dinner party with friends, all try and cook the same recipe
- Create a mood board of all the places you would like to go
- Create a music playlist full of happy songs
- Meditate
- Make a bucket list
- Make a photo album
- Plant something (Herbs can be kept indoors!)
- Make a care package for someone
- Do an online workout/dance class

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