

Fact Sheet 1



Living a Wholistic Life

Your journey towards a freedom life

Daily Wellness Tips

- Reach out to someone who inspires you and tell them why.
- Get outside and move your body.
- Engage your senses with pleasant smells, sounds, sights, tastes, and things to touch.
- Be present and notice how the foods you eat affect your energy levels.
- Find a poem that you love and read it.
- Replace your afternoon coffee with a green tea.
- Make relaxing plans with a good friend.
- Do something playful today that nourishes your soul.
- Go for a 15-minute walk in the morning (or at any time during the day) and get some sunshine.
- Take a relaxing bath or mindful shower.
- Go for a photo walk and discover the beauty in your own neighbourhood.

