

Churchman Challenge!

For better mental health.



1. Read a book/
magazine

2. Take a bath

3. Watch a film

4. Try out a new recipe

5. Take a walk

6. Bake a cake

7. Arts and crafts



8. Do a Jigsaw Puzzle

9. Plant some seeds


10. Have a coffee with a friend

11. Play a Board Game

12. Have a Sing

13. Have a Dance

14. Turn your phone off for an hour



15. Listen to music

16. Laugh



17. Gardening/
taking care of plants

18. Sketch or paint

19. Go bird-watching

20. Go sight-seeing

21. Take a photo



22. Go on a picnic

23. Play cards



24. Go swimming

25. Declutter

26. Call someone you haven't spoken to for a while


27. Take a friend/or family's dog for a walk

28. Check on a neighbour and ask how they are



29. Reconnect with nature for an hour

30. Rent a book from the library

 **mind**
Norfolk and
Waveney

 **REST**