



WORLD WELLBEING WEEK 2026



REIMAGINE WELLBEING WITH THESE TIPS

Take on the following wellbeing challenges – each one supports a wellness pillar to help you stay grounded, resilient and energised.



MONEY MINDFULNESS MONDAY

- Draft a personal budget.
- Pack homemade lunch for office days.
- Set a small savings goal for the next 30 days.
- Listen to a short financial wellness podcast or read an article on money management.



WORK WELL TUESDAY

- Complete a workstation ergonomic check.
- Schedule 15 minutes to prioritise and plan your workload.
- Give recognition or appreciation to a colleague.
- Commit to ending work on time today to support work-life balance



GROWTH MINDSET WEDNESDAY

- Listen to a TED Talk or educational podcast.
- Read for 15 to 20 minutes.
- Solve a puzzle, brain teaser or quiz.
- Share a helpful tool or something interesting with a colleague.



MOVE MORE THURSDAY

- Take a 20-minute walk.
- Stretch for five minutes every hour.
- Drink at least two litres of water daily.
- Choose stairs instead of the lift where possible.



FEEL GOOD FRIDAY

- Spend 10 minutes practising mindfulness, deep breathing or meditation.
- Write down three things you are grateful for.
- Reach out to someone you appreciate.
- Take a short social media break.



SUSTAINABLE SATURDAY

- Recycle or declutter one area of your home or workspace.
- Switch off unused lights and electronics.
- Spend at least 20 minutes outdoors in nature.
- Plant something or care for an existing plant.



END YOUR WEEK BY REFLECTING ON:

- The challenge you enjoyed the most
- A new healthy habit you want to continue.
- What wellness means to you.