


# HEALTH WEEK CHALLENGE

".... I have come that they may have life, and that they may have it more abundantly" John 10:10 NKJV

#ihavecomethattheymayhavelife

DAY	QUOTE & PREAMBLE	CHALLENGE
	<p>Volunteer to create more opportunities to be social. (Musick &amp; Wilson, 2003)</p>	<p>Offer to do something nice for someone else in your bubble, something they will find positive, supportive, and loving. It will make their day, and yours – give it a go.</p>
	<p>Diets high in whole-plant foods can improve your physical wellbeing, and your mental wellbeing. (Micha et al. 2015) (Beezhold &amp; Johnson 2012)</p>	<p>Create a meal using wholefoods only (nothing too processed). Be daring and use only plant-based foods – think about how to make it taste and look good.</p>
	<p>Move more to boost your mood and reduce your odds of depression by 45%. (PAGAC 2008)</p>	<p>Make sure you get some physical activity today, at least 30 mins outdoors it best. Being in the sunlight and fresh air helps to boost your mood.</p>
	<p>People with hobbies and passions and/or volunteer opportunities throughout life can improve their wellness and transition better into a meaningful and satisfying retirement. (Paggi et al. 2016)</p>	<p>As we become more involved in our community, what volunteer work can you do to enrich your life now and for the future? What are you good at, what can you offer others? Write down the three things you can do to help your community get back to normal.</p>
	<p>What is good for our health is also good for the environment. (Tilman &amp; Clark 2014)</p>	<p>Look around your surroundings, what can you do today that will improve your environment – maybe declutter, tidy up, play lovely music, or light a scented candle. Take a before and after picture on your phone.</p>
	<p>Being intellectually engaged, through academic, cultural, community, artistic and skill-based activities and learning, throughout life will enhance your well-being and give you a satisfying and purposeful life. (UIS 2014, PU 2019)</p>	<p>Learn something new today – a new recipe, a new skill, the lyrics to a song, a special verse or passage. Write it out and pin it up where you can see it, and learn it.</p>
	<p>Spirituality encompasses the way one views their purpose and meaning in life, as well as their deepest beliefs and morals, life decisions, character, perspective on spiritual beliefs and a higher being. (Mishra et al. 2017)</p>	<p>Spirituality is linked to what you believe your purpose in life is, so consider what you believe you have been put on this earth to do? Write it down, it will help to consolidate your thoughts.</p>

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