

Caring for your mind

1. Do a sleep hygiene check-in (click [here](#) for a good starting point). Having a healthy sleep routine is incredibly important to your mental health!
2. Set yourself a daily goal – write it down and put it somewhere you can see it. When you achieve that goal, allow yourself a couple of minutes to feel proud of your achievement! (Your goal can be as big or small as you like; it's for you and no one else.)
3. Try a Mindfulness course [here](#). This is a four week free course designed to help you use mindfulness for Wellbeing and improved performance in your studies!

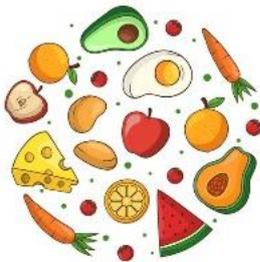


Caring for your body

Fitness

1. Do a sleep hygiene check-in (click [here](#) for a good starting point). Yes – this one is in mental health as well but it's really important to your physical health too!
2. If you want to try something completely different as part of your workout routine, [Barrecore](#) (a ballet-inspired fitness chain) are offering some free trials at the moment!
3. Some free instructor-led videos are available on the [NHS](#) website too!

Food and cooking



1. Extend your baking repertoire with [these](#) online tutorials! Especially good if you're new to baking bread.
2. If your baking skills are already Bake Off worthy, challenge yourself to improve your decorating skills with guidance from professional wedding cake maker and [decorator Emma Page](#). She is regularly posting lessons on her Instagram page!
3. If you love Italian food, you could check out [Scran School](#) where Joe Hurd (you may know him from Saturday Kitchen) is posting Italian cooking tutorials to help you level up your lockdown cooking!

Broadening your horizons

1. Always fancied yourself as a photographer? [Here](#) are some great online courses to get yourself started!
2. Got a guitar in the house somewhere that you want to have a go at playing? Try [this](#) beginners' course.
3. Fancy expanding your language skills? How about trying to learn a bit of [Norwegian](#)?
4. Thinking your future lies in the digital world? Try [this Introduction to Programming](#) where you can learn to build your first mobile game!
5. Watch a Broadway show from the comfort of your own home! There's a whole list [here](#) for you to choose from.

