

# My Wellness Bucket List

## Environmental Wellness

- Grow your own vegetable garden
- Clean your closet
- DIY Home projects
- Ride your bike instead of driving
- Use reusable shopping/grocery bags

## Financial Wellness

- Create a budget
- Use student discount / offer
- Speak to a financial advisor about financial goals
- Apply for a scholarship
- Organize and record finances

## Social Wellness

- Plan a drive by celebration
- Video chat a family member/ friend
- Go to a drive-in movie theatre
- Have a picnic in the park
- Play online games with family and friends

## Occupational Wellness

- Make a connection with colleague/industry of interest
- Check work/school emails at designated times
- Take a LinkedIn learning course
- Attend a Sheridan Career Hacks Virtual Event
- Schedule an appointment with a Career Counsellor

## Physical Wellness

- Complete a fitness challenge
- Drink 1L of water
- Take a siesta
- Eat 1 fruit per day for a week
- Get out of bed before 9 am

## Intellectual Wellness

- Pick up a new hobby
- Learn a foreign language
- Create a bullet journal
- Colour a picture
- Play a musical instrument

## Emotional Wellness

- Meditate for 5 minutes
- Smile
- Send a letter of gratitude
- Find an inspirational quote/mantra
- Reach out to someone for support

## Spiritual Wellness

- Attend an SSU yoga event
- Journal
- Set screen time restrictions
- Sign a petition for a cause
- Go on a trail walk