30 days of #ResearchWell
shef.ac.uk/rs/ecr/wellbeing

JUNE

1st JUNE
Turn off unnecessary notifications when you go to bed, to help you get a more restful night’s sleep

2nd JUNE
Think of one thing you can do today that will make you happy

3rd JUNE
Place an object on your desk/bench that brings you joy

4th JUNE
Thank someone who’s helped you out or made you consider an issue differently

5th JUNE
Keep an eye on your caffeine intake, and try not to drink it after 2pm

6th JUNE
Go out of your way to help someone else. Research shows it’ll benefit you too!

7th JUNE
List 4 fun things you will do for yourself over the summer

8th JUNE
Join a virtual choir and sing with people around the world (E.g. www.freohanoversingers.com/)

9th JUNE
Explore a podcast that you’ve never listened to before

10th JUNE
Invite a colleague or friend for an online coffee

11th JUNE
Ask a friend to recommend some music - try to pick someone with very different tastes to you

12th JUNE
Change your screen background to something that reminds you of a happy time

13th JUNE
Watch an online comedy show or tell someone your favourite joke!

14th JUNE
Take a virtual tour of your favourite museum/art gallery

15th JUNE
Find a green space and take some time out to just be

16th JUNE
Choose to read a book by an author that you’ve never read before

17th JUNE
Try finding your inner calm with yoga or meditation

18th JUNE
If you’ve found a blog, webinar or other new online resource useful, let the person running it know

19th JUNE
Have a virtual “mate date”: eat dinner together, watch a film or play a game - just have fun

20th JUNE
Mark the summer solstice by joining the celebrations being livestreamed from Stonehenge

21st JUNE
Take some time off - give yourself a few hours in which you have no expectations of yourself

22nd JUNE
Don’t forget to reward yourself when you achieve things on your to-do list!

23rd JUNE
Take at least half an hour for your lunch break

24th JUNE
Share a good idea, interesting resource, contact with someone in your network

25th JUNE
Reach out to a colleague and find out how they’re doing

26th JUNE
Think about what you’re grateful for and consider starting a gratitude journal

27th JUNE
Take time to reflect on your successes/milestones and plan for the future

28th JUNE
Go out into the fresh air for a walk, run or a sit down

29th JUNE
Go on a virtual safari, by watching live-streaming nature cams

30th JUNE
Rather than sending emails back and forth, think about picking up the phone to a friend or colleague instead.

Research Wellbeing Week: June 22nd -28th
We’ll be tweeting every day from @ResWellSheff

#researchwell
Be well.

Research well.

TAKE BREAKS
MAKE BREAKTHROUGHS
#TBMB