

Take 5 to Check 5

Your Health and Wellbeing is important, to you and to us!
Take 5 minutes to reflect on these 5 points and improve your wellbeing today.

1

Take some time to think about today.



2

Consider one difficult thing that happened during your day.
Acknowledge that difficulty and let it go.



3

Think about three things that went well.



4

Are you ok? Remember you have a support system in your
friends, family and the University.



5

Now switch your attention to home - rest and recharge.



Check out the website for all the latest BeWell
events, news and information: abdn.ac.uk/bewell