



## Budget-Friendly Wellness Activities

Wellness includes taking time to relax and recharge through enjoyable activities. Below are some ideas you can do at home or outdoors to support your well-being.

### **At Home Wellness Activities**

**Listen to relaxing music sounds** – Rain sounds, beach waves, soft wind, thunder, or a river stream – any sound you love hearing that helps you relax.

**Enjoy a footbath** – Warm water is a great relaxant. Enrich your foot bath with some herbs, calming essential oils like lavender or fresh eucalyptus.

**Meditate** – Some meditation benefits include increased focus, reduced stress and better sleep. There are various free guided meditation videos online or on youtube.

**Do some yoga** – Yoga is a great way for your body to be active and relax while incorporating breathing techniques. For free videos try Yoga with Adriene <https://www.youtube.com/user/yogawithadriene>.

**Journal** – Journaling is a great tool for self-discovery and can help you find balance and boost your confidence. Try it for 30 days and see the difference!

**Coloring** – Get your colored pencils and watercolors ready! Visit UMN Libraries to download and print pictures or download the ColorTherapy app for free.

**Practice gratitude** – Studies have shown that even small interventions like naming three good things that have happened to you today and dwelling on them can increase your overall mood and well-being.

**Listen to an inspiring podcast** – Listen to Happier with Gretchen Rubin or The Changeability Podcast, or another podcast or sermon/presentation you find inspiring.

**Pray** – Praying or reading the Bible can spiritually uplift you and help you feel renewed, blessed and loved. Praying can be done anywhere; outdoors in nature, written down in your prayer journal, or in the privacy of your room.

**Bake/Cook** – Some people find baking or cooking to be mindful, creative activities that help reduce stress. If that is you, pull out your kitchen tools and enjoy making something delicious! For easy, delicious, quick, and healthy recipe ideas click below:

<https://myllu.llu.edu/livingwhole/fooddemos/>

<https://myllu.llu.edu/livingwhole/recipes/>

**Gardening** – whether you're planting trees, growing vegetables, or cultivating herbs in your kitchen, gardening offers a variety of benefits. It is a great way to get exercise, sunshine, and fresh air while enjoying fresh produce for a healthy meal.



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