

SEPTEMBER 2021 A MONTH WELLBEING

LIVERPOOL CONVENTION BUREAU

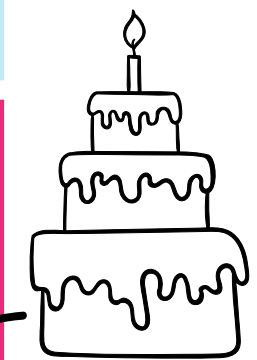
We've challenged our team to a month of wellbeing activities. Why don't you join in? Download this calendar and tick off each day. Share your successes with us on twitter @meetliverpool

LIVERPOOL
SENSATIONAL AS STANDARD
LIVERPOOL CITY REGION

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

*Confex 2021
1-2 Sept
Excel / London*

WEEK 1 ENVIRONMENT			1 CONFEX 2021 HEAD OVER TO CONFEX BY PUBLIC TRANSPORT, CYCLE OR WALK.	2 REUSE/ RECYCLE - CAN YOU GO PLASTIC FREE FOR ONE DAY?	3 GO VEGAN FOR ONE DAY.	4 USE LESS WATER - SHOWER INSTEAD OF A BATH, TURN TAP OFF WHEN BRUSHING TEETH.	5 UPCYCLE SOMETHING.
WEEK 2 HEALTH	6 DRINK MORE WATER. CAN YOU CUT DOWN ON CAFFEINE?	7 COOK A HEALTHY MEAL.	8 TRY A NEW EXERCISE.	9 GO TO BED EARLY (WITHOUT YOUR PHONE!)	10 TAKE A WALK SOMEWHERE NEW.	11 DOWNLOAD A WELLBEING APP.	12 DO SOMETHING YOU ENJOY.
WEEK 3 PAY IT FORWARD	13 SUPPORT A LOCAL CHARITY DONATE UNWANTED CLOTHES.	14 BUY AN EXTRA CAN OF FOOD AND DONATE TO LOCAL FOODBANK.	15 SUPPORT A LOCAL BUSINESS BUY SOMETHING OR SHARE THEIR INFO ON YOUR SOCIAL.	16 COMPLIMENT SOMEONE.	17 DO A RANDOM ACT OF KINDNESS.	18 BAKE SOMETHING FOR A NEIGHBOUR OR FRIEND.	19 OFFER TO HELP OUT A PERSON IN NEED. COLLECT PRESCRIPTIONS OR DO THEIR SHOPPING.
WEEK 4 SELF CARE WEEK	20 TRY YOGA.	21 READ A BOOK.	22 CALL A FRIEND OR FAMILY MEMBER.	23 TRY OUT A NEW HOBBY OR SKILL.	24 EAT 5 A DAY.	25 HAVE A DAY WITHOUT SOCIAL MEDIA.	26 WATCH YOUR FAVOURITE FILM.
WEEK 5 WORK/LIFE	27 DECLUTTER YOUR WORKSTATION.	28 CREATE A PLAYLIST OF YOUR FAVOURITE SOUNDS.	29 TAKE REGULAR BREAKS FROM YOUR WORKSTATION.	30-1 THE MEETINGS SHOW MEET YOUR INDUSTRY FRIENDS. COME AND TELL US EVERYTHING YOU'VE DONE THIS MONTH.			



*The Meeting Show
30 Sept - 1 Oct
Excel / London*