

30-DAY WELLBEING CHALLENGE

Work stress is real, and mental health matters. At Laughology, we love easy, practical hacks to make your workday better.

So, we've created 30 simple ways to build small daily habits that boost wellbeing fast. Pick one a day, or if you're bold, three—mix, match, or repeat. Science says consistency rewires your brain. Try it for a month and see what happens!

Physical Wellbeing

- 1 **Stretch & Breathe**
Stand, stretch, deep breath. Do this every hour to release tension and stress.
- 2 **Drink Water**
Hydrate or die-drate. Brain works better when not fuelled by caffeine alone.
- 3 **Listen & Move**
Play a song, dance badly, or tap your feet. Full song = full brain reset.
- 4 **Squeeze & Release**
Tense everything for five seconds, then let go. Like rebooting yourself.
- 5 **Smile (Even Fake It)**
Brain believes it, mood lifts. Just don't overdo it or look suspicious.
- 6 **Laugh at Something**
A joke, an old email, a youtube clip. Laughter = instant stress relief.
- 7 **Power Pose**
Hands on hips, chest out. Feels ridiculous, works anyway.
- 8 **The 'T-Rex' Roll**
Shoulders forward, back, tiny arms. Releases tension, confuses coworkers.
- 9 **The 'Vagus Nerve Hack'**
Hum, sing, gargle water. Looks odd, calms your nervous system.
- 10 **Office Safari**
Walk inside or outside, look for something new. Engages brain, gives eyes a break, helps de-stress.

Mental Wellbeing

- 1 **60-Second Relaxing Music Break**
Close eyes, listen, pretend you're on a beach. Brain reset.
- 2 **Spring Clean**
Clear desk, inbox, or tabs. De-cluttered space, de-cluttered brain.
- 3 **Send a Card**
A quick note, just because. Spreads good vibes, confuses the recipient.
- 4 **Leave a Treat**
A Curly Wurly or other treat on a desk = instant serotonin. Science.
- 5 **Get Nosy**
Drop work chat, ask life questions. First album? First crush? Bonding without the trust falls.
- 6 **Make a 'Ta-Da' List**
Forget to-dos. Write what you have done, give yourself a tick. Feels better.
- 7 **Do Nothing For 60 Seconds**
No phone, no emails. Stare into space and call it 'strategic thinking.'
- 8 **Grateful, Not Grumpy**
Find one good thing today. Even if it's just biscuits.
- 9 **Talk, Don't Type**
Skip the email, say it in person. Feels weird, works wonders.
- 10 **Say a Proper Thank You**
Not just 'cheers.' Tell someone why they're brilliant.

Emotional Wellbeing

- 1 **Name It to Tame It**
Label your feeling. Stops emotions running the show.
- 2 **Moan, Then Move On**
Rant for two minutes, then let it go. No emotional reheating.
- 3 **Text Someone Randomly**
A quick "Hey, hope you're good" lifts you and them.
- 4 **Swap 'I Should' for 'I Choose'**
Less guilt, more control.
- 5 **Hug Something**
A person, a pet, or yourself. Instant oxytocin boost.
- 6 **Golden Hour of No Negativity**
One hour, no moaning, no doomscrolling. Just peace.
- 7 **Do One Thing for You**
A chapter of a book (or page), a coffee, a moment of silence. Prioritise you.
- 8 **Celebrate Small Wins**
Finished a task? Mini fist pump. Brain loves it.
- 9 **Make a 'Joy List'**
Write 10 tiny things that make you happy. Do one.
- 10 **Talk to Yourself Like a Friend**
Be kind to you. No self-bullying allowed.

Get in touch & tell us or show us what you're doing!

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