Day 1
Buy fresh flowers
Place some fresh flowers in an area where you spend a lot of your time, such as in the living room or on your desk at work

Day 2
Try a new hobby
This could be any activity that you might enjoy such as dancing, applying makeup, cooking/baking, photography or even creating scrapbook

Day 3
Be optimistic about a situation in your life
“A pessimist sees the difficulty in every opportunity, an optimist sees the opportunity in every difficulty.” - Winston Churchill

Day 4
Get a massage
AIAS Student Clinics are open in both Melbourne and Brisbane, offering affordable massages to local residents

Day 5
Organise a party
Gather together your family and/or friends for a picnic, dinner, dance off or movie night

Day 6
Help others
Whether it be helping a friend move or volunteering at a nursing home, take some time out to help others

Day 7
Meditate
In as little as 15 minutes you can be relaxed, de-stressed and more focused. There are plenty of guides on YouTube for you to try

Day 8
Get to know someone better
You could strike up a conversation with a new person at work or why not re-connect with someone on Facebook

Day 9
Try out a new sleeping technique
The 4-7-8 breathing exercise involves breathing in through your nose for 4 seconds, holding your breath for 7 seconds then exhaling through your mouth for 8 seconds. Give it a try!

Day 10
Go for a walk
An hours walk in the sunshine will help to revitalise your body and your mind

Day 11
Try a new therapy
Reflexology, aromatherapy, massage, acupuncture the list goes on. The Student Clinics at AIAS have a range of these therapies available for you to try

Day 12
Ask 5 friends how they are
Call/see/text 5 members of your friendship or family circle and ask them how things are going in their life

Day 13
Write a list of 10 things you’re grateful for
Is it your hair, your ability to sing or your winning personality, what are you grateful for?

Day 14
Create something
Your creation can be anything you like such as a painting, an aromatherapy candle, a DIY facemask, an original song or even homemade muesli bars

Day 15
Clean out your pantry & old medicines
By throwing out old cans, pastas and medicines you will be able to de-clutter not only your pantry but your life

Day 16
Try clean eating for a day
You could choose to cut our sugar, eat more vegetables or just skip that glass of wine after work

Day 17
Watch something that will make you laugh
This could be a YouTube video, your favourite movie or even one of your beautiful family home videos

Day 18
Treat yourself to a gift
Do you want those boots you’ve been eyeing off for week or a chocolate covered strawberry? Big or small remember to treat yourself!

Day 19
Buy someone else a gift
Even a simple gift such as flowers or a DVD can show someone that you care about them

Day 20
Get lost in a book
Forget about the rest of the world for a while and go on a literary journey

Day 21
Have a solo dance party
Pump up your favourite tunes and dance around your room like nobody’s watching

Day 22
Take your time getting ready
Take some extra time today to put on that daring red lip stick or shimmery eye shadow

Day 23
Hug someone
Hug your partner, best mate, co-worker, you can even hug your dog

Day 24
Try a deep breathing exercise
There are millions available online, just pick one you like the sound of and give it a crack

Day 25
Make someone laugh
Tell a joke, share a funny meme or email a video to your friend

Day 26
Do your own facial
Place 2 egg whites in a bowl with 2 tablespoons of plain yogurt (unflavoured). Mix together and apply to your face. Leave on for a few minutes then rinse off with warm water & a washcloth

Day 27
Try a herbal remedy to relax
A simple cup of Camomile tea can be used to calm the nerves and aid digestion

Day 28
Feng Shui your bedroom
You don’t need to do the whole room, but just a few little tweaks here and there will make the space a lot more inviting

Day 29
Paint your nails
You can go the whole 9 yards and get a manicure or why not paint them yourself while you watch TV

Day 30
Write down 10 things you like about yourself
Once you’ve created your list email it to yourself, that way you can be reminded of just how good you are each and every day (even when you’re at work)