



Wellbeing Fitness Challenge

STUDENT

Neuroscience has shown that with every new experience you have, your brain changes and that you can grow your brain’s abilities in all areas of your life. Just as you boost your physical fitness by regularly working out, the wellbeing fitness challenges stretch your abilities to grow your wellbeing.

BRIGHT AND LIGHT

Being Happy – looking for at least two opportunities to lighten up, smile, laugh, have fun to experience positive emotions and feel good brain chemicals.

