

40 Lenten Wellness Activities

Spiritual Well-Being

1. Go for a walk in nature and pray during your walk
2. Call someone you care about and ask them to name three things you can pray for. Then do it.
3. Read one psalm a day, or one before every meal.
4. Start a gratitude journal for the season of Lent.
5. Reach for your ELW (or All Creation Sings) and pick out a hymn to sing or hum today.

Emotional Well-Being

6. Set healthy boundaries
7. Learn to deal with uncertainty
8. Start a practice of mindfulness for your Lenten devotions
9. Watch Brene Brown's [video about empathy](#)
10. Use positive self-talk
11. Make a thank you list of people who have helped you over your lifetime

Physical Well-Being

12. Try strength training one day a week to start
13. Set a schedule to walk 5 minutes every hour of your work day
14. Skip the fad diet and forge your own path of healthy eating habits
15. Drink three glasses of water today
16. Before you get out of bed, take some deep breaths and do a full body stretch, giving thanks to God for the gift of being alive.
17. Sticking to a bed-time that allows to get needed sleep
18. Check out Portico's podcasts and listen to one (or more) on a walk or workout

Financial Well-Being

19. Write a will
20. Check in with your Portico financial planner and your retirement account
21. Set a savings goal for the rest of the year
22. Make a list of charities you would like to (or already do!) support, and why their mission is important to you.
23. Review your credit card statements or checking deductions to see if you have any reoccurring subscriptions (Hulu, Netflix, etc.) that you are no longer using.

Vocational Well-Being

24. Find a mentor or be a mentor
25. Consider connecting with an ELCA Coach.
26. Check out the Resiliency Program by Learn to Live through myPortico.
27. Take a [Spiritual Gifts Assessment](#)

Intellectual Well-Being

28. Pick a new podcast on a topic you know nothing about.
29. Write an acrostic poem about ways you can grow your faith; use the word "DISCIPLE"
30. Read the most recent copy of [Living Lutheran](#)
31. Join a book club in your community, or gather some friends together!
32. Get back to a hobby that you've let go that allows you to recreate

Social/Interpersonal Well-Being

33. Say no to requests that you don't actually have the time or energy to fulfill.
34. Go ahead, have a little fun! Do something new or something you haven't done in awhile.
35. Go for a walk with a friend (bonus points as it also counts as physical well-being!)
36. Think of someone you don't like. Make a list of their good qualities to remind yourself they, too, are God's beloved child.
37. Invite a friend to coffee who you haven't caught up with in a while.
38. Write and mail one post card to a family member who could use some encouragement.
39. Laugh – invite a friend to a fun movie and laugh together
40. Put your phone aside for a couple of hours a day