

Congratulations you have completed the 12 week Champions for Health Wellbeing challenge!



This is to certify that

Has completed the 12 week wellbeing module which included the following resources

- **SLEEP**
- **RELAXATION**
- **GREEN SPACE**
- **STRESS REDUCTION**
- **6 ACT TECHNIQUES** designed to boost wellbeing over the long term

Don't forget to keep practising and return to the exercises and techniques



We hope that you have found the resources here useful