

Exercising at the Right Level and Tai Chi for Wellbeing Worksheet

Thank you for listening to session 4. We explored the importance of exercising at the right level, how Tai Chi can contribute towards wellbeing and the importance of cultivating the positive emotion of gratitude. Having heard from our experts, how might you put some of the things you learned into action in your own life?

Exercising at the Right Level and Thai Chai for Wellbeing

What exercises will I do to become stronger, fitter and healthier?

Appreciation and Gratitude

What things do I appreciate and feel grateful for?