

Wellbeing

Follow these handy tips to help maintain your mental wellbeing!



Pay Attention

Take time to observe and appreciate the things around you. This could mean taking a moment to listen to the sounds you can hear or noticing how your body is feeling. When you eat a meal, savour each bite and notice the flavours you can taste. Try not to eat your meals in front of the TV or computer; sit at the table and pay attention to the food that you are eating.

Connect With Others

Reach out to friends and family. Take the time to speak to someone you wouldn't normally talk to. If you know your neighbours, knock on their door for a chat. Ring a family member who you haven't spoken to for a while and find out how they are.

Absorb Knowledge

Read a book or newspaper. Do some puzzles that challenge your brain, such as a crossword or Sudoku. Research something that you would like to find out more about. Learn a new word each day and try to use it in conversations.

Reduce Screen Time

Set limits on your phone to reduce the amount of time spent on social media. Write a letter, make a phone call or go round to a friend's house instead of texting. If you are reading a book, put your phone on the other side of the room so you don't get distracted.

Move

Make sure to include some active minutes in your day. Go for a walk, cycle or swim. Put on your favourite song and dance around your bedroom. Find a new sport or exercise to try, such as football, netball or yoga. Choosing an activity that you enjoy will make you more likely to stick to it!

Try Something New

Take up an activity that you haven't tried before, for example, drawing, baking or gardening. Learn the basics of a new language. Volunteer in the local community. Read a book or watch a film from a genre that you wouldn't usually choose.

Get Enough Sleep

Getting the right amount of sleep is crucial for physical and mental wellbeing. Try to go to bed and wake up at consistent times. Make sure your bedroom is free from clutter and distractions. When you go to bed, turn off any devices or put them on charge in a different room to make sure they don't keep you awake.

Make Space

Tidy up your work area or living space. Collect any items you don't want anymore and donate them to charity. Make a cosy corner where you can relax; fill it with things like comfy cushions, fairy lights and plants.

