



MORE WAYS TO WELL-BEING

Happy Messages: When you have a good day or event write a note about it and put it in a jar. When you have a bad day take a message out the jar to remind yourself of a good event in life.



Rest Time: Prepare for sleep by relaxing and resting before bed; have a warm drink without any stimulants in, avoid digital media, listen to relaxing music or take a bath. Adults need between 7-9 hours of sleep per night.

Work Life Balance: Every lunch time move away from your desk/work space. Go for a walk, talk to a friend, meditate or eat your lunch slowly. Take the leave you have earned! Leave work on time and leave your work at work.



Comparisons: Don't compare yourself to others, you are unique! Look for 1 thing you like about yourself without looking for your flaws. Celebrate it and tell yourself why you like that thing. Every day remind yourself about it. Don't believe your own negative thoughts about yourself.

Helping others: Find an opportunity to help someone. Hold a door open, offer someone your seat, ask if someone needs a hand. Volunteering can be very rewarding and lots of organisations need your support.



Learning: Learn something new. Try taking up a new hobby, learn a new language, a poem, read up on how to do something new on a PC, develop a new skill, study for a new qualification or walk a new route.

Get outside: Go for a walk outside with a friend or family member. Take someone's dog for a walk if you don't have your own. Look around and see the views. Be present in the moment and be aware of your surroundings.



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