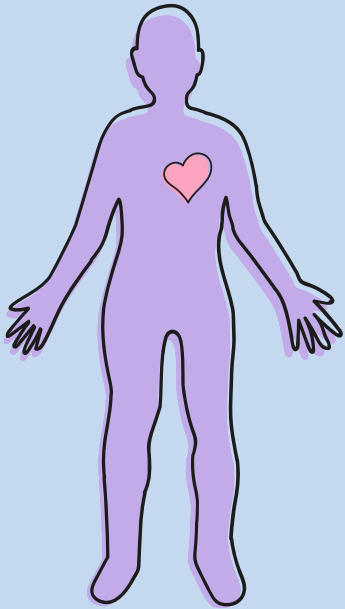


MindWell



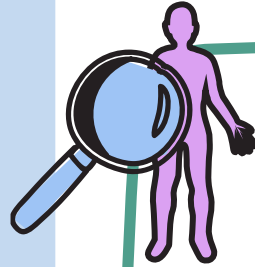
Be  
kind  
to  
your  
body

MindWell - the mental health website for people in Leeds

[www.mindwell-leeds.org.uk](http://www.mindwell-leeds.org.uk)

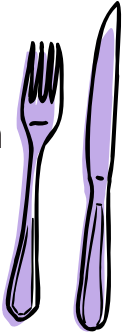
@MindWellLeeds

## Listen to what your body is telling you



**Listen to your body's messages:** what tells you that you're hungry or tired? Have you drunk enough water or do you need to move more?

**Make a nourishing meal,** or, look up some recipes and plan a meal for another time. Then look forward to it!



**Treat yourself** to a scented bath, a home manicure, massage your head and neck or pamper yourself in some other way.



How did you sleep last night? **Plan your routine** for tonight to get a good night's sleep.



**Take time to have a good stretch** in whatever way feels comfortable for you.



**Get some fresh air** if you can: open a window, stand on your doorstep or go for a walk (according to government guidance).

