

Daily self-care to boost your wellbeing

MindWell

Stay in contact with family, friends and the people who support you. Phone, post a letter or plan some social time respecting social distancing guidance. Join an online club or group.



Have a digital detox - turn off your mobile or device for an hour before bed and schedule in some regular time out from digital. Build up to a whole day if you can.



Take 15 minutes each day to do something just for you that doesn't use a screen, such as reading, gardening or sitting in a café.



Add some spice to your life. Volunteering to help others, learning something new or getting creative can all give you a great boost to your wellbeing.



Try relaxation techniques, mindfulness or yoga to help your body and mind unwind. Find what works for you.



Be more active - it's great for both your mental and physical health. Find activities you enjoy like swimming, cycling or join a walking group.



Move more during the day, especially when you're sitting for long hours at a desk - walk to the copier, take the stairs or cycle to work.



Go for a walk outside: taking a brisk 10 minute walk every day has lots of health benefits.



Try to drink no more than 2 cups of coffee or 4 cups of tea a day and don't drink caffeine after 6pm - have decaff, herbal teas or water instead.



Create a nightly bedtime routine to help you wind down and get ready for sleep.



Drink 6-8 glasses or other non-sugar added fluids.

Cook a tasty and healthy meal for yourself. Cut back on processed foods and sugar by comparing food labels.

