

WELLNESS GUIDE BIG 8 TOP TIPS LIST

1. EAT WELL

- Plan meals in advance.
- Pick a new healthy menu to try out.
- Eat a variety of foods
- Eat more vegetables and fruit.
- Drink more water.
- Limit sugary and processed foods.
- Plan your shopping, make a list.
- Eat a little snack before going shopping.
- Eat smaller portions.
- Eat slowly.

2. STAY ACTIVE

- Set fitness goals.
- Buddy up, find a friend/club to help you to or stay active.
- Check out a Park Run in your area.
- Check out the Couch to 5k Apps.
- Explore walking trails that Wexford has to offer.
- Explore your county beach walks.
- Check our website <https://wexfordmentalhealthassociation.ie/great-places-and-spaces-project/> for ideas of new places to visit.
- Google out door yoga, and sea swims all year round.
- Look up early morning lane swimming in Enniscorthy.
- Check out Sports Active Wexford for new activities to try.

3. SLEEP WELL

- Get natural sunlight during the day.
- Begin to wind down at the same time each night.
- Park your worries.
- Get some exercise each day.
- Eat your last meal at least 3 hours before bedtime.
- Avoid naps during the day.
- Develop a morning routine.
- Create a restful sleeping environment.
- Leave down your phone at bedtime.
- Be kind to yourself.

4. CONNECT WITH OTHERS

- Use shared experiences as a topic of conversation.
- Make time to be socially connected outdoors.
- Call someone.
- Send someone a text/postcard.
- Pay attention to what interests others and make an effort to actively listen.
- Exercise with a friend or family member/go for a walk.
- Keep in touch with what is going on in your community.
- Keep in touch with what is happening on social media.
- Consider volunteering.
- Learn a new skill through a course or club.



5. BEGIN DOING

- Volunteer.
- Make a phone call/send a text to a friend.
- Visit someone.
- Look up social activities/courses of interest to you.
- Meet someone for a coffee.
- Write a 'to do' list/prioritise tasks.
- Set goals/deadlines.
- Reward yourself/take breaks.
- Try out something new.
- Keep a diary or journal.

6. GET CREATIVE

- Try something new.
- Join an Art/craft/creative writing class.
- Do some DIY.
- Rediscover an old interest.
- Try new healthy recipes.
- Suggest a new hobby to a friend to do together.
- Go to see an exhibition/concert/play/cinema.
- Write a poem or a song.
- Consider taking up a new instrument or joining a choir in your area.
- Go for a walk and listen to the sounds around you.

7. FRESH AIR

- Be curious outdoors/ take notice the beauty of nature.
- Pay attention to the present moment, our thoughts/feelings.
- Walk/cycle without your phone.
- Be aware of stillness around you outdoors
- Enjoy the countryside woodland/beach/birdsong.
- Slow down.
- Take deep breaths.
- Enjoy positive thoughts.
- Plant vegetables.
- Take on a project in the garden.

8. SWITCH OFF AND RELAX

- Make time to think about what you truly enjoy.
- Make conscious decisions to spend some time every day away from screens.
- Make time to engage in a fun hobby.
- Learn deep breathing exercises.
- Get your body moving.
- Go outside.
- Take a long bath/ relaxing shower.
- Listen to music.
- Take notice of nature around you.
- Ensure you take regular breaks at work.