

Stay Active



Physical activity can reduce your risk of chronic disease, improve your balance and coordination, help you lose weight — and even improve your mood, sleep habits and self-esteem.

- **Start small, and make it part of your regular routine.**
- **Choose an activity that you enjoy.**
- **Encourage a family member or a friend to do it with you.**

Any exercise is good, generally the more you do the better.

Eat Well



Your brain needs a healthy supply of carbohydrates, fats and proteins to promote positive mood, effective thinking, and overall mental health.

- **Don't skip meals.**
Eating consistently throughout the day prevents your blood sugar from dropping, which can cause nervousness, irritability and other problems.
- **Snack well.**
Try to keep some nuts, whole or dried fruit or other portable food in your bag to avoid unhealthy snack choices.
- **Stay hydrated.**
Dehydration can lead to fuzzy thinking, poor memory and leave you feeling tired.
- **Eat more fruit and vegetables.**
- **Plan your meals.**
Cook your meals in a large batch and freeze them in portions to use at a time when you don't feel like cooking.

Sleep Well



Good sleep is the foundation for keeping healthy and well.

- **Try to go to sleep and get up at the same time everyday.**
- **Earlier in the day, write down any worry that is on your mind and what you're doing about it.**
- **Exercise during the day but not before bed.**
- **Don't consume caffeine or eat late in the day.**
- **Try a guided meditation for sleep app e.g. Headspace.**

Fresh Air



- **Improves your sleep.**
- **Helps digestion.**
- **Reduces anxiety.**
- **Fills your lungs.**
- **Clears your mind.**

Make a habit of getting out once a day in the fresh air.

You'll be amazed at the difference it makes to your Wellbeing.

List all the activities you could do outdoors e.g. walking, yoga, cycling, photography, sight-seeing, mindfulness.

Connect With Others



The connections you make through relationships and social activities can be a source of comfort and help you to build a safety net.

Strengthen and broaden your relationships — examples:

- **set a time daily to spend with family.**
- **plan a catch-up with friends.**
- **spend your coffee break with a work colleague.**
- **research social activities relevant to your interests e.g. book club, walking group.**

Whether it's spending time with family or friends, chatting to someone new, joining a club, volunteering — staying connected can help you to stay well.

Begin Doing



Here are some simple steps to limit procrastinating and begin doing!

- **Break down a large task into small steps.**
- **Set deadlines for yourself.**
- **Use positive social pressure.**
Make a commitment to your partner, a friend, or co-worker.
- **Make boring tasks appealing.**
Make it fun by playing music while you work.
Have a reward waiting for when you have finished.
- **Make a small commitment of time.**
It is much easier to begin if you are only going to be working on it for 10 minutes.

Get Creative



Getting involved in new, creative hobbies can help you realise that you can overcome challenges and do new and wonderful things.

- **Enquire about local activities in your area, whether it's a dance/cooking/sewing/photography/ukulele class/gardening, the list is endless! Find the right creative activity that you enjoy and can incorporate into your daily life.**
- **Join a new class in your area to meet new people and give yourself a new purpose, meaning and direction.**
- **Suggest a new hobby to a friend.**
- **Just have a go! Every effort is worthwhile.**

Engaging in Creative Activities boosts confidence, helps to combat aging, low mood and loneliness and makes us feel more engaged and resilient.

Switch Off & Relax



Make time for you and what you truly enjoy:

- **Turn off your phone for a short period everyday.**
- **Find a hobby you enjoy, engage in it regularly.**
- **Practice deep breathing and use it whenever you feel the need to calm down.**
- **Do some gentle stretching, exercising or yoga.**
- **Walk in nature. A place you love and feel safe. Take notice of your surroundings.**
- **Take a bath or a long hot shower.**
- **Listen to your favourite music - try YouTube, Spotify, or dust off some old CDs.**