



# QUICK GUIDE TO WELLBEING

## FOLLOW THESE TOP TIPS TO HELP IMPROVE AND MAINTAIN YOUR WELLBEING!

To work towards a happier, healthier mind, body and spirit there needs to be a balance between the demands of modern life and the physical, emotional, mental and spiritual needs of you as a person - this is true holistic health. The choices you can make on a daily basis contribute to your overall health and wellbeing. Little changes can make a big difference. Experiment with these top tips to find what helps you. Different things, for different people at different times. If it does not work on that occasion, keep an open mind as it might be helpful in the future.

### PAY ATTENTION

Being present and taking time to notice and appreciate the little things around you, like the sounds of birds, the smell of the dew on the grass etc. Focus on how these make you feel, and any other thoughts and feelings. Being in the present allows you to focus and take a break from outside pressures and distractions. Being present can be practised anywhere.

### PRACTISE KINDNESS

Treat yourself with the kindness you would like others to treat you with. Interact with others every day and nurture your friendships.. Ensure you are getting a healthy amount of sleep, have a good sleep routine. Find something to be grateful for everyday.

### CONNECT WITH OTHERS

The human race are classed as pack animals, in that we need the companionship of others, we need a connection with friends and family. Science suggests we adopt characteristics of the people we associate most closely with. It is important to have people that help you to be yourself. Try and think who supports you and how you can nurture the friendship and also of people who you would like to get to know better and how that can be achieved. Do activities together as these can help friendship bonds become clearer and stronger

# QUICK GUIDE TO WELLBEING - CONTINUED

## TRY SOMETHING NEW

To help to grow and develop as a person trying something new is an important factor. If we are not prepared to step outside our comfort zone and learn, we can stagnate and not be open to new opportunities

## ABSORB KNOWLEDGE

To gain knowledge is a powerful tool, read books, try out new ideas and experiences and find helps you. When reading or trying out things it is always a good idea to have a sense of curiosity which is balanced by a questioning mind. Books, papers, research and new experiences can be influenced by people's own bias, or political, financial, ethical pressures

## REDUCE SCREEN TIME

In a world which is increasingly connected 24/7 our sleep cycle is disturbed by distractions by technology and a sense that we need to respond to people when they contact you. There is some research which suggests that blue light from technology interferes with our natural sleep cycle and that people become dependent on the psychological rewards of using technology and that to keep that feeling people get hooked on a cycle of ever increasing amount of screen time. It is important to set limits on the phone and other technology to allow you to disconnect from the constant demands of being "on call". Use your screen free time to either relax, sleep or get a sense of purpose, or enjoyment, for example reading a good book.

## MAKE SPACE

Whilst we as a pack animal need company we also need our own space to breathe, reflect, and to rest. These are important activities that allow people to not only function but also grow as an individual. Try and make an environment where you can have time to be you, and relax, refocus and reflect. Then create a separate environment to aid sleep. Think about how your surroundings make you feel, what distractions are around, the colours, the amount light, temperature etc. All these can trigger different responses.

## MOVE

Exercise is good for the mind, body and soul. It does not need to be hours and hours of intense exercise but regular exercise increases the amount of oxygen around the body and promotes the release of hormones connected to feelings of wellbeing. Go for a walk with friends, go for a bike ride. Exercise doesn't need to be expensive or boring. You could put on your favourite song and dance around the house. Choosing an activity that you enjoy will make you more likely to stick to it!

## GET ENOUGH SLEEP

Getting the right amount of sleep is crucial to your physical and mental wellbeing. Going to bed and waking up at consistent times helps to train the mind and body to an appropriate amount of good quality sleep. Ensure your bedroom is free from clutter and free from distractions. When you go to bed, turn off any devices or put them on charge in a different room to make sure they don't keep you awake. Keep the room dark and at a cool but comfortable temperature.

