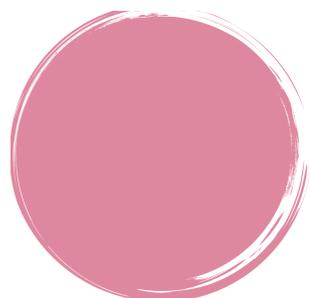
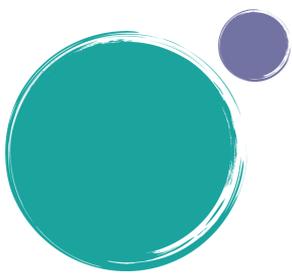


5 TOP TIPS TO SUPPORT YOUR WELL-BEING

Supporting our well-being doesn't have to be a complicated affair. We often overthink and end up feeling overwhelmed and not taking time for ourselves. Looking after our well-being also doesn't mean that we have to block out masses of time or do something expensive/extravagant, it can be as simple as you like. It's about finding ways that work for you, no matter what your timeframe and easy to implement into your daily life. Here are a few thoughts and ideas for you to trial and error! Don't be afraid to let some go if they don't work for you!

1. Choose healthy foods: Eat foods that you love and enjoy, that nourish you but at the same time, are healthy options! In the summer months this might be more fruit or in winter, more root vegetables and home made comfort options! Not so healthy options, although they may taste great, can make us feel lethargic and less motivated, they can also effect our moods due to the ingredients!
2. Create a feel good playlist on your iPod or phone! Music can really help uplift your mood and you can listen to it anytime, anywhere! Maybe when you travel to work you put on your favourite song or dance to it whilst cooking dinner in the kitchen! It can even help us feel comforted when we are upset or experiencing low mood.
3. Power naps - a lot of people consider power naps to be a bad habit but actually, when we take a power nap, we are giving our brain a recharge, our body time to relax and to just be still! Prime nap time is no longer than 18-20 minutes and i'd probably only take one a day, so plan them in well! Think about when your low energy times occur!





5 TOP TIPS TO SUPPORT YOUR WELL-BEING

- 4. Acknowledgement Jar/Book. Once or twice a day write something down that you have achieved, you are proud of or grateful for. Sometimes we just need to remind ourselves how amazing we actually are. Remember, all of our achievements are success, however small or big you consider them to be and what is big to you maybe a simple, small thing to someone else. You can then go back and have a look at what you have written down.
- 5. We all find taking time out for ourselves something really challenging to do, especially when we are trying to juggle work, home life and everything else on top of that! A really great idea and tip, is to give yourself 20% (roughly) time off or time away. By time away, I'm referring to time away from work or chores. So, for example, for each "hour" you work/do chores, you will gain 20% of the time for you, approximately 12 minutes for each hour. You then either choose to take this during that hour or bank it and save it for the end of the day, extended lunchbreak or whenever you need it. It might be that you just need a quick cuppa to yourself so you take your 20% each hour, a uninterrupted cup of HOT tea!

3 Things to remember:

- Keep it simple - It doesn't have to be complicated
- Build it into your daily routine
- Find ways that work for you!

