

Your 10 Steps to Self-Care

Small steps can make big changes



1 Move your body:

Take some activity breaks throughout the day. Try a quick online dance or strengthening training session. Go for a walk around the block.

2 Get some Zzzz:

Maintaining a healthy sleep schedule is vital for your physical and mental wellbeing. Get plenty of healthy sleep.



3 Keep a schedule:

Plan your day and even your week. 'Eat that Frog' - complete your most difficult/important task of the day for greater levels of motivation.



4 Get creative:

Whether it's keeping a journal, doodling, painting with the kids, arts and crafts or gardening. Time out from thinking of work can help positive emotions.

5 Keep in touch:

Staying in touch with friends and family can help you talk and process what you are feeling.



6 Spend time in nature:

A little vitamin D and fresh air from a short break outdoors can help reset and recharge your mind and body.




7 Take a screen break:

Micro breaks to move and stretch will prevent tiredness and injury from sitting at your desk too long.

8 Relaxation:

Using relaxation for just five minutes a day, evening or night can have a profound impact on your wellbeing.

9 Keep hydrated:



Take time to make sure you have enough fluids during the day - two litres is recommended.



10 Minutes of gratitude:

Think about three good things that happened today - the sunshine, a hug, music, a smile, nature, etc.

CARE APPRECIATE INSPIRE
Be the difference.