

# Tips to improve your well-being

## 1. Be active

Exercise won't make your stress disappear, but it will reduce some of the emotional intensity that you're feeling, clearing your thoughts and letting you deal with your problems more calmly.

Get out in the fresh air and do some walking or running (depending on your fitness levels ;-)). Set yourself an exercise goal!

## 2. Take control

The feeling of loss of control is one of the main causes of stress and lack of wellbeing.

The act of taking control is empowering, and it's a crucial part of finding a solution that satisfies you and not someone else.

## 3. Connect with people

A good support network of colleagues, friends and family can ease your troubles and help you see things in a different way.

The activities we do with friends help us relax (albeit this is currently mainly video calling). Have regular catch ups with your friends and have a good giggle!

## 4. Have some 'me' time

Set aside some specific time for "you" – schedule it in and plan something to do in that time that makes you feel good – read a book, have a soak in the bath, watch a film, do some exercise, spend time with the kids - and make sure you do it!



## 5. Challenge yourself

Setting yourself goals and challenges, whether at work or outside, such as learning a new language or a new sport, helps build confidence and in turn this can help you deal with stress

## 6. Avoid unhealthy habits

Don't rely on alcohol, smoking, caffeine or junk food to help you cope.

These all have a negative impact on you physically and mentally.

If you feel you are using any of these things excessively then turn this around to be one of your goals to give them up!

## 7. Help other people

Evidence shows that people who help others, through activities such as volunteering or community work, become more resilient and feel much happier.

This one is more difficult to do under our current circumstances; however we can still support each other by being at the end of the phone for a chat.

## 8. Work smarter, not harder

Working smarter means prioritising your work, concentrating on the tasks that make a real difference.

Leave the least important tasks to last!

## 9. Try to be positive

Look for the positives in life. Think about the people and things that you have in your life to be thankful for.

Try writing down 3 things that went well, or for which you're grateful for, at the end of every day.

## 10. Accept things you can't change

Changing a difficult situation isn't always possible. Try to concentrate on the things you do have control over.

You can't change the lockdown rules. You can control how this impacts you and what you can do to make sure you stay healthy both on a physical and mental wellbeing level.