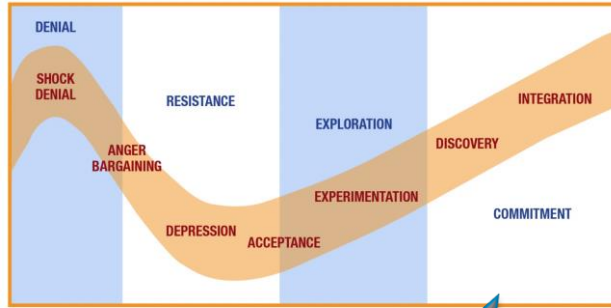


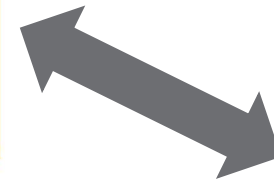
# Flexibility & Curiosity



SOURCE: Adams et al (1976)



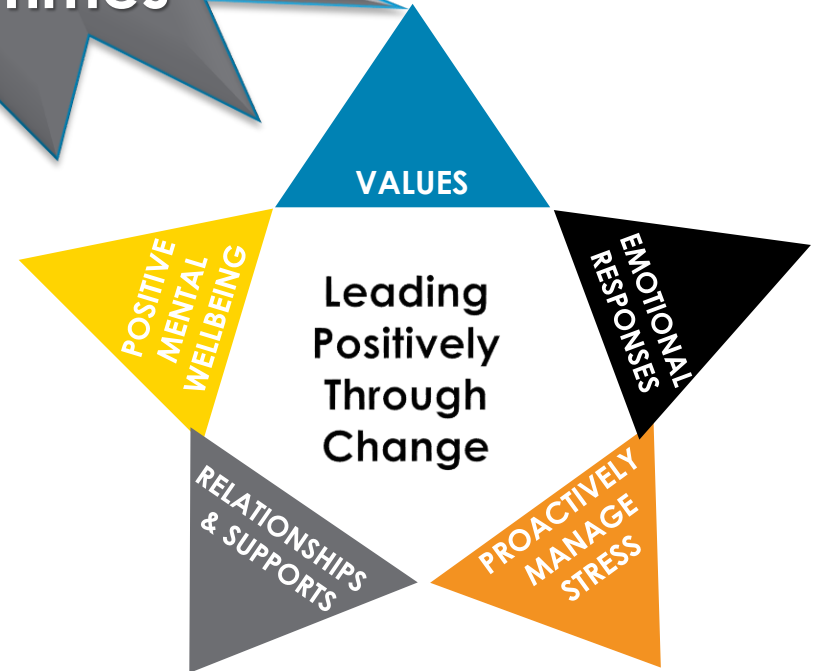
**bloomingminds**  
MENTAL HEALTH AND WELLBEING



Where are you?  
What supports do you need?  
How can you have compassion & stay connected with people at different points to you?

these can all be **COMPETENCE CONTROL BELONGING** (Deci & Ryan) a little bit wonky

## Mental Wellbeing in Wonky Times



**MOVEMENT**  
Walk, ride, run, swim – move!

**TIME IN NATURE**  
Minimum 2 hours per week sensorially engaged with nature

**SLEEP HYGIENE**  
Keep to the same wake up & bedtimes

### 5 tips for Mental Wellbeing

**NUTRITION**  
Lots of plant based & non-processed foods  
Don't eat late into the night

**CONNECTEDNESS**  
Connection to self  
Connection with others  
Disconnection from technology