

### **connectedness**

Schedule in time to maintain positive social connections with those who nourish your soul (have a cup of tea via phone or skype with a friend or colleague; take your own cup of tea and sit outside talking with a neighbour).

**AND** Connect with yourself – yoga, journaling & meditation can be great for this.

### **time in nature**

Try to spend a minimum 2 hours per week sensorially engaging with nature (i.e. shoes off, smelling, seeing, hearing - being engaged & being still in nature).

### **nutrition**

Try to increase intake of plant based & non-processed foods; drink more water; reduce alcohol (*never use it to numb stress*). Try to be more mindful when making food choices & while eating.

## **5 strategies for mental wellbeing**

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### **movement**

Try to increase your daily movement to build overall fitness, improving sleep, mood & energy cycles. If you're not very active, start increasing your activity levels with 10 minutes of movement at a time. You can go for a walk, or search or online videos of an activity you've always wanted to try but never got around to: yoga, Tai Chi or a boxing class)

### **sleep hygiene**

Try to get 1 hour sleep for every 2 hours awake; stick to set bed time & wake up time; create a calming sleep environment; stop device use at least 45 mins before bed. Keep your usual sleep cycle (don't stay up all night watching movies).

# 5 strategies for mental wellbeing

It can be tempting to hurl ourselves through life, one commitment after another: ignoring self-care. You may've heard people cry: *'I don't have time for self-care!'* It can feel like an extra chore to fit into an already bulging schedule.

Instead, reframe & internalise self-care as the basis for how you live. Use these ideas to help you *habitualise* self-care. Tick each activity once completed & track what you naturally do, & work to increase the areas you wish to improve.

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Have you done your 5 this week?	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
time in nature							
sleep hygiene							
nutrition							
movement							
connectedness							
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