

# Fact Sheet

## Ten Tips for Maximising Wellbeing

It is important that we look after our physical and mental health so we can keep on top of things during stressful times. Here are ten tips which can help boost your wellbeing:

1. **Find a regular activity that helps you to relax** e.g. gardening, listening to music or reading. Schedule it into your diary so it becomes a natural part of your life.
2. **Practice regular relaxation** such as meditation or yoga. It can be helpful to visualise a safe, peaceful space e.g. a comforting room, a beautiful beach or lovely bush setting, and spend 5-10 minutes imagining this in your mind.
3. **Connect regularly** with friends, family, neighbours and colleagues and undertake activities you enjoy together.
4. **Don't be afraid to ask for help.** If you are experiencing stress or worry it can help to talk to someone about it or write down your thoughts. You may like to speak to your GP, a friend, family member or a counsellor.
5. **Get regular exercise** to reduce stress and improve your health. Try to find an activity you enjoy. Exercising with others can help you to stay motivated. Aim for at least 20 minutes a day; even a 10 minute walk will benefit you.
6. **Eat a regular, well balanced diet**, as this can help with energy levels and stress management.
7. **Be kind to yourself.** A positive and compassionate attitude can help you manage difficult times. Encouraging and rewarding yourself for getting through a difficult period or achieving a goal, however small, will reinforce your self confidence.
8. **Take some quiet time out for yourself**, away from your usual demands, even if this is only for 15 minutes a day. For example, going for a walk, having a bath, having a coffee or reading the newspaper.
9. **Plan something to look forward to**, a holiday, day trip or an outing with friends.
10. **Aim to get enough sleep each night.** Try to go to bed and get up at the same time each day. If you have trouble sleeping try a relaxation technique or quiet activity until you feel sleepy again.