

# 12 *daily* wellbeing tips

## Move



Get your feel-good hormones pumping with daily exercise

## Nature



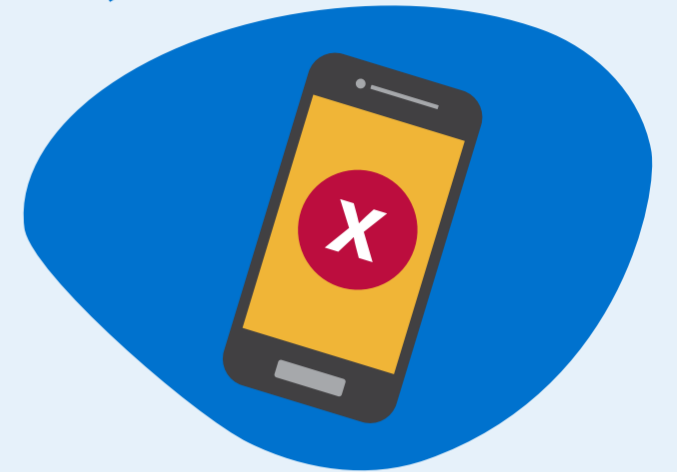
Get outside, enjoy the fresh air and sunshine

## Breathe



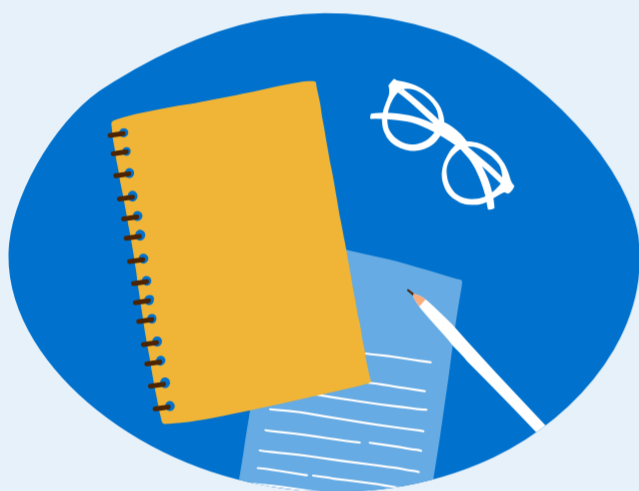
Do 10 mins of deep breathing to lower stress levels

## Disconnect



Factor in screen-free time each day

## Write



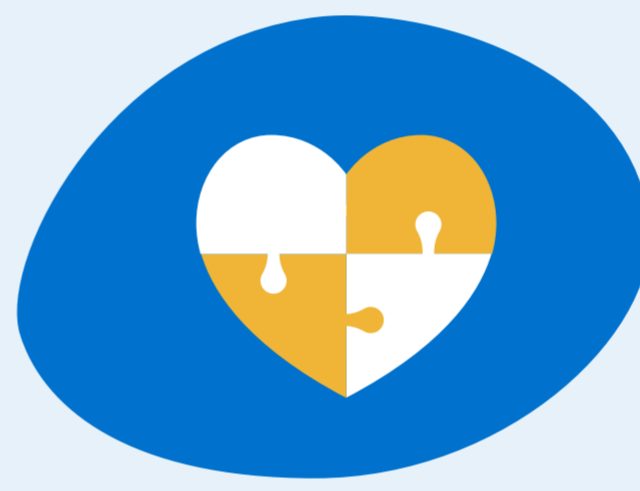
Get your thoughts out of your head and on to paper

## Laugh



Find the lighter side to life with a good comedy or social catch up

## Gratitude



Notice 3 things each day you are thankful for

## Meditation



Take 10 mins to pause, be mindful and present in your day

## Rest



Get 7-9 hrs sleep to better manage emotions and think clearly

## Re-frame



Shift your thinking to see opportunities in challenges

## Hobbies



Make time for the things you enjoy

## Connect



Share your concerns with others/mental health professionals

