

Routines to Boost Wellbeing

Try to make sleep a priority:

Sleep helps your body and mind to heal and recharge.

- Aim to sleep 8 hours each night.
- Set a consistent bedtime and wake time – this will help your body (and mind) get used to when to expect sleep.
- Try and reduce screentime before bed – swap your phone for a book, and try an alarm clock, instead of using your phone.

Find things that feel calming:

Make time for them when you can: meditation, journalling, drawing, breathing exercises, sports and walking are great ways in which you might decompress. A few minutes is better than no time spent on these activities, and can make a huge difference.

- Think about times where you feel calmer, what were you doing in your spare time that made a difference?
- Set aside 5 minutes a day for something that helps you to feel calmer.

Plan ways of increasing your movement:

Exercise boosts your mental and physical health, and can increase your resources for navigating day-to-day and temporary stressors. Even 10 or 20 minutes a day can make a difference!

- Build in a home workout before or after work (even 10 or 20 minutes!)
- Think about building in a 20-minute walk into your day.
- For every hour sitting, try and take a 5-10 minute break to stretch, walk around, and move.

Eat regular, balanced meals:

Food is important for fuelling your mind and body with energy – this makes a big difference during busy and stressful periods.

- Plan in advance: set an hour aside to do a grocery order.
- Make healthy eating easy: if you often skip meals, try meal prepping your breakfast, lunch and/or dinner, so you have something nutritious to hand when you need it.
- Get creative with snacks: healthy snacks don't have to be boring, explore our recipes for inspiration!

Connecting with others:

Whether online or in-person, making time to connect with new people and socialise has a positive impact on mental health. Strengthening existing relationships is also beneficial for our wellbeing.

- Plan in regular catch-ups or meetups – this can take the effort out of repeated organising.
- Start checking in with your partner, friends or family – ask them how they're feeling in the relationship, and ask them if there's anything that could bring you closer together.
- If you're not sure where to start, look online for like-minded groups to join.

Set a strong intention

Think of the habit as setting yourself on the path to something you want. For example, going to bed earlier will (over time) help you to feel more energised, connect with your family, and feel calmer the next day. Actively plan the habit you want, by writing it down, setting alarms, telling others, adding to your calendar – make sure you can't forget!

Subconsciously reinforce the habit

On days/weeks where you make time for a habit, make sure to reward yourself. This might be verbally, by doing something you enjoy, or asking for praise from people around you. Do what you can to build positive associations with the habit you're wanting to keep up!

Don't rely on motivation

If you wait to feel motivated, you could be waiting for a long time. The best predictor of habits is repetition, not motivation - so focus on 'doing', and rewarding yourself each time you make a start.

Be your own cheerleader: lean away from 'black and white' thinking

If we aim for a routine and miss a day, a week, or a month - it can feel like we've 'fallen off the wagon', and like we should give up on the routine we are looking to build. The best thing you can do for yourself is to have compassion, talk to yourself with positive language, start small, and take small steps towards the routine you want.

