

Positive Steps to Wellbeing



BE KIND TO YOURSELF

We are shaped by our life experiences, culture, genes, religion, upbringing and many other influences.

We all have bad days sometimes.

Be kind to yourself. Encourage rather than criticise yourself. Treat yourself the way you would treat a friend in the same situation.

TAKE UP A NEW HOBBY/OR LEARN A NEW SKILL

Increase your confidence and interests, meet others or add to your CV.

HELP OTHERS

Get involved with a community project, charity work, or simply help out someone you know.

As well as benefitting others, you'll be doing something worthwhile which will help you feel better about yourself.

EAT HEALTHY FOOD

Eat regularly, eat breakfast, eat healthily, eat fruit and vegetables and drink water.

CONNECT WITH OTHERS

Stay in touch with family and friends - make regular and frequent contact with them.

SEE THE BIGGER PICTURE

We all give different meanings to situations and see things from our point of view. Broaden out your perspective and consider the bigger picture ('the helicopter view').

What meaning am I giving this? Is this fact or opinion? How would others see it? Is there another way of looking at this? How important is it, or will it be in a year's time? What can I do right now that will help most?

EXERCISE REGULARLY

Being active helps lift our mood, reduces stress and anxiety, improves physical health and gives us more energy.

Get outside, preferably in a green space or near water.

Find an activity that you enjoy doing... and do it.

HAVE SOME FUN &/OR BE CREATIVE

Having fun, laughing or being creative helps us feel better and increases our confidence. Enjoy yourself!

RELAX

Make time for yourself. Allow yourself to chill out and relax. Find something that suits you - different things work for different people. Breathe.....

SLEEP

Get into a healthy sleeping routine - including going to bed and getting up at the same time every day.

BEWARE DRINK AND DRUGS

Avoid using alcohol (or non-prescribed drugs) to help you cope - it will only add to your problems.

ACCEPTING 'It is as it is'

We tend to fight against distressing thoughts and feelings, but we can learn to just notice them and give up that struggle.

Some situations we just can't change. We can surf those waves rather than try to stop them.

Allow those thoughts and sensations just to be - they will pass.