

# Wellbeing Toolkit

Tick any three boxes to start your change

## Sleep



- Fixed bedtime/wake-ups
- Don't nap during the day
- No screens 1 hour before bed
- Go outside often for daylight
- Bedtime routine - read, bath or meditate
- Caffeine before midday only
- Eat evening meal early

## Move



- 15 - 20 minutes per day
- Move with a friend
- Choose what you enjoy - dance/cycle/swim/football
- Install "Couch to 5K" app
- Outside is best
- Install "Pacer App" - build up step count gradually

## Eat



- Mediterranean Diet - fruit/nuts/veg/fish
- Limit processed/fast food
- Omega 3 foods - mackerel/salmon/flaxseeds
- Minimise alcohol/sugar
- No recreational drugs
- [www.nhs.uk/live-well/eat-well](http://www.nhs.uk/live-well/eat-well)

## Relax



- Meditate 10 minutes a day
- Practise Mindfulness - [www.bemindful.co.uk](http://www.bemindful.co.uk)
- Relax with yoga or music
- Separate work from home
- Install "Headspace App"
- Do something creative
- Install "Beat Panic App"

## Connect



- Supportive relationships
- Daily "me" time
- Meet friends face to face
- Engage with a hobby
- Limit time on social media
- Write a journal including positive feelings/gratitude
- Join activity groups/clubs

## Purpose



- Discover what you love
- Learn something new
- Value doing rather than buying
- Be kind to yourself & others
- Follow your dreams
- Be part of your community
- Break dream into smaller goals
- Consider voluntary work

## Nature



- Get outside in all weathers
- Plant flowers and grow veg
- Notice seasons changing
- Make friends with animals
- Walk amongst trees
- Discover your surroundings
- Climb hills and cross lakes
- Try camping

## Help



Wellbeing Therapies (self-referral)

- Bristol: 0117 982 3209 [www.iapt.awp.nhs.uk](http://www.iapt.awp.nhs.uk)
- South Glos: 0117 378 4270 [www.iapt.awp.nhs.uk](http://www.iapt.awp.nhs.uk)
- North Somerset: 0300 300 0834 [www.positivestep.org.uk](http://www.positivestep.org.uk)

## More resources

- 11 - 25 yrs: Off the Record (Bristol and South Glos only) 0808 808 9120
- Helpful website: [www.nhs.uk/oneyou](http://www.nhs.uk/oneyou)
- Reading: Reading Well - Books on Prescription