

Wellbeing

Wellbeing Newsletter March 2021



With this month's wellbeing newsletter, comes a reminder to slow down, hit pause and unwind. Have some well earned 'me' time and prioritise your own self-care. Cultivate well-being habits in your life & make time for them. Remember, Wellbeing is a necessity, not a luxury.

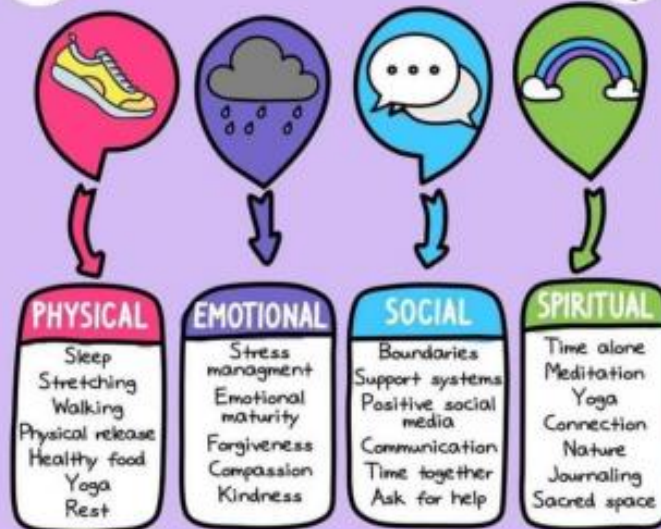
Wishing everyone a happy and healthy break. 🙌😊

5 Steps to Wellbeing

- 1) Talk & Listen, be present, feel connect.
- 2) Do what you can, enjoy what you do, move your body in some way every day.
- 3) Remember the small things in life, these can give you joy.
- 4) Keep learning, embrace new experiences, take opportunities to surprise yourself!



TYPES OF SELF-CARE



Self-care activities

Whether you've got five minutes or an hour, there's always something you can do to support and nourish yourself. You deserve it

one minute

- Close your eyes and breathe deeply.
- Drink a glass of water.
- Light a candle.
- Think of three things you are truly grateful for today.
- Say an affirmation that is meaningful to you.
- Look outside at the world going by and allow yourself to be in the moment.
- Smile.

five minutes

- Use hand lotion and take your time to massage it in.
- Clear out one messy drawer.
- Put on your favourite outfit.
- Watch a funny video online.
- Make yourself a fancy coffee.
- Book that appointment with your GP, dentist, therapist or whoever you need right now.
- Try some gentle stretches for your body.
- Help someone – it could be as simple as holding open a door or picking up groceries for your neighbour.

20 minutes

- Go old-school with pen and paper, and write a letter to a loved one.
- Try meditating.
- Do an exercise video.
- Go through one of your social channels, and unfollow accounts that aren't good for your self-esteem.
- Pick up that book you've been wanting to start.
- Check-in with your emotions. Recognise your feelings without judgment.
- Call a friend.



one hour

- Go for a walk and take it all in.
- Unplug from technology.
- Get crafty and make something – try origami, knitting, or sketching.
- Get an early night if you can.
- Clear out your wardrobe, and see what you can donate to charity.
- Create a vision board.
- Get a massage.
- Listen to a podcast.



all-day activities

- Go phone-free for a day. Ease the pressure of always being on-call, and have a day to yourself.
- Try a DIY home spa. Essential oils, facemasks, and time to relax. Idyllic.
- Do something that makes you feel warm inside – it could be watching a movie from your childhood, or visiting a place that makes you feel nostalgic.
- Set a notification to get up every hour and move around. It could be walking to the kitchen to make a cup of tea, or around the block, but it's good to get that blood pumping.
- Donate some time to volunteering.
- Binge-watch a new show.
- Learn something new – start a language course, learn how to flower arrange, or explore photography.

Quote of the week

A moment of self-compassion can change your entire day. A string of such moments can change the course of your whole life.

Christopher Germer

Breathe Bubble



Whenever you feel like you need to catch your breath, do this 30-second breathing exercise with *Calm Breathe* for instant relaxation.

hope

If you only carry one thing throughout your entire life, let it be hope. Let it be hope that better things are always ahead. Let it be hope that you can get through even the toughest of times. Let it be hope that you are stronger than any challenge that comes your way. Let it be hope that you are exactly where you are meant to be right now, and that you are on the path to where you are meant to be... Because during these times, hope will be the very thing that carries you through.

- Nikki Banas

