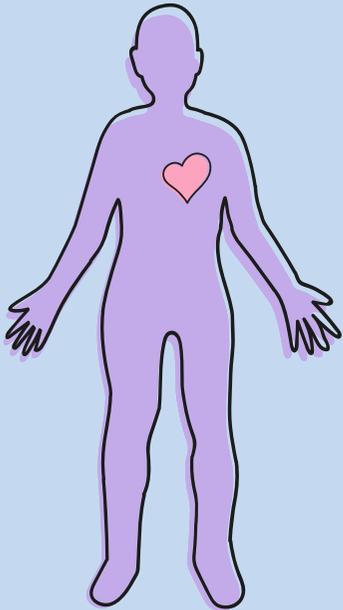


MindWell



Be
kind
to
your
body

MindWell - the mental health
website for people in Leeds

www.mindwell-leeds.org.uk

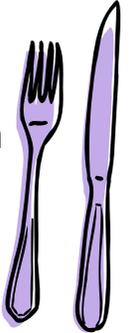
@MindWellLeeds

Listen to what your body is telling you



Listen to your body's messages: what tells you that you're hungry or tired? Have you drunk enough water or do you need to move more?

Make a nourishing meal, or, look up some recipes and plan a meal for another time. Then look forward to it!



Treat yourself to a scented bath, a home manicure, massage your head and neck or pamper yourself in some other way.



How did you sleep last night? **Plan your routine** for tonight to get a good night's sleep.



Take time to have a good stretch in whatever way feels comfortable for you.

Get some fresh air if you can: open a window, stand on your doorstep or go for a walk (according to government guidance).

