Daily self-care for everyday maintenance
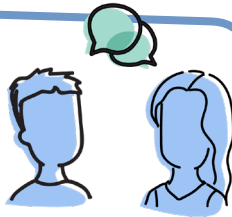
MindWell

Add some spice to your life. Volunteering to help others, learning something new or getting creative can all give you a great boost to your wellbeing.

Plan some social time to meet up with family or friends to chat or do an activity you enjoy. Join a club or group and meet new people with a shared interest.

Have a digital detox - turn off your mobile or device for an hour before bed and schedule in some regular time out from digital. Build up to a whole day if you can.

Take 15 minutes each day to do something just for you that doesn't use a screen, such as reading, gardening or sitting in a café.

Try relaxation techniques, mindfulness or yoga to help your body and mind unwind. Find what works for you.

Be more active - it's great for both your mental and physical health. Find activities you enjoy like swimming, cycling or join a walking group.

Move more during the day, especially when you're sitting for long hours at a desk - walk to the copier, take the stairs or cycle to work.

Go for a walk outside: taking a brisk 10 minute walk every day has lots of health benefits.
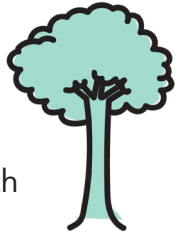
Try to drink no more than 2 cups of coffee or 4 cups of tea a day and don't drink caffeine after 6pm - have decaff, herbal teas or water instead.

Create a nightly bedtime routine to help you wind down and get ready for sleep.

Drink 6-8 glasses or other non-sugar added fluids.

Cook a tasty and healthy meal for yourself. Cut back on processed foods and sugar by comparing food labels.