

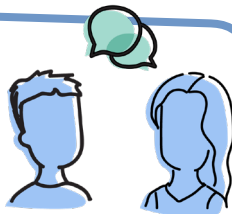
Daily self-care for everyday maintenance

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.

