



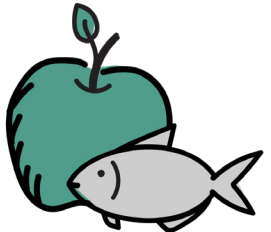


# MindWell MOT - self-care goal setter (with example)

MindWell

Name: John Smith

Date: 13 May 2019

Well done! You've completed the MindWell MOT! It only takes a few minutes and can really help you to think about your personal wellbeing needs. Next comes the exciting bit. Taking a few small steps can really help to make a big difference. Have a look through our self-help ideas and pick a few to get started using our Weekly self-care planner. Remember it's better to start small in your troublesome areas and work gradually towards permanent change.

| Battery recharge   | Movement   | Fuel   | Fluids & exhausts   | Weekly maintenance   |
|--|--|--|---|--|
| <p><b>Create a bedtime routine to help you wind-down</b> - and get tips for a good night's sleep:</p>  <p><a href="http://www.mindwell-leeds.org.uk/sleep">www.mindwell-leeds.org.uk/sleep</a></p> <p><b>Find ways to relax that work for you</b> - try breathing techniques or mindfulness. You could keep a gratitude journal, use a meditation app or try yoga, whatever works for you: <a href="http://www.mindwell-leeds.org.uk/relax">www.mindwell-leeds.org.uk/relax</a></p> | <p><b>Move more</b> - build more movement into your day, take the stairs at work or go for a walk outside at meal breaks.</p>  <p><b>People aged 19-64</b> are advised to do 150 mins of moderate aerobic activity such as cycling or brisk walking every week. <a href="http://www.nhs.uk/live-well/exercise">www.nhs.uk/live-well/exercise</a></p> | <p><b>Make time to cook nutritious meals from scratch</b> - planning your weekly menu and shop can really help. Do it on days you know you have time.</p> <p><b>Cut down on sugar and processed foods</b> - prepare some healthy snacks such as nuts and carrot sticks instead.</p>  | <p><b>Drink 6-8 glasses of water per day.</b></p> <p><b>Try to limit tea &amp; coffee</b> to 2 cups of coffee &amp; 4 cups of tea a day. Don't drink caffeine after 6pm. Try herbal teas or water instead. <a href="http://www.mindwell-leeds.org.uk/caffeine">www.mindwell-leeds.org.uk/caffeine</a></p>  <p><b>It's safest not to drink more than 14 units a week</b> - get tips to cut down or find help: <a href="http://www.mindwell-leeds.org.uk/alcohol">www.mindwell-leeds.org.uk/alcohol</a></p> | <p><b>Cut down on using digital devices</b> - try switching off devices 30-60 mins before you go to bed. Build up to taking a whole day screen-free.</p> <p><b>Take a regular walk outside</b> - find a green space like one of Leeds' parks.</p>  <p><b>Plan some social time to meet up with family or friends</b> - join a club or group &amp; meet new people with a shared interest.</p> |



**Take time for 'me-time' every day** - book in 15 mins

to do something you enjoy, just for you, without a screen. Listen to your favourite music, sit in a cafe, read a book or magazine.

**Find an activity you enjoy** - like swimming or join a walking group: [www.mindwell-leeds.org.uk/exercise](http://www.mindwell-leeds.org.uk/exercise)

**Eating a rainbow of vegetables** can help you to eat different vitamins & minerals & 5 fruit/veg is great. [www.mindwell-leeds.org.uk/eat-healthy](http://www.mindwell-leeds.org.uk/eat-healthy)

**Book in time to sit down & eat with family, friends or colleagues** - leave your devices/phone in your bag.

**Get help & support to help you quit smoking.**

It will give your health a boost and save you lots of money: [www.mindwell-leeds.org.uk/stop-smoking](http://www.mindwell-leeds.org.uk/stop-smoking)



**Volunteering, learning something new or getting creative** - can all give you a great boost to your wellbeing. Remember there are lots of free things to learn online. [www.mindwell-leeds.org.uk/volunteer](http://www.mindwell-leeds.org.uk/volunteer) [www.mindwell-leeds.org.uk/learn](http://www.mindwell-leeds.org.uk/learn) [www.mindwell-leeds.org.uk/creative](http://www.mindwell-leeds.org.uk/creative)

## Set your own goals

| Battery recharge   | Movement   | Fuel  | Fluids & exhausts  | Weekly maintenance  |
|--|--|---|--|---|
| <p>&gt; Improve the way I sleep by creating a bedtime routine to help me wind-down.</p> <p>&gt; Try some breathing &amp; relaxation techniques</p> | <p>&gt; Build more movement into my day, take the stairs, go for a walk outside at breaktime and try cycling to work.</p> <p>&gt; Find an activity I enjoy. Find my local walking group.</p> | <p>&gt; Cut down on sugar and processed foods.</p> <p>&gt; Take some healthy snacks to work.</p> <p>&gt; Book in times each week to sit down to eat with family, friends or colleagues.</p> | <p>&gt; Need to drink more water! I'll take a reusable water bottle to work.</p> <p>&gt; Reduce cups of coffee to two a day.</p> | <p>&gt; Try some mindfulness techniques.</p> <p>&gt; Keep a gratitude journal before I go to bed.</p> <p>&gt; Build in more social time for family or friends.</p> <p>&gt; I've always wanted to try a dance class!</p> |