

# General Health and Wellbeing Top Tips

## Sleep Routine

It is suggested that we need a minimum 7 hours of sleep in for us to properly function at our best the following day. Sleep is a great way to refocus from stress and feel calm. If we are sleep deprived, it can result in us feeling extra anxious. If you are struggling to sleep, try meditation, counting sheep, (yes - you heard us right!) or try to read for an hour before bed to help switch off any emotions.



## Exercise & Movement

We should aim to take a 5-10 minute break from our computer or workspace every 50 minutes, not only to give our eyes and brain a break - but to keep us moving. And, there are many ways that we can stay active from the comfort of our own home – whether it's jogging on the spot, getting outdoors, or even going up and down the stairs 10 times! It's a well-known fact that exercise releases a biochemical mixture of brilliance, serotonin, oxytocin, dopamine, and adrenaline - all of which can help us feel more positive, uplifted, and generally lift mood.

## Healthy Eating & Nutrition

Eating healthy, nutritious and wholesome foods every day can increase our performance, enable us to work sharper and feel less frustrated. Unexpected changes to our lifestyle or routine can sometimes see our diet move down our list of priorities. It's important that we fuel our bodies with the nutrients needed to perform well by maintaining healthy eating habits. Fruits, vegetables, and proteins are all great sources of vitamins and minerals. Maintaining a healthy diet will lift our mood and energy levels - and is invaluable to helping us feel less tired, emotionally well and more satisfied.



## Connecting with others

During times of social distance, it's important to regularly reach out to family, friends and colleagues. A positive mindset, such as expressing an attitude of gratitude and acknowledging thanks for the simple things in life, connects the heart to the brain - helping to reduce needless negativity. Plan a time of the day, suitable with others, to video call, phone or even write a letter to those who mean the most, no matter how near or far they may live. Reassure those that may be lonely that you're there for them – a hello through the window or a note posted through the letterbox. It'll make you and them happy!

