

REPLENISH

REST

Adequate rest enables us to recover and live life to the fullest. Rest can include meditation, mindfulness, breathing exercises or sleep (not an optional lifestyle choice!).



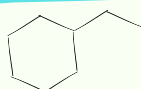
EXERCISE

Movement, either exercise or physical activity, is one of the healthiest things you can do for both mind and body. Mental benefits include buffering against depression, better memory, quicker learning, and delaying the onset of dementia.



PLAN

Time is a finite resource. It makes sense to make a schedule or routine that includes all of our priorities. We all need rest, nourishment, activity, friendship and fun in our lives so it's worth ensuring that these feature in any plans you make.



LEISURE

There are many outdoor activities to try in our mountains, beaches, forests, canals and parks. What leisure activities work for you: going for a walk, jog or hike; chilling out in the garden, on the beach or in the park; reading or just listening to music; or maybe meeting family or friends for a socially distanced chat?



ENERGY

Energy levels can be boosted by exercise, diet, sleep, rest, social activities and having fun. For a quick energy boost, try staying hydrated with a glass of water; a healthy fruit snack; stretching and moving your body with some floor exercises or a quick walk with some fresh air.



NATURE

Spending time in nature is proven to improve and maintain our mental health. Try spending time in the garden, in a park, the beach, or on a forest trail.



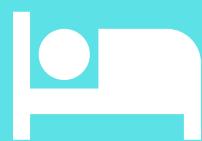
ICE CREAM

Treat yourself to small things that you enjoy. Doing little things that make you happy is a good way to boost your general mood, as well as your self-esteem. This in turn has a knock-on effect on your mental health.



SLEEP

Maintaining a healthy sleep routine is important. A good night's rest enables the body and mind to refresh and renew itself.



HARMONY

Finding balance between work and home not only reduces stress, but also ensures that you can be truly present in whatever environment you are in.

