

Wellbeing Toolkit

Tick any three boxes to start your change

Sleep



- ☐ Fixed bedtime/wake-ups
- ☐ No screens 1 hour before bed
- ☐ Bedtime routine - read, bath or meditate
- ☐ Don't nap during the day
- ☐ Go outside often for daylight
- ☐ Caffeine before midday only
- ☐ Eat evening meal early

Move



- ☐ 15 - 20 minutes per day
- ☐ Choose what you enjoy - dance/cycle/swim/football
- ☐ Outside is best
- ☐ Join a Parkrun
- ☐ "Couch to 5K" app
- ☐ Install "Pacer App" - build up step count gradually

Eat



- ☐ Mediterranean Diet - fruit/nuts/veg/fish
- ☐ Omega 3 foods - mackerel/salmon/flaxseeds
- ☐ Limit processed/fast food
- ☐ Minimise alcohol/sugar
- ☐ No recreational drugs
- ☐ www.nhs.uk/live-well/eat-well

Relax



- ☐ Meditate 10 minutes a day
- ☐ Relax with yoga or music
- ☐ Separate work from home
- ☐ Do something creative
- ☐ Practise Mindfulness - www.bemindful.co.uk
- ☐ Install "Headspace App"
- ☐ Install "Beat Panic App"

Connect



- ☐ Supportive relationships
- ☐ Daily “me” time
- ☐ Meet friends face to face
- ☐ Engage with a hobby
- ☐ Limit time on social media
- ☐ Write a journal including positive feelings/gratitude
- ☐ Join activity groups/clubs

Purpose



- ☐ Discover what you love
- ☐ Learn something new
- ☐ Value doing rather than buying
- ☐ Be kind to yourself & others
- ☐ Follow your dreams
- ☐ Be part of your community
- ☐ Break dream into smaller goals
- ☐ Consider voluntary work

Nature



- ☐ Get outside in all weathers
- ☐ Plant flowers and grow veg
- ☐ Notice seasons changing
- ☐ Make friends with animals
- ☐ Walk amongst trees
- ☐ Discover your surroundings
- ☐ Climb hills and cross lakes
- ☐ Try camping

Help



Wellbeing Therapies (self-referral)

VitaMinds:

0333 200 1893

www.vitahealthgroup.co.uk/BNSSG

More resources

11 - 25 yrs: Off the Record (Bristol and South Glos only) 0808 808 9120

Helpful website: www.nhs.uk/oneyou

Reading: Reading Well - Books on Prescription