

10 ways to improve your wellbeing



1) Eat sensibly and regularly

Not maintaining a consistent healthy blood sugar level can lead to mood swings, anxiety and unnecessary stress. By eating wholesome well-balanced meals at regular intervals (about 3-4 hours) you can make sure you stay positive and happy. Make sure you drink plenty of water too!

2) Be physically active

Doing any kind of physical activity releases endorphins into our system, these naturally make us feel better. You could go for a run, practice yoga, or even just dance in your bedroom. The longer you move about, and the more consistently you keep it up, the better you'll feel

3) Express yourself

You are unique! So show it, and don't try to be someone that you're not. Changing up your style and presenting yourself as you truly are inside and out is one of the best ways to improve your wellbeing. Listen to the music you like. Get creative and try art or acting. Most importantly, never judge someone else for being themselves, it'll only stop you being true to yourself too!

4) Ask for help, and offer support back

You're never alone. There is always somebody you can turn to and ask for some support. Someone might come to you and share their troubles or need support too. By working together, and having meaningful conversations, we can all collectively improve our wellbeing. At these times its vital to honour confidentiality and offer trust. Cast no judgements on the person you're supporting and always be willing to understand what they're going through.

5) Distract yourself

If you're having to do something that you're finding stressful, and we all have to encounter these things. Make sure you fill in time to stop if it starts becoming overwhelming. Stop and do something completely different, that's fun or achievable. This will give your body a boost of confidence to get back to the stressful activity.

6) Relax

It sounds obvious that relaxing helps improve peoples wellbeing. However, most people forget to built relaxing into their daily routines. Or they wait until the end of the day once they're tired to start relaxing. Make sure you make the most of break times and make them a part of your routine. In this time, do the things that calm you.

7) Socialise Sensibly

When it comes to socialising, everyone is different. Some people are more outgoing than others. This means its important that we recognise the social limitations of others. It's common for social gatherings to involve experiences that not everyone will feel comfortable with. Avoid risk-taking activities and discourage peer pressure. Particularly when mood altering drinks/substances are involved.

8) Have hobbies

Our brains and bodies like to achieve. They like having challenges to overcome. It's good to nurture this part of us through the use of a hobby or skill. Find something you're enthusiastic about and try to make lots of achievements for yourself through it. By improving at something our brains release lots of hormones that make us feel confident and satisfied, especially when we can see the progress we've made.

9) Be kind to yourself

We often give compliments to each other, but it's in our nature to act humble or reject the praise when we hear it for ourselves. Without becoming egotistical, its much better to assure yourself of all the brilliant aspects that make you "you". You spend most of your life inside your head, so make it a nice place to be!

10) Play the Grateful Game

This is a simple game that has a lot of benefits. You say to yourself "I'm grateful for..." and then insert something that you recognise you have access to, or are privileged to experience. It's never a competition, just a way of reflecting on the positive things in our lives. This is a good game to play by yourself, and a great game to play with others.