TIPS FROM STAFF ON HOW TO...

TAKE CARE OF YOUR MIND

If something is playing on your mind write it down. Often I'm worried about the consequences of something so will make myself an 'if and then' list. If such and such happens then I will do ...

Go for a walk with friends or family.
Get enough sleep.
Go to the gym.

Limiting screen time.

When I'm feeling like I need a break from reality I like to play video games as this helps me relax.

Singing in a choir.
Writing lists when I have a lot to do!

Going to football.
Praying.
Reading books.
Doing Yoga everyday.
Keeping up with hobbies/ seeing friends.

The main thing is get yourself to an activity or place where you can't focus on anything other than what you are doing such as the gym, rock climbing, mountain biking etc. just to free up some head space.

To-Do

Going to the spa.
Watching trashy TV.
Spending time with family.

Meditation, dancing, reading books, listening to podcasts about self knowledge and going to a park or a walk in a green space.

Understanding how I think/react (gained from life experiences) and knowing how to adjust accordingly.
E.g. knowing I'm less likely to procrastinate if I tell someone I am going to do something, or not stressing over things I can't actually control.

I enjoy getting out in nature and especially meeting up with others for a walk and chat. If I am in a low mood I usually find being outside, gardening, walking or playing with my dog helps! Listening or playing music is another option.

Investing in positive relationships.
Practising mindfulness.
Consume the right food.
Staying physically active.

Talking things through with people.

I immerse myself in fiction – the theatre, cinema or books. It gives me time off from my own day to day and may make me laugh, cry, think about other people's lives or opens me up to new ideas.