

Habits for taking care of yourself and managing your stress

- 1 **Whatever you're doing too much of -**
do less of that today
- 2 **Fading?**
What do you need to revive?
- 3 **Exercise a different part of your brain -** crosswords, sudoku, sketching
- 4 **Negotiate respectfully**
so that you can problem solve or decide to say No
- 5 **Listen to music that uplifts you**
on your way to and from work
- 6 **How much sleep do you need?**
Set a time to go to bed and keep to it
- 7 **Tense?**
What relaxes you?
Do more of that
- 8 **Reflect** on what you are proud of from today
- 9 **Focus on what you want to think about**
instead of niggles and worries
- 10 **Drink water often**
Have bottled water on the go
- 11 **When you feel annoyed with someone** take a moment and look to the good in them
- 12 **Reflect on** how you have made a difference today
- 13 **Check your posture every 30 minutes -** it affects your performance and well-being
- 14 **Clear your mind**
Go outside and breathe in some fresh air 5 d-e-e-p breaths
- 15 **Do some exercise**
Walk, run, swim, cycle, gym
- 16 **Lighten up**
Find something funny and get things in perspective
- 17 **Decide on your five-a-day**
Energise yourself with food that's good for your brain and body
- 18 **Switch off electronic devices 2 hours before bed**
Read before you sleep
- 19 **Walk around and consciously notice what you appreciate**
'I appreciate'
- 20 **Practise calming breathing**
breathe in 1....2....3....4....
breathe out 1....2....3....4....
- 21 **Move around more**
Walk, stretch your legs, back, neck and shoulders
- 22 **Eat slowly**
Savour every mouthful
- 23 **Repeat an affirmation**
as a reminder to keep well
"With every deep breath, I find myself relaxing"
- 24 **Reflect on** what you learned and move on - don't dwell on what went wrong
- 25 **Ask for help when you need it**
Don't stay stuck for too long
- 26 **Check the ergonomics -**
the seating, the tools, how you're sitting or standing
- 27 **Worried?**
Reassure yourself as you would another person or child
- 28 **Tense?**
Practise stretching as well as calm breathing
- 29 **Go somewhere green**
Leave your screen and really notice nature
- 30 **Whatever self care you're not doing enough of -** do more of that today



Keep track of your progress

Tick each day that you have practised one or some of these habits
Or, note the number of the habit for the day

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