



connect

wellbeing, ability, recovery

Daily Habits for Good Wellbeing

30 tips for Positive Wellbeing

Wellbeing habits we should incorporate each day...

Drink water – drink at least two litres of water every day. Try to cut down on caffeine and keep fizzy and sugary sweet drinks to a minimum.

Eat green vegetables – green vegetables are full of iron, nutrients and minerals which are good for brain function and all round wellbeing. If you don't like them...add to soups or pasta sauces and blend them with other ingredients so as you're getting the benefits without eating them on their own.

Open windows and air your home - Our homes can get stuffy and lack ventilation which can lead to headaches and cloudy brain function as well as unpleasant odours.

Vacuum your home – Carpets and flooring can play host to dust mites and other undesirable side effects that can lead to allergies and illness if we don't regularly clean.

Create a sleeping schedule – Try and establish a bedtime routine where you get ready for bed, relax and go to sleep at the same time. This can help ensure a good night's sleep and get our body clock into a better rhythm.

Wake up at the same time each morning – Just as it's good to go to bed at the same time it can also be beneficial to wake up at the same time. Set an alarm and get up and get motivated each morning through reading, walking or meditating. This can make us more productive and ensure that we're making a more positive start to the day.



Move your body – whether it be walking the dog, walking to the shop or going somewhere on foot instead of using public transport (when realistic and feasible) try and get into the habit of doing some form of exercise each day no matter how small.

Reduce social media time if you use any form of social networking online – studies have shown that social media can lower self esteem and confidence and become addictive if used too frequently.

Set realistic goals for yourself – everyone needs something to aim for and as the New Year approaches it's important to have something to look forward to. Make plans to visit somewhere you've always wanted to go, spend time connecting with old friends or learn about that subject you've always had an interest in.

Track how you spend your time – to ensure you're using your time productively start keeping a diary of events and what you're doing on a day to day basis. Anything that is a waste of time either give it up or find a new way of doing it that serves you better.

Practice self-compassion – talk to yourself with self-respect and kindness in the same way that you would address an old friend. If you wouldn't intentionally insult or hurt the feelings of anyone else instruct your inner voice to speak nicely to you.

Don't watch TV or be on your phone two hours before bed - this can trick our brains into thinking it is day time and affect our sleep pattern and ability to 'switch off'.

Try and read something every day – reading helps us to engage our brains, supplies us with information and helps us sleep and relax better. As it takes good concentration to read an entire book even starting with a magazine or newspaper article each day will get us into a good habit.



Reading also helps us to write - keeping a journal to track our moods and the way we spend our days is a useful thing to do. Documenting our thoughts and actions can sometimes help to make things clearer and allow us to plan ahead in a more fulfilling way.

Although we can write straight on to a computer or laptop **writing something by hand** can make it more personal and be a more constructive use of time.

Get into the habit of being in a 'flow state' – A flow state put simply is allowing ourselves to completely get immersed in our passions...let that be in art work, different forms of craft (eg. Ian and his lolly stick creations) or writing. When we engage in something that we enjoy it helps us to concentrate better and is a good distraction and way to clear our heads and thoughts.

Consider your posture at all times - many of us have back problems and most stem from the fact that we get into a bad habit of slouching or lying around which bends and contorts muscles into awkward and unnatural shapes. Sit straight in a chair and be aware of your bedding and how it may be contributing to pain or discomfort. Mattresses can come equipped with memory foam that help and we can also do daily exercises that can improve the situation.

Keep your surroundings tidy and declutter on a regular basis – a cluttered house can lead to having a cluttered mind so try and keep your living space neat and clean. Sort through old clothes and belongings and give whatever is unwanted to charity as others could be glad of them.

Look after your health – if you have any underlying conditions such as asthma or diabetes it is imperative that you attend regular appointments and report any irregularities to your Dr or nursing practitioner.



Engage your brain – it is a good daily practice to connect with others and have conversations and discussions or attend regular groups or do things that stretch our minds and help us to learn new things.

Look after your teeth – our teeth are important so in order to keep them clean, intact and free from decay we should be brushing and flossing every day and attending the dentist every six months for check-ups.

Wash bed sheets – washing our bed sheets regularly helps to keep our sleeping space clean and fresh and eliminates dust mites. Getting into a clean and nice smelling bed is good for the mood and helps us feel comforted and relaxed and to sleep better.

Question things – learn to ask questions and to enquire further into things that relate to your life or interest you. Never be afraid to have things clarified if they are unclear or you need more information.

Help yourself – The world is full of groups, information from organisations and self-help books and websites that can give us useful hints and tips on how to live better and feel better.

Try new things – New experiences or trying things for the first time can be daunting and fill us full of nervous anticipation but if we never try we'll never know so if you have had a secret longing to join a group or try a new class give it a go...you may love it or you may find that it's not for you but either way you'll have your answer.

Daily affirmations – You are strong, brave, deserving of love and praise and worthy of the time and attention of others – you may not always believe it but it is true and the more you keep reminding yourself of it the more you'll start to believe it.



Motivation – there are always times when we don't feel very much like engaging with others or doing things but continually giving into these feelings can form a vicious cycle leading to self-isolation and loneliness. It's always good to have a plan for days like these when we are maybe at a low ebb and need encouragement to participate and get up and do things. Listen to music, spend time doing something you enjoy or get out into the fresh air which can make us feel alive and remind us of the natural beauty in the world.

10,000 steps – having a goal when walking is always a good motivator. There are many pedometers, sports trackers and devices available that count steps and make us aware of how far we've walked, calories burnt, our heartrate and other things that are useful for giving us a better picture of our overall health and can motivate us into moving every day.

Cook at home – We are all fond of convenience food and dependent on our circumstances sometimes the odd take – away or microwave dinner is unavoidable. Cooking your own food, however, means that you know exactly what has gone into and it can be very satisfying and enjoyable to cook a meal for yourself and sometimes for others.

Practice gratitude daily – old saying 'not every day is good but there is always something good in every day'. This is about finding these small things and being grateful and delighted for them and by them. The smallest things are sometimes the most beneficial but sometimes in the midst of our day we don't recognise this. Take notice of everything around you and acknowledge when others do nice things, something good happens expectantly or you have an experience that is enjoyable. When you experience joy in the small things the larger things create more delight.





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