Connect with family and friends to improve social wellbeing
Practice kindness and help others
Take regular breaks – stand up, get moving or rest
Create clear boundaries: time and space for work and others
Stay active, exercise regularly and remember to add variety
Practice good sleep hygiene
Acknowledge your feelings and express them appropriately
Boost your nutrition and hydration
Focus on one task at a time
Take time for your own wellbeing everyday
Develop your reflective thinking or mindfulness skills
Reach out for help when needed
Keep learning new skills and hobbies
Take regular breaks – stand up, get moving or rest