

Wellbeing tips



Remember, when we discuss Wellbeing, we are not saying that everyone must be happy all the time. Wellbeing means we are working together on managing life's ups and downs.

Here are some more ideas and tips to inspire you when managing your Wellbeing...

Make someone else's day

Doing good can really give us a boost, too. Check in with a relative, tell a friend you are thinking of them and send a message, make someone a cup of tea, simply smile at someone.

Get out and socialise

Sometimes we can get too comfortable staying in the house. Get out there and socialise whether it be for a catch up with friends or to visit a grandparent, it can give you a boost. Especially if you spend time outside, give it a try!

Give yourself a five minute massage

Apply small amounts of pressure on your hands or head, massage in a circular motion.

Look at photos

Ideally look at these with friends or family so you can smile and laugh together.

Have a good stretch

When we stretch, we activate our parasympathetic nervous system – the body's main relaxation pathway. It slows the heart and rate of breathing.

Rub your ear lobes

Gently massage your ear lobes with your thumbs and fingers, it releases endorphins (our body's feel-good chemicals) which can help stress relief.

Do something you loved when you were younger

Go down memory lane – dance, sing an old song, draw, skip... anything!

Look forward

It is important to be present, but it is ok to look forward to things. The weekend, nicer weather, longer daylight, the next half term break, a cinema trip, meeting up with friends – anything that can give you a boost.