

#WellbeingWarriors

TAKE CARE OF YOU | 8 WAYS TO PRACTICE SELF-CARE

Go outside



Take a walk in the garden or make yourself comfortable under a tree. Sometimes all we need is some fresh air to give us a better perspective.

Listen to music



Plug in your headphones and listen to your favourite music. It can be music to energize you, inspire you, or relax you. Take the time to focus on the music and enjoy the alone time.

Think positively



Make time to free your mind from worries or negative thoughts of what might be going on right now and be positive. When you think positive, you will notice that you feel better, and you no longer focus on the challenges.

Take some time away from social media



Taking a break from social media can reduce unnecessary stress. The break will give you enough time to engage in activities that bring you joy. You will also have more time to catch up on work that might have fallen behind.

Get enough sleep



Being well-rested is beneficial to you as it improves your physical and psychological health. Stick to a sleeping pattern at night and practice good sleeping hygiene.

Call a friend



Catch up on any new developments in your life, reminisce and share a good laugh. Being with loved ones will boost your happiness, and it is a natural way to de-stress.

Look for the good



Gratitude is one of the most effective happiness boosting activities to try. Take some time to reflect on what you are grateful for daily. Create a gratitude jar and write something good every day.

Treat yourself



Cook your favourite meal, watch your favourite series or movie or take a long bath. Spoil yourself by engaging in activities that make you feel good and at peace.

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