

9 Ways to Nurture your Emotional Wellbeing

Prioritise physical wellbeing



Think about what you eat to nourish your body, try to fit in some exercise each day, take steps to ensure you sleep well.

Create Routines



Having a routine of some sort can give us a sense of security and predictability. It doesn't have to be rigid but any sort of routine will help.

Be Positive



Choosing to concentrate on positive thoughts not negative ones can help. It might feel like it takes a lot of effort when you start but it gets easier as you train your brain and change your thinking patterns.

Prioritise Connections



Stay close to the people you care about – if you can't do that physically then call text zoom facetime – we need our connections. Emotions are easier to handle when we have the support of people we care about

Take some time for you



We can sometimes fill our lives with others, maybe not by choice but it is important to find some times to be alone. That's when we can reflect, slow down a bit and allow ourselves to feel. It's also time when we can do things that WE like to do.

Have fun and do things you enjoy



Laughter is good for us. Enjoying ourselves is important. When it comes to having fun it's good to do some things you enjoy with others – so it is shared pleasure, which helps build connections but also to spend time absorbing ourselves with those fun activities.

Get into nature



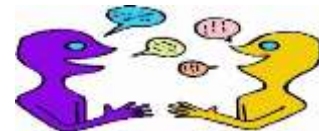
There is something about being in nature that is restorative and calming. So, whether it is a local park, seaside, woods, river or even the garden – being in nature will help you. If you can't get out into nature then looking at it is the next best thing

Breathe and be in the moment



Controlling our breath and concentrating on our breath is a great way to slow down and connect with ourselves. It can prevent stress becoming panic – so as soon as you feel anxious take some time to breathe. Better yet use mindfulness or meditation to make it a regular habit.

Acknowledge and Talk about your feelings



It is important for all of us to feel 'heard'. Talking about how we feel can really help us process our emotions. Remember it is ok not to be okay! But it's usually best to share those things that are bothering us with someone else.