

Habits for taking care of yourself and managing your stress

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| 1 Whatever you're doing too much of -
do less of that today | 11 When you feel annoyed with someone take a moment and look to the good in them | 21 Move around more
Walk, stretch your legs, back, neck and shoulders |
| 2 Fading?
What do you need to revive? | 12 Reflect on how you have made a difference today | 22 Eat slowly
Savour every mouthful |
| 3 Exercise a different part of your brain - crosswords, sudoku, sketching | 13 Check your posture every 30 minutes - it affects your performance and well-being | 23 Repeat an affirmation as a reminder to keep well "With every deep breath, I find myself relaxing" |
| 4 Negotiate respectfully so that you can problem solve or decide to say No | 14 Clear your mind
Go outside and breathe in some fresh air 5 d-e-e-p breaths | 24 Reflect on what you learned and move on - don't dwell on what went wrong |
| 5 Listen to music that uplifts you on your way to and from work | 15 Do some exercise
Walk, run, swim, cycle, gym | 25 Ask for help when you need it
Don't stay stuck for too long |
| 6 How much sleep do you need?
Set a time to go to bed and keep to it | 16 Lighten up
Find something funny and get things in perspective | 26 Check the ergonomics - the seating, the tools, how you're sitting or standing |
| 7 Tense?
What relaxes you?
Do more of that | 17 Decide on your five-a-day
Energise yourself with food that's good for your brain and body | 27 Worried?
Reassure yourself as you would another person or child |
| 8 Reflect on what you are proud of from today | 18 Switch off electronic devices 2 hours before bed
Read before you sleep | 28 Tense?
Practise stretching as well as calm breathing |
| 9 Focus on what you want to think about instead of niggles and worries | 19 Walk around and consciously notice what you appreciate
'I appreciate' | 29 Go somewhere green
Leave your screen and really notice nature |
| 10 Drink water often
Have bottled water on the go | 20 Practise calming breathing
breathe in 1...2...3...4...
breathe out 1...2...3...4... | 30 Whatever self care you're not doing enough of - do more of that today |



Keep track of your progress

Tick each day that you have practised one or some of these habits
Or, note the number of the habit for the day

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