



Wellbeing

Checking In

The Wellbeing Checklist - in no particular order!

- ☐ *Think about just the next step, the next one thing you need to do. Focus on that rather than getting overwhelmed by everything.*
- ☐ *Take some exercise each day - even if it's only for 15 minutes. A brisk walk does your heart the world of good.*
- ☐ *Eat food that is healthy, and balanced, if you can. Keep it looking colourful too.*
- ☐ *Remember that you have permission to say 'no' as well as 'yes'.*
- ☐ *Enjoy being outside, breathing in fresh air and spot the incredible in the ordinary everyday things.*
- ☐ *Be kind to yourself which includes forgiving yourself when things don't quite go as you hoped or planned. Tomorrow is a fresh start and the chance for you to try again.*
- ☐ *Make self-care a priority. It is important to renew energy by doing things that bring you peace and joy. And breathe deeply to regain your sense of calm.*
- ☐ *Some things really can wait - you don't need to do everything now.*
- ☐ *In the words of Ram Dass, 'we are all just walking each other home' so look out for and help others. When we do this it does us good too.*
- ☐ *Remember that there is more to you than just the physical - invest in the whole of who you are - spiritually, emotionally, mentally, relationally, physically and intellectually. You really are worth it.*