

5 WAYS TO STAY HEALTHY TODAY

- Eat Healthy Foods**
Eating healthy foods is important for your overall health. Focus on eating plenty of fruits, vegetables, and whole grains. Avoid processed foods and sugary drinks.
- Exercise Regularly**
Exercise is important for your physical and mental health. A regular exercise routine can help to improve your mood, increase your energy levels, and protect your overall health.
- Get Enough Sleep**
Getting enough sleep is important for your physical and mental health. Most adults need between 7 and 8 hours of sleep each night.
- Take Breaks During the Day**
Taking breaks during the day is important for your mental health. Step away from your work or studies every few hours to take a break. Go for a walk, listen to music, or just take some time to relax.
- Connect with Others**
Connecting with others is important for your mental health. Spend time with friends and family, join a club or group, or volunteer in your community.



A-Z OF MENTAL HEALTH

Positive mental health and wellbeing makes us feel content, peaceful and valued. Use these tips to improve your mental health one letter at a time.

A ASK FOR HELP Get support from friends, family or a professional.	B BREATHE Take a few deep breaths to calm your mind.	C CONNECT Reach out to friends and family for support.	D DETACH Take a break from social media and news.	E EMOTION Acknowledge and name your feelings.	F FIND SAFE PLACE Create a safe space for yourself at home.
G GRATITUDE Practice gratitude for the things you have.	H HEALTHY HABITS Establish a routine of healthy habits like exercise and sleep.	I IMAGINE Use visualization to create a positive future.	J JOURNAL Write down your thoughts and feelings.	K KINDNESS Be kind to yourself and others.	L LET GO Release negative thoughts and feelings.
M MINDFULNESS Practice mindfulness to stay present.	N NATURE Spend time in nature to refresh your mind.	O OPTIMISM Focus on the positive aspects of your life.	P PATIENCE Be patient with yourself and your progress.	Q QUIET Take time to be quiet and reflect.	R REST Get enough rest and relaxation.
S SUPPORT Seek support from friends, family or a professional.	T TENDERS Take time to care for your physical health.	U UNWIND Find ways to unwind and relax after a long day.	V VOLUNTEER Help others and feel good about yourself.	W WINDY TIME Take a break from work or school.	X EXTORTION Avoid situations that cause stress or anxiety.
Y YOU MATTER Remember that you are important and your feelings matter.	Z ZEN Practice mindfulness to achieve a state of calm.	Find out more about how Optimum Education can help boost your wellbeing at www.optimumeducation.com			



Mental Health

- Mindful
- Educate others
- Noticing your feelings
- Talking about your feelings
- Anxiety
- Listening
- Helping
- Educating yourself
- Awareness
- Learning coping skills
- Therapy
- Health



If your **compassion** does not include yourself, it is incomplete.

✧

JACK KORNFELD



GH

What we do with our bodies is also crucial, as physical activity is also necessary for good health. It can greatly reduce your risk of heart disease, stroke, type 2 diabetes, breast and colon cancer, depression, and falls. Physical activity improves sleep and endurance. Aim for 150 minutes of moderate intensity exercise every week, such as brisk walking.

Finding ways to reduce stress is another strategy that can help you stay healthy, given the connection between stress and a variety of mental health disorders and burnout. With wellbeing and burnout, we need to start with what you have and consider stripping away what's unhelpful, unwieldy, untrustworthy or unachievable. There are many ways to bust stress. Try, meditation, mindfulness, yoga, humour, playing on weekends, listening to music, watching movies that mirror your situations to release emotions, and taking holidays (breaks) to rest and recharge.

Connection with others is so important for health and well-being too. Friends and family can prevent isolation and loneliness and give you a chance to offer needed companionship. Friends and family can also increase your sense of belonging and purpose whilst boosting your happiness chemicals and reducing stress. For further insight, check out this TED Talks video: Live to be healthy and happy <https://lnkd.in/e5BpfGen>

Overall, improving and protecting our mental health and well-being can be broken down into small, manageable chunks to help stop us feeling overwhelmed and be better equipped to cope with all that life brings of its ups and downs.

So please make sure you take the time to look after yourself because there's only one you!



#wellbeing #takethetime #health101 #mentalhealthmatters #only1you
#wednesdayswisdom