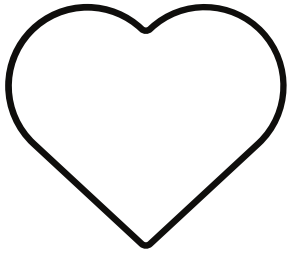


TOP TIPS

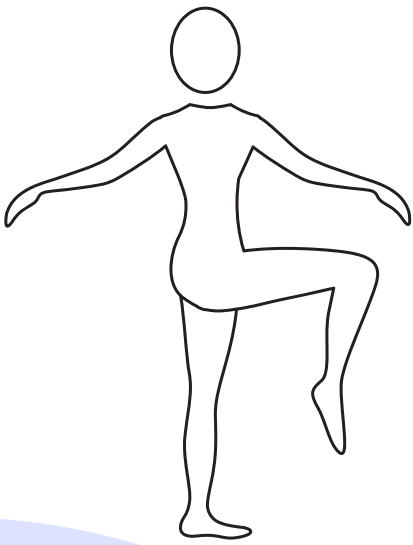
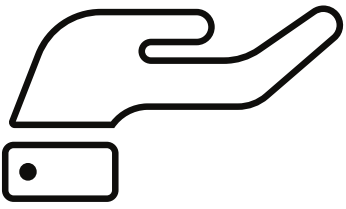
MENTAL WELLBEING



Be Kind. To Yourself. To Others...

Acts of kindness produces oxytocin, occasionally referred to as the 'love hormone' which aids in lowering blood pressure and improving our overall heart-health.

Oxytocin also increases our self-esteem and optimism, which is extra helpful when we're facing an anxious situation.



Healthy Body. Healthy Mind.

The benefits of daily exercise are numerous: Sharper memory, Higher self-esteem, Better sleep, Increased energy, Stronger resilience. Scientifically it has been proven that there is a 20%-30% lower risk of depression and general feelings of distress for adults participating in daily physical activity (Start Active, Stay Active).

Get Into A Routine.

In a world of chaos routine can be our anchor in the storm. Creating a routine gives us structure, predictability and familiarity which all contribute to having a calming effect on the mind. When building your morning routine, it's important to consider how much time you have. Even if you only have 20 minutes to spare each morning, you can use that time to promote good mental health, whether exercise, meditation or broadening the mind.



Meditate.

Meditation is one of the best ways for us to manage our internal voice to effect the external. Benefits are that it calms the mind reducing stress and anxiety giving you a sense of focus. There are many really good apps out there to help. Try Calm or Headspace.



Educate.

Investing in ourselves provides opportunities to build our self awareness and allows us to broaden our mindset. A recent UCL study has shown that learning gave a sense of purpose and accomplishment in our lives and could open up new possibilities for a different future. So grab that book or sign up for some online learning today!

