

Wellbeing for adults

Many people live busy lives and it can sometimes be difficult to take care of our own mental wellbeing. Listed here are some simple but effective ways to address the balance and take some time for yourself.

1. Download a mindfulness app

These apps can help you to:

- ✓ Focus on your breathing
- ✓ Connect with your body sensations
- ✓ Give you time to relax and let your mind wander

They can help to reduce anxiety, depression or improve focus and sleep.

2. Cooking

Notice the smell and texture of the raw ingredients.

Focus on the precision of repetitive tasks, such as chopping and stirring.

Enjoy the tastes and smells of different foods as they cook.

Involve the family for quality time connecting.

3. Dancing

Put on your favourite tunes and let the music take over.

Explore long forgotten music.

Dance how you want to, instead of what looks good.

Feel the rhythm and notice how the sounds and lyrics make you feel.

4. Gardening

Feel the texture of the soil, the roughness of weeds or the softness of flowers.

Notice the smells of the freshly cut grass, flowers and nectar.

Look at the changing colours, textures and patterns of plants and flowers.

Listen to the sounds of birds, lawnmowers, insects and water.

5. Yoga

You can choose from a variety of apps and online videos with a range of abilities, levels, focus and goals.

- ✓ Energetic / relaxing
- ✓ Knee / back problems
- ✓ Strength / flexibility / balance
- ✓ Child friendly

Pay attention to your body.

What feels good and what doesn't? Do the moves make you feel frustrated, proud, determined or relaxed?

6. Exercise

Go for a walk – enjoy the outdoors.

Join an exercise class and meet new people.

Go to the gym – set a goal.

Swim - do you feel invigorated or relaxed?

Join a team: football, netball or cricket.

7. Be Grateful

Write down all the things that you are thankful for. Place them in a jar. On the days when you need a pick up, open the jar and remind yourself what you are thankful for.

8. Meet a Friend

Reconnect with other people. Go for a coffee or meet up for a shopping trip.

