

5 New Year Wellbeing Habits

Making small changes and creating new habits will lead to higher levels of wellbeing.



1

Introduce a Morning Mindful Activity

This can be anything you do each day, including brushing your teeth, drinking a coffee or washing up.

What do you notice? What can you see? What can you feel? What can you hear? What can you taste? What can you smell? Utilise your senses to bring you into the present moment.

This can increase our attention, reduce anxiety and help us in the here and now, instead of focussing on future stresses.

Increase Walking by 10 Minutes a Day

Could you park a little further from the office than usual? Take the stairs rather than the lift? Get off the bus/tube one stop earlier?

Fresh air and exercise can lead to **increased focus** and **decreased stress**.



2



3

Add One Healthier Food/Drink into your Day

Rather than deny yourself, why not add something in?

A few ideas: A glass of water in the morning - "hydrate before you caffeinate". Add a piece of fruit to your lunch. Try a vegetable that you have not tried before for dinner. Carry a nutritious snack with you for moments of hunger. E.g. apple with peanut butter, orange, nuts, etc.

Make a Lunch Break Routine

Make an appointment with yourself each day in your diary. See it as a priority, even just 15 minutes a day.

Perhaps you could: Eat your lunch mindfully, catch up with a colleague or go for a brisk walk.

Research shows that having a lunchtime break and getting away from the screen can increase productivity and creativeness.



4

Improve your Sleep Routine

Do you have a wind-down routine? Try being device free for an hour or so before bed. Be disciplined with checking work email. Try not to eat too late. Is your room cool and dark? Reduce caffeine intake from mid-afternoon. Try having a relaxing bath.



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