

Wellbeing

Mindless approaches - Top Tips

#1. Sleep



Listen to an audio story to help switch off a busy brain.

#2. Caffeine



Avoid caffeinated drinks from lunchtime onwards.

#3. Get moving



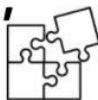
Busy brains can be relaxed by movements such as swimming..

#4. Social Media



Switch off from social media, emails, news early in the evening so they are not on your mind.

#5. Drawing, jigsaws, solitaire



Drawing, jigsaws, solitaire can all be distracting and allow your brain to have time off.

#6. Music



Find some music that you can dance to so you get lost in the music and dance around the kitchen!

#7. Exercise every day



Walk every day and try to go somewhere where you can see green vistas

#8. Busy Brains



If you wake up with a 'busy brain' then write down what is in your head, so you can settle back to sleep.

#9. Listen and do



Listening allows you to do other at the same time such as cooking DIY, tidying.