

Wellbeing Toolkit

Tick just three boxes to start your change

Date of change: _____

Sleep



- ☐ Fixed bedtime/wake-ups
- ☐ Aim to sleep only at night
- ☐ No screens 1 hour before bed
- ☐ Go outside often for daylight
- ☐ Bedtime routine - Read, bath or meditate
- ☐ Caffeine before midday only
- ☐ Eat evening meal early

Move



- ☐ 15 - 20 minutes per day
- ☐ Move with a friend
- ☐ Choose what you enjoy - Dance/cycle/swim/football
- ☐ Install Couch to 5K app
- ☐ Outside is best
- ☐ Install Pacer App - build up step count gradually

Eat



- ☐ Mediterranean Diet - Fruit/nuts/veg/fish
- ☐ Limit processed/fast food
- ☐ Omega 3 foods - Mackerel/salmon/flaxseeds
- ☐ Minimise alcohol/sugar
- ☐ No recreational drugs
- ☐ www.nhs.uk/live-well/eat-well

Relax



- ☐ Meditate 10 minutes a day
- ☐ Practise Mindfulness - www.bemindful.co.uk
- ☐ Relax with yoga or music
- ☐ Install Headspace App
- ☐ Separate work from home
- ☐ Install Beat Panic App
- ☐ Do something creative

Connect



- ☐ Supportive relationships
- ☐ Daily 'me' time
- ☐ Meet friends face to face
- ☐ Engage with a hobby
- ☐ Limit time on social media
- ☐ Write a journal including positive feelings/gratitude
- ☐ Join activity groups/clubs

Purpose



- ☐ Discover what you love
- ☐ Learn something new
- ☐ Value doing rather than buying
- ☐ Be kind to yourself and others
- ☐ Follow your dreams
- ☐ Be part of your community
- ☐ Break dream into smaller goals
- ☐ Consider voluntary work

Nature



- ☐ Spend time outside daily
- ☐ Learn the names of trees, flowers and butterflies
- ☐ Watch the seasons change
- ☐ Find your local green space:
www.naturehealthwest.org.uk/
- ☐ Notice bird song
- ☐ Try walking barefoot

Help



- ☐ Visit the NHS Better Health website for free tools, apps, advice, and support:
www.nhs.uk/better-health/
- ☐ Information about local mental health services:
www.bnssghealthiertogether.org.uk/mental-health-services/
- ☐ Further resources are available online:
www.reading-well.org.uk/books/books-on-prescription/mental-health/
- ☐ If you are suffering with low mood, NHS Talking Therapies can provide you with advice, guidance and support. Self refer:
www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-and-south-gloucestershire-mental-health-services/