












STAYING WELL - Daily Checklist

	Today I have	Tick ✓	If not
S leep slept 		If you haven't had a good nights sleep take a short nap (if you can), prepare for a good nights sleep by coming off electronic screens at least 2 hours before bed, have a bath and practice mindfulness.
T imeout for your brain	... practiced Mindfulness 		Mindfulness can stop you feeling overwhelmed or anxious. Take time to sit quietly and listen to your breathing or listen to an online meditation app.
A chieve	... achieved something (however small) 		For some it's getting out of bed and getting dressed. Be realistic and be kind to yourself and don't expect too much.
Y ou are not alone connected with others 		If you haven't got family or friends you can talk to, chat to the cashier in the supermarket or Facetime or Zoom call someone if you can. You may want to join a group - online or face to face.
I ndividuals can make a difference	...helped someone else. 		Helping others can also help us to feel better. Check in with your neighbours or volunteer to help your local community if you can.
N ow will pass	... kept things in perspective and held on to the belief that this feeling will pass 		When times are tough you may have to concentrate on only getting through the next minute, hour, day etc. Try not to worry about the future.
G ratitude something I feel grateful for 		Write down something you feel grateful for - for some it is having something to eat or a hot drink, or to see the sun shining, or to have a warm bed.

W alk had some exercise 		Walk, run, cycle, swim or choose one you prefer
E at healthy foods eaten fruit and veg 		Plan to eat at least 5 pieces of fruit and veg a day. A healthy body is a healthy mind.
L ike yourself	... done something I like 		Make time for some of your favourite things or something that makes you feel good. For some it is a bubble bath, enjoying a cup of coffee, watching your favourite TV show or reading a magazine.
L ight had fresh air and day light 		Go outside for a walk or stand in the garden, plan to get outside tomorrow in the day light (to work, in your lunch break etc)

If you are feeling low or overwhelmed speak to someone about how you feel. You can call The Samaritans for free on 116 123 at any time of the day or night. Remember that sad feelings will pass and this is a temporary state of mind.

