

Wellbeing Tip of the Week

Take things one-step at a time



It's hard to know how things are going to look in 1 week, 1 month or even 1 year from now. This can be quite daunting to think about and might cause some anxiety. Instead of focusing on this, try a strategy called "chunking" – breaking things down into manageable pieces.

If you have a big piece of work you need to get done or a stressful day ahead, try "chunking" your time into bite-sized pieces or make yourself a 'To Do list' so you can tick things off as you go. At the end of your day, you can look back and be proud of all the chunks you managed to achieve.