

Wellbeing Tip of the Week

Taking Time to Relax



Take some time for yourself this week, just 20 minutes (or more if you can) to do something you find relaxing e.g. take a bath, go for a walk, read a book, listen to some music, do mindful meditation or take some time to just rest.

Taking time to relax is vital to help your mind and body switch off from the everyday stresses and pressures of life. It aids positive thinking and decision making and reduces blood pressure and relieves tension. Taking this time out can re-energise us to face what's next. Enjoy!