

Wellbeing Tip of the Week

Develop a self-care toolkit



During times of stress or worry, it can be helpful to draw upon healthy coping strategies to distract and re-ground ourselves.

To find out what works best for you, start by experimenting with different activities you enjoy and see if they have any positive effects on your wellbeing.

Here are some examples: going for a walk on your own, engaging in arts/crafts activities, practicing mindfulness, doing some exercise, listening to music or even having a rest or a relaxing bath. According to research, self-care activities, keep us healthy, reduce stress and help to prevent burnout.