

Wellbeing Tip of the Week

Keeping a Healthy lifestyle



One of the ways we can ensure we are looking after our wellbeing, is by taking care of our physical health. After all, a healthy body leads to healthy mind! Here are some ideas to help us with this:

Get your exercise – even just 30 minutes a day of active movement keeps our muscles and joints healthy and boosts our mood.

Eat a balanced diet – Eating foods with higher nutritional value, such as fruit, vegetables, nuts and seeds, rather than ultra-processed sugary foods, help us maintain a healthy immune system and increase our energy levels.

Stay hydrated – Since our bodies are made up from 60% of water, we must remember to stay hydrated each day. We should be aiming to drink up to 2 litres (6 - 8 glasses) each day.

Prioritise your sleep – Not getting enough sleep can have a huge impact on our wellbeing, it can lead to negative thoughts and low mood. Aim to get 7-9 hours of sleep. If you're having trouble dosing off, keep your bedtime routine free of screens and instead, give your brain some downtime through reading or some mindfulness.