

Promoting Emotional Wellbeing

If you believe that something is impacting your emotional state, even if it is something minor or major, this selfcare routine should put you in a can-do attitude and provide you with advice for a healthy state of mind, if you are determined to improve and grow in life.

Components	Self-care Routine
Physical	<ul style="list-style-type: none">- Regular medical care- Eat healthy- Regular sleep- Exercise- Enjoy physical intimacy like hugs
Psychological	<ul style="list-style-type: none">- Take time for self-reflection- Therapy or counselling (via safeguarding)- Meditation- Join a support group
Emotional	<ul style="list-style-type: none">- Explore a (new) hobby- Community engagement- Don't be afraid to express your emotions
Spiritual	<ul style="list-style-type: none">- Spend time in nature- Yoga- Volunteer for a course
Personal	<ul style="list-style-type: none">- Plan & set life goals- Spend time with family- Make time for friends
Professional	<ul style="list-style-type: none">- Take mental health 'holidays'- Learn to say NO- Set boundaries

