

Your Wellbeing Spring Clean!

Why not de clutter your:



Learn some mindfulness techniques to slow down racing thoughts, swap negative thoughts for positive ones. Stay present every day to clear your mind of rumination and dwelling on past or future thoughts, and use STOP when you need to and STOP, TAKE time out and breath, OBSERVE and acknowledge thoughts and then PROCEED to let them go with non-judgement.

Clear out the cupboards of any unhealthy foods and give away to a food bank. Replace with healthy alternatives. It is easier to eat healthily if you have healthy food available. Eat mindfully, so you can reevaluate your food choices whilst also slowing down to appreciate your food more.



Make your bedroom a clutter free, non-technology area. Remove mobile phones, computers and televisions. Getting good night's sleep is vital to wellbeing.

Start the day by skin brushing your whole body this will remove old skin cells and stimulate lymph which can then remove toxins leaving you feeling refreshed. Use a dry soft body brush and brush towards the heart on dry skin, shower afterwards to remove the loosened skin cells.



Lifestyle

Book regular 'Me time' slots to do something enjoyable just for yourself. This helps to create balance in a busy schedule and enables us to be more resilient to stress. Consider connecting with nature - just a few minutes spent outside can have a profound effect on your mental and physical wellbeing.

Why not challenge your behaviour patterns and learn how to make behaviour changes; commit to reading the book 'Atomic Habits – An Easy & Proven Way to Build Good Habits & Break Bad Ones, by James Clear'



Behaviour

**If you need help setting some goals then
get in touch to make an appointment with one of our advisors
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