

BE KIND
TO YOUR
MIND

MANAGE YOUR WELLBEING -
SOME SIMPLE TIPS !





Mental
Health Care



Balanced
Nutrition



Supportive
Relationships

Stress Busters



Mindfulness
Practices



Quality
Sleep



Physical
Activity

Managing our energy, our ability to focus and be at our best is an ongoing part of our lives, and some time that is really easy, and other not so. So, how can we check in on ourselves and bring us back on track if we have lost our way?



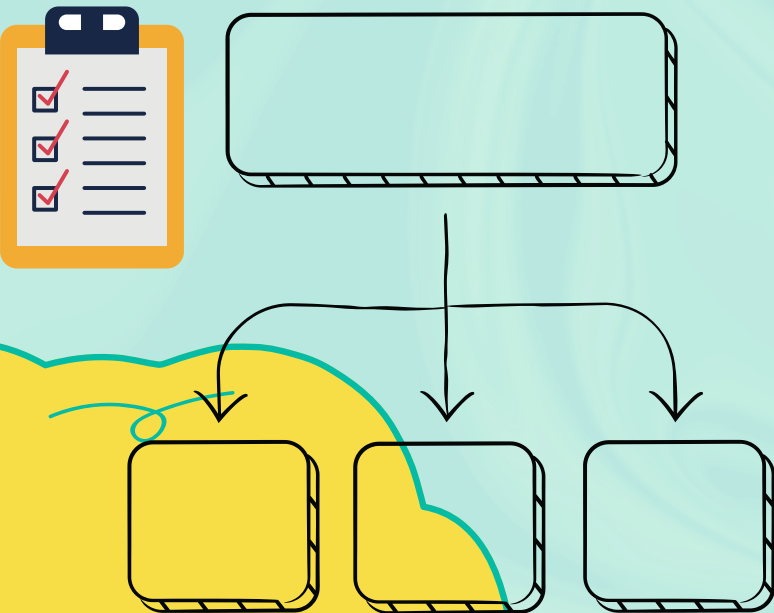
1. Tune into your thoughts – when you are under pressure or feeling overwhelmed, thoughts can work against us and add to the mental load. Most successful people (regardless of the challenges they face) practice and perfect the way they think to help them through rather than keeping them stuck and procrastinating. Checking in on these thoughts and taking control over is key – take a minute to tune into what needs to be done, and take another minute to plan your next move forward rather than getting stuck where you are.

Our thoughts can be our biggest problem! | Shurety Coaching





2. Do you have too many tabs open? Multi-tasking is the enemy of productivity. If you are trying to achieve multiple things at once then it is a good sign that you have too much on your 'to do list'. Breaking down your tasks into bite sized chunks and moving them forward (one at a time) will mean your doing each thing much better, with more focus and clarity, and more productively. A really good, simple technique when you have lots to do is the 'Pomodoro' method – try it! [The Pomodoro Technique – Why It Works & How To Do It \(todoist.com\)](https://todoist.com)



3. Are you prioritising sleep?

Sleep is a great indicator of our wellbeing. A good nights sleep gives us the rest and recovery we need to head into the day. It allows are body and mind to repair and recover so we can start afresh. If sleep is something you are struggling with then it really should be a priority!

Focus on creating a bedtime routine that is all about relaxation and slowing down – limit the things that engage and get you ‘thinking’ a few hours before bedtime (and resist that urge to watch one more episode of that box-set).

SLEEP
WELL

..zzz



4. Build in something for you in your day – this does not have to be massive, time consuming or expensive. Each day, have one thing that either relaxes you, brings you joy, makes you laugh, lifts your mood, or bring some light (or all of those things). We need balance and being able to lose yourself in something that is joyful, fun, pampering etc will keep those stress hormones in check and enable your body and mind time to switch off! [Why You Should Schedule Some 'Me Time' Every Day \(adrenalfatiguesolution.com\)](http://adrenalfatiguesolution.com)



Research STEM

Please do not forget, the staff here at STEMPOINT are here to support you.

If you have any worries and concerns please contact a member of the team below.

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