

Socialise

Getting out and about with family or friends helps with routine, lifts your mood and gives you new experiences. Sometimes we want to be alone other times it's good to get out there and do something

Stuck for ideas of what to do? Make a motivate jar: get an old jar write down ideas for activities on post it notes and take it in turns to choose an activity for the day and do it! Like go for a walk, picnic, bike ride etc..



Food

It's important to eat regularly, running on empty makes you Grumpy, tired, no fun to be with. Challenge yourself to try new food and eat plenty of fruit and veg!!



Watch out for hidden calories and sugar in ready made food



Rest

Know the right amount of sleep for you and get a good nights sleep. Waking up tired sucks and makes it hard to deal with others and the things you have to get done

Turn off your phone/tv/music. There's nothing that can't wait till tomorrow.. Make your bedroom a chillout zone



SELF HELP



Health

There's so many ways to stay fit and healthy and you don't have to spend a fortune. Look out for free community activities, join a club go for a walk.

You know yourself better than anyone so if you feel unwell or something isn't right get checked out by a doctor. It doesn't matter what the problem is they will take your concerns seriously. Remember they have been a doctor for years - so what's new or potentially embarrassing for you is nothing for them. They've seen it all before. If you feel shy ask a family member or friend to go with you