10 tips for psychological wellbeing

1. **Make time for yourself each day**
   Even short times for yourself, to catch your breath, can make a key difference both at work and at home.

2. **Plan regular social activities**
   Social activities can help you relax, laugh more and get distracted from worries. Join a community group or find more social activities to get involved with.

3. **Learn stress management techniques**
   Get a handle on what stresses you. Exercise and deep breathing are great ways to reduce stress. What else works for you?

4. **Practice mindfulness**
   Learn skills to be present in the moment. Seek calm. Breathe deeply.

5. **Use support where you can find it**
   What support options are available to you? At work? Out of work? How do you use their support? Make a choice to seek out extra kinds of support when you recognise you need it.

6. **Spot when your passion / sense of purpose has dried up**
   Recognise when the work starts to feel more like a burden and you can't enjoy your accomplishments. How could you change this?

7. **Set boundaries**
   Don't over extend yourself. Learn how to say "no" to requests on your time. If you find this difficult, remind yourself that saying "no" allows you to say "yes" to the things that you truly want to do.

8. **Try not to take work home with you**
   Leave it at the door. When you go home, be at home.

9. **Keep up interests outside work that you enjoy and can look forward to**
   Nourish your creative side. Find things to do that make you smile and lift your spirit.

10. **Take a daily break from technology**
    Set times every day when you completely disconnect. Put away your tablet or laptop, turn off your phone, and stop checking email. Do this over the weekend for longer periods as well.

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