

Managing your health & wellbeing

Your health and wellbeing matters, and it can be difficult to manage during uncertain times like this.

Here are our helpful tips on managing your health & wellbeing:

Be self-aware

Be aware of things that bother you, and your own warning signs of stress. Manage your responsibilities and worries by writing down how you can resolve each issue. This is how you can break down what triggers your stress and will help you to come to terms with how to manage them.

Make time for self-care

Make time for things you enjoy and find relaxing, whether it be listening to your favourite music, doing some exercise, reading or catching up with friends and family. Speaking to others is important for your self-esteem as well as for providing support when you need it. If you don't take time to do things you enjoy, you can become irritable and unhappy. Learn how to take care of yourself and the support you can get if you feel like you need it.

Get plenty of sleep as it's really important for physical and mental health. Not having enough sleep can affect your mood and emotions and you can start to feel depressed and anxious. The 'Calm' application helps to control anxiety and stress and helps you to relax in the evening.

<https://www.calm.com/>

Exercise is essential for managing your health and wellbeing. It will give you a sense of achievement and can eliminate low moods, stress, anxiety and

feeling lazy. If you dislike heavy exercises, a short walk or gentle activities is just as effective. Sunlight is a great source of Vitamin D and it's really important for your mind and to boost your mood. Aim for at least 30 minutes of sunlight a day.

Ask for help

Recognise when you're not feeling good and know when to ask for help. When you're feeling low or stressed, don't be afraid to ask for help. Speak to your friends or family, or if you think you need further help speak to your GP.

Useful Links:

- **Twinkl in Association with MIND:** supporting educator's mental health with free blog and resources <https://bit.ly/2PbmSAs>
TEXT KEYWORKER to 85258 or call for free 116 123 for support
- **Calm:** Application for mobile that controls stress, anxiety and helps to relax <https://www.calm.com/>
- **Headspace:** application for mobile that controls stress, anxiety and helps to relax with breathing techniques and meditation
<https://www.headspace.com/>
- **Action of Happiness 10 days of Happiness Program:** free 10 day online coaching program guiding you through daily actions for happier living
<https://10daysofhappiness.org/>
- **Mindfulness Association:** offer online courses for teachers
<https://www.mindfulnessassociation.net/>

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