

# Look after your wellbeing this summer



## 1 Use our circle of control, influence and concern tool

This tool will help to consider the challenges you are facing and think about how you can respond to them.



## 2 Give yourself worry time!

Give yourself dedicated time to acknowledge and process your worries. Put a boundary around this worry time so you do not focus on your worries all day, every day.



## 3 Make a wellbeing action plan

Plan what you are going to do to look after yourself during the summer. Consider your mental, physical, emotional and spiritual health.



## 4 What are your wellbeing non-negotiables?

What are the actions you will do **no matter what**. These actions should keep you balanced and help you feel good. Share these with your colleagues, friends and family so it becomes widely understood that you keep this routine.



## 5 Start your day well

Start your day calmly with meditation, being in nature or breathing exercises. Be careful of news, too much tech and caffeine!



## 6 Do a weekly wellbeing check up

Check in with your mental health.

- Ask yourself how you're feeling mentally and physically?
- Are you looking after your wellbeing in terms of exercise, nutrition, sleep?
- How are your thoughts making you feel?



## 7 Take a moment

Use a simple technique like STOPP to take a moment and ground yourself.