

31 Days of Wellness

Your guide to 31 days of wellbeing tips & advice. From sleep tips to how to cope with anxiety. Start your journey to better mental health.

Tick them off as you go.



		<p>DAY 1</p> <p><i>Go for a walk</i></p> <p>Even if it's only for 5 minutes, get up and change your space and your surroundings. If you can walk by water, take this route.</p> <input type="checkbox"/>	<p>DAY 2</p> <p><i>Breathe...</i></p> <p>Lie down, hands palm down and breath in from your mouth expanding your stomach and out through your nose. Repeat 3 times.</p> <input type="checkbox"/>	<p>DAY 3</p> <p><i>Clear your mind</i></p> <p>Sit quietly and try to separate your thoughts, write each down as you do. You can then tear them up or leave them, either way your mind is lighter.</p> <input type="checkbox"/>	<p>DAY 4</p> <p><i>Make a nutritious meal</i></p> <p>Plenty of fruits and veg, fatty fish like salmon, whole grains and healthy fats like raw nuts and olive oil. Check out the Mediterranean Diet.</p> <input type="checkbox"/>	<p>DAY 5</p> <p><i>Listen to...</i></p> <p>Music releases the feel-good chemical in our brains and helps to reduce stress. Switch TV for music or a podcast or an audiobook tonight.</p> <input type="checkbox"/>
<p>DAY 6</p> <p><i>Meditate</i></p> <p>Sit quietly and focus on your breathing, your thoughts, sensations in your body and the things you hear around you. Why not try yoga or pilates?</p> <input type="checkbox"/>	<p>DAY 7</p> <p><i>Take a bath</i></p> <p>Soak in the warm water for at least 10 minutes, this will rest your entire body and ease muscle tension. Warm your towel, ready to wrap around and give yourself a hug.</p> <input type="checkbox"/>	<p>DAY 8</p> <p><i>Turn down the noise</i></p> <p>Find a quiet, safe space and actually switch off your phone for at least 5 minutes. Give yourself a digital detox.</p> <input type="checkbox"/>	<p>DAY 9</p> <p><i>An act of kindness</i></p> <p>Try texting a friend or family member just to tell them you're thinking of them or make tea for a colleague.</p> <input type="checkbox"/>	<p>DAY 10</p> <p><i>Stretch</i></p> <p>Stand up or sit down keeping your back straight, hips facing forward and legs hip-width apart. Gently rotate your torso and shoulders to the right. Hold for 10-30 seconds and repeat on the other side.</p> <input type="checkbox"/>	<p>DAY 11</p> <p><i>Plan your next break</i></p> <p>You might not have space now so look forward and plan it in. Try to take half an hour or an hour, so you can really relax.</p> <input type="checkbox"/>	<p>DAY 12</p> <p><i>Shrug it off</i></p> <p>Gently lift your shoulders up, hold for 2 seconds and let them fall slowly, rolling them backwards or forwards. Repeat 8 or 10 times, alternating.</p> <input type="checkbox"/>
<p>DAY 13</p> <p><i>Support plan</i></p> <p>If you can see a stressful or difficult time ahead, think about regular commitments you can reduce. Plan in your daily self-care and think of who you can talk to.</p> <input type="checkbox"/>	<p>DAY 14</p> <p><i>Happiness box</i></p> <p>Find a box and fill it with things that cheer you up. Why not include a favourite book or film, and a notebook and pen.</p> <input type="checkbox"/>	<p>DAY 15</p> <p><i>A note to your future self</i></p> <p>Think about what you'd like your future self to know, words of comfort, reassurance and encouragement. Put it in your happiness box to remind you.</p> <input type="checkbox"/>	<p>DAY 16</p> <p><i>Mindful hydration</i></p> <p>Really think about, focus on and notice every step, from pouring the water into a glass to the feel of the glass, the light reflecting on the water and the water spreading through your body as you swallow. Take a deep breath and start again.</p> <input type="checkbox"/>	<p>DAY 17</p> <p><i>Break it down</i></p> <p>Get a pad of sticky notes and a pen. Think about the task ahead and write down the steps involved. If a step feels too much, break it down further. Lay them all about, then order them, creating your task tick list.</p> <input type="checkbox"/>	<p>DAY 18</p> <p><i>Schedule in enjoyment</i></p> <p>Make a list of all the things that make you happy or feel good. Plan them in, starting with something you can do today.</p> <input type="checkbox"/>	<p>DAY 19</p> <p><i>Connect with others</i></p> <p>Take a moment to text or call someone or try something new. Join a new group or club. Have you tried a Spa To Go class? Call us and we can connect you. 01903 719429.</p> <input type="checkbox"/>
<p>DAY 20</p> <p><i>Get some nature</i></p> <p>Mindfulness exercise. If you can, go outside, if not look out of a window or get a house plant. Focus on one thing, think about all its details, touch it, feel it, smell it.</p> <input type="checkbox"/>	<p>DAY 21</p> <p><i>Take a moment to recognise your achievements</i></p> <p>Think about 3 things... You have achieved this week You completed yesterday You will do today</p> <input type="checkbox"/>	<p>DAY 22</p> <p><i>Take a proper lunch break</i></p> <p>Don't skip it! Stop whatever activity you have been doing and take lunch in a different space. Try doing one of these mindfulness exercises.</p> <input type="checkbox"/>	<p>DAY 23</p> <p><i>Create a sleep ritual</i></p> <p>Doing the same few things every evening before sleep, will help your body relax and your mind calm, allowing you to sleep. Check out our sleep tips blog.</p> <input type="checkbox"/>	<p>DAY 24</p> <p><i>Grounding techniques</i></p> <p>Try: Breathing slowly. Listening to the sounds around you. Walking barefoot. Wrapping yourself in a blanket and feeling it around you. Touching something with an interesting or appealing texture. Sniffing something with a strong smell.</p> <input type="checkbox"/>	<p>DAY 25</p> <p><i>Managing panic</i></p> <p>Try: Focusing on your breathing. Stamping on the spot. Focusing on your senses. Grounding techniques.</p> <input type="checkbox"/>	<p>DAY 26</p> <p><i>Make a change</i></p> <p>Gently lift your shoulders up, hold for 2 seconds and let them fall slowly, rolling them backwards or forwards. Repeat 8 or 10 times, alternating.</p> <input type="checkbox"/>
<p>DAY 27</p> <p><i>Create something</i></p> <p>Take as little as 10 minutes and be creative. Whether it's knitting, painting, doodling, making a model or exercise. Whatever takes your fancy or try something new.</p> <input type="checkbox"/>	<p>DAY 28</p> <p><i>Get active</i></p> <p>Exercise releases endorphins, the chemical that makes us feel happy. Try and do 10-30 minutes of moderate exercise today.</p> <input type="checkbox"/>	<p>DAY 29</p> <p><i>Take note of your feelings</i></p> <p>Spend 5 minutes now checking in with how you are feeling. Don't judge them, approach them with curiosity and compassion. Write them down or say them out loud. You may want to follow with another exercise.</p> <input type="checkbox"/>	<p>DAY 30</p> <p><i>Rise early</i></p> <p>Set your alarm 15-30 minutes earlier than usual. Use this time for you, try any of our exercises such as stretch, happiness box or mindful hydration or just enjoy a cup of tea in peace.</p> <input type="checkbox"/>	<p>DAY 31</p> <p><i>Express it without words</i></p> <p>Take a piece of paper and pen and express how you are feeling right now. Use shapes, colours, pictures, anything. Try to observe and accept without judgement just friendly curiosity.</p> <input type="checkbox"/>	<p style="text-align: center;"> TEMPLESPA</p> <p style="text-align: center;">LIVE, BREATHE AND LOVE WHO YOU ARE</p> <p style="text-align: right;">#TEMPLESPA TEMPLESPA.COM</p>	