



6 WELLBEING TIPS

Here's a few tips for you to look after your physical and mental wellbeing, whatever is going on in your world!



FOCUS ON SLEEP

Sleep is important for your mental and physical health, so aim for around 6 to 7 hours of sleep a night.



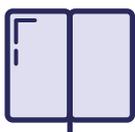
KEEP UP WITH HOBBIES

Hobbies help keep us busy and improve our emotional wellbeing. Whether you like to draw, sew or cook, as long as you enjoy it that is what matters!



KEEP EXERCISING

Whatever exercise you like to do, whether it's hitting the gym or doing a home workout staying active is great for your mind and body.



GET LOST IN A BOOK

Not only will it keep you entertained, it'll keep your brain occupied and focused – win win!



EAT MORE FRUIT AND VEG

Make sure you are including 5 portions of fruit and veg into your diet.



HAVE A HEARTY BREAKFAST

Porridge is a great way to start your day and also helps boost your intake of fibre.



KEEPING HEALTHY

Although it can be easy to reach for a sugary snack, incorporating certain foods into your diet could help keep your immune system in tip-top condition.



EAT A WELL BALANCED DIET

Include plant-based foods such as vegetables, fruits and nuts in your diet to help support your immune system.



GET PLENTY OF VITAMIN C

Vitamin C is an important part of a healthy diet. It can't be stored in the body, so you need it in your diet every day.



USE HERBS AND SPICES

Spices such as cayenne pepper, allspice and tumeric contain components that can help boost your immune system.



DRINK PLENTY OF WATER

Water helps in the production of lymph, which carries white blood cells and other immune system cells.