

Looking After Your Wellbeing – Physical Wellbeing

Looking after your body can help you keep mentally well. Physical activities can help increase happiness, contentment and engagement and give you a feeling of control and a sense of purpose.



Exercise is important for both physical and mental wellbeing, just remember to maintain physical distancing guidance. Try doing some easy exercise before or after work, walk to work, going for a walk at lunch time, or planning an exercise activity for the end of the day!

Working from home or remotely is different for many of us, make sure you claim your space! Set up your work area and design it in a way that feels like work.



A breath of 'fresh air'..... Try to feel like you have left home during the day, either by going out, or if you are unable to go out open windows and move around your house.



Pick a hobby and get stuck in! Do or make something and let yourself be creative!

Prioritise sleep... but not too much!



Practice eye yoga! Try the 20/20/20 rule – for every 20 minutes screen time, stare outside at an object 20 meters away for 20 seconds. Contact lens wearers should alternate between contacts and glasses if using screens for a long period of time.



If you are sitting at a desk most of the day, take time to stretch. Simple stretches and desk yoga can help with posture and keep you focused.

Give yourself time to recover!



Looking After Your Wellbeing – Physical Wellbeing Resources

There is a lot of online content, for varying fitness levels, to help you exercise at home. Here are some links to help get you started:

- NHS - <https://www.nhs.uk/conditions/nhs-fitness-studio/>
- P.E. with Joe Wicks - <https://www.youtube.com/user/thebodycoach1>



Stress, anxiety and depression can affect your sleep pattern and quality of sleep. The following sites can provide you with more information:

- <https://www.sleepstation.org.uk/articles/>
- <https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/>

Try the following to get a good nights rest:

- Sleep at regular times to help programme your brain and internal body clock
- Try to wake up at the same time everyday as to not disturb your sleep routine
- Wind down and prepare for bed i.e. a warm bath, relaxation exercises or CD's, reading a book
- Make your bedroom a relaxing environment
- Keep a sleep diary



Desk stretches and desk yoga can help ease the strain on your shoulders, neck and back that you may encounter from sitting for a long time. Here are some links to give you ideas:

- <https://www.bupa.co.uk/newsroom/ourviews/desk-stretches>
- <https://www.bupa.co.uk/newsroom/ourviews/chair-yoga>
- <https://www.posturite.co.uk/help-advice/useful-resources/learning-guides/workstation-exercises>

