



Your Wellbeing Action Plan

Where science meets heart in your journey to authentic wellbeing

Wellbeing isn't about perfection or adding more to your to-do list. It's about the small, sustainable choices that support how you feel in your body, your mind, and your life. Here are evidence-based actions you can start today.

Nourish Your Body

- **Move in ways you enjoy.** Exercise doesn't have to mean the gym. A walk, dancing in your kitchen, stretching all count. Aim for something most days.
- **Prioritise sleep.** It's not a luxury, it's a must. Sleep is when your brain processes emotions and your body repairs. Protect it like the essential it is.
- **Eat regularly.** Your brain needs fuel. Skipping meals affects mood, concentration, and energy more than we realise.

Care for Your Mind

- **Build in moments of calm.** Even 5 minutes of stillness, deep breathing, or being present can lower stress hormones and improve focus.
- **Notice your thoughts, not just your feelings.** What we tell ourselves matters. Challenge harsh self-talk. Would you speak to a friend that way?
- **Limit what drains you:** News, social media, and certain people. Notice what leaves you feeling worse and set boundaries where you can.

Stay Connected

- **Invest in relationships.** Connection is one of the strongest predictors of wellbeing. Prioritise time with people who make you feel good.
- **Ask for help when you need it.** Reaching out is wisdom, not weakness. We're not meant to carry everything alone.

Find What Matters

- **Do things that bring you joy.** Not productive or impressive, simply enjoyable. Hobbies, play, and rest aren't indulgent; they're fundamental needs for wellbeing.
- **Spend time in nature.** Even a few minutes outside in a green space, fresh air, and natural light has measurable benefits for mood and stress.
- **Reflect on what gives your life meaning.** Purpose looks different for everyone. What matters to you? Are you making space for it? Write it down and journal regularly.

Remember: Wellbeing doesn't mean doing everything perfectly. It's making small, kind choices for yourself that you can keep consistently, not perfectly. Start with one thing. That's enough.