

30 Top Tips to Banish the Blues

Mind

1. Read
2. Do a puzzle
3. Sit in the garden
4. Bake a cake
5. Meditate
6. Journal
7. Learn something new
8. Stop screen time at least 30 minutes before bedtime

Body

1. Eat a healthy meal
2. Relax in a bath
3. Get a good nights sleep
4. Stay hydrated, do the 2lt challenge
5. Stretch in the morning
6. Go for a walk
7. Go outside for at least 1 hour a day
8. Eat your 5 a day
9. Try a new activity
10. Exercise

Connections

1. Call a friend, don't just message
2. Visit someone
3. Help someone or volunteer
4. Give a gift
5. Write a letter and post it
6. Write down what you are grateful for
7. Eat dinner together
8. Share what you like about your other half / friend

Your Environment

1. De-clutter one shelf, cupboard or area
2. Give away your clothes you haven't worn in over a year
3. De-clutter your work space
4. Find out what clutter stresses out your family members and decide which areas you will all try and keep clear.

Life Coach



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