

wellness matters

relax

There are infinite ways to relax, and we all do it differently. Read a good book with your favourite drink, listen to music, **meditate** (see our [information sheet](#) for more), create, cook, go for walks, or do some gardening to connect with nature - whatever your chosen method, set some quality time aside to do it.



Looking too far into the future or trying to see the big picture can seem daunting. Try to just take one day at a time, and carve out little pockets of silence to slow down, calm your mind, and engage in the present moment.



Nourishment is essential to sustain life, promote growth, and maintain good health. There are foods that boost our energy, feed our minds, and comfort us. Whether you love or loathe cooking, eating the right amount regularly is vital. As Virginia Woolf said: "One cannot think well, love well, sleep well, if one has not dined well".



eat



move

Exercise helps us to lose weight and/or maintain the ideal one, and keeps us fit and well in mind and body. It decreases the risk of several diseases, including obesity, type 2 diabetes, and hypertension. It may not seem important now, but your body will **definitely** thank you later. Find out more about **Yoga** in our [handy guide](#)!

It's so important to obtain the right amount of good quality sleep. It is vital for mental and physical health, as both the mind and body recover during periods of rest. Sleep boosts the immune system, manages weight-loss, regulates mood, and helps retain memory. Sleep is our superpower! The [Sleep Council's 7 Steps Guide](#) has some great advice for quality rest.



sleep

