THE JOURNEY TO WELLNESS

## ALPHABET guide to WELLBEING!



NXIETY IS A NORMAL HUMAN EMOTION. REMIND YOURSELF THAT IT WILL PASS & YOU ARE SAFE.



REATHE! TAKE TIME EACH DAY TO CHECK IN WITH YOUR BREATH. TAKE LONG, SLOW BREATHS DEEP DOWN INTO YOUR BELLY.



ALMING. CALM & SOOTHE YOUR BODY & MIND WITH A CUP OF CHAMOMILE TEA.



ISTRACTION CAN BE A USEFUL TOOL TO SHIFT YOUR FOCUS AWAY FROM UNHELPUL THOUGHTS & BEHAVIOURS.



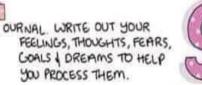
AT A BALANCED DIET, RICH IN ANTIOXIDANTS & EYERCISE OFTEN

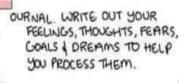


NNER CRITIC. GET TO KNOW YOURS I LEARN TO KEEP IT IN CHECK WITH SELF-COMPASSION.



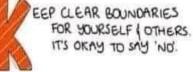
EST! IT'S OKAY TO DO NOTHING SOMETIMES. PUT YOUR FEET UP, GRAB A CUPPA & READ A BOOK.





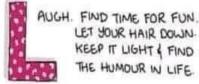


LEEP. IT'S SO IMPORTANT TO GET ENOUGH SLEEP EACH NIGHT PRIORITIZE A SOOTHING WIND-DOWN ROUTINE BEFORE BED.





ECHNOLOGY FREE TIME. SPEND TIME EACH DAY AWAY FROM YOUR SCREENS, ESPECIALLY BEFORE BED.





NIQUE YOU ARE THE BEST AT BEING YOU TRY NOT TO COMPARE YOURSELF WITH OTHERS.





ALERIAN CAN BE A GREAT NATURAL WAY TO HELP AWXIETY , STRESS & SLEEP.



AME YOUR EMOTIONS. ACKNOWLEDGE THEM WITHOUT DUDGEMENT.



TER. MAKE SURE YOU ARE DRINKING ENDUGH WATER EACH DAY - NOT JUST IN COFFEES!



RIENDS & FAMILY SURROUND YOURSELF WITH SUPPORT ! PRIORITISE HEALTHY CONNECTIONS & RELATIONSHIPS



BSTACLES PROVIDE YOU A CHANCE TO LOOK FOR OPPORTUNITIES & OPTIONS FOR GROWTH.



AMINE YOUR UNHELPFUL THOUGHTS & CHALLENGE THEM REMEMBER NOT ALL THOUGHTS ARE TRUE!



ROUND YOURSELF IN THE PRESENT MOMENT BY TUNING IN TO YOUR SENSES. YOUR BODY & YOUR BREATH.



LAN & PRIORITIZE KEEP LISTS OR SCHEDULES & DON'T OVER LOAD YOUR. SELF. BOOK IN DOWN TIME & SELF-CARE.



OGA. TUNE IN TO YOUR BODY NOTICE WHERE YOU FEEL TENSION. HONOUR THIS MIND-BODY CONNECTION.



EALTHY HABITS CREATE POSITIVE DAILY RITUALS OF SELF-CARE.



UIET. GIVE YOUR MIND SENSES A BREAK. TURN OFF & TUNE



ERO TOLERNCE FOR THINGS IN YOUR LIFE THAT DON'T HONOUR YOUR WORTHINESS.