



# Top Tips For Wellbeing

**At work and at home**

People Passion Potential

Community  
Integrated  
Care



## To lead healthy and happy lives, it is essential that we follow good routines.

**During challenging times like these, it is more important than ever that we all know some simple ways to promote our physical and mental wellbeing.**

In this guide, which has been developed especially for Community Integrated Care by Tim Holmes, a health and wellbeing specialist, you will learn some easy to adopt ways to enjoy a healthier lifestyle, both in your home and work life.

This guide has been created with the challenges that many of us are currently facing, due to Coronavirus, in mind.

In each section, Tim will share some top tips in a short video. These videos are each only a few minutes long, but they are packed with inspirational ideas.

### You'll learn about:



**To watch the videos, simply click on the play icon in each section of this guide. This will open the video in YouTube.**

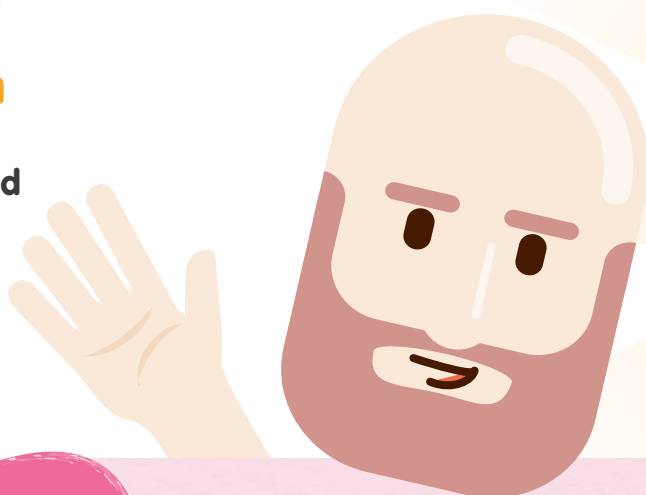
We encourage you to try and take some time out to work through this guide. We hope that you enjoy it and that it makes a real difference!





## Introduction

Meet Tim and find out more about this guide.



Start here



**Working at home**

**Enjoy a positive a work-life balance whilst working at home. Learn how to:**

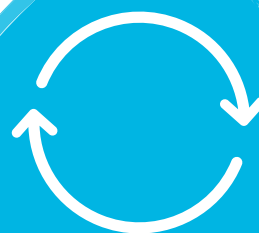
- Create a workspace in your home, so your whole house doesn't become your office.
- Avoid work disturbing other areas of your home and family life.
- Become more productive by avoiding distractions.
- Find ways to start and finish work on time.
- Take breaks to avoid burnout.



Click here to watch

**Easy to follow tips to build routines that reduce stress, make you feel better and become more productive. Learn how to:**

- Reduce stress in your home life.
- Avoid fake news and social media created worries.
- Build positive sleep, rest and food routines.
- Stay physically active and the avoid pressure to over-exercise.
- Relax and clear your head.
- Keep plans and stay in touch with your loved ones.



**Building Positive Routines**



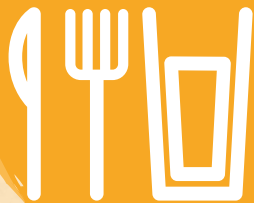
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## Nutrition and hydration



**Enjoy a diet that will keep happier, healthier and more energetic. Learn how to:**

- Get the right energy balance from your food for managing energy and your weight.
- Choose the right portion sizes and stay full for longer.
- Eat foods that can repair your body and make you feel good.
- Stay fuller for longer and minimise snacking.
- Enjoy the occasional treat.
- Keep hydrated.
- Overcome junk food and alcohol habits, when you feel anxious or need a 'pick me up'.



[Click here to watch](#)

**Easy ways to shop better, prepare your meals and follow a good food routine. Learn how to:**

- Adopt batch-cooking techniques, to save on your shopping bill and reduce time in the kitchen.
- Avoid boredom and stress eating.
- Develop a food plan for your week.
- Follow top tips for caffeine, alcohol and treats.



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**Staying  
on track with  
food choices.**



## Sleep



**Build a better sleep routine, to feel fresher and happier. Learn how to:**

- Create the perfect bedroom conditions for sleep.
- Overcome habits that make it harder to go, or stay, asleep.
- Clear your thoughts before you go to bed.
- Relax for rest.
- Start your day well, from the moment you wake up.



[Click here to watch](#)





## Stretches for tired bodies



**Tim teaches you some very simple stretches. Learn how to:**

- Loosen up.
- Relax after a long day.
- Help sore feet, legs, shoulders and backs!



Click here to watch

**Find practical to feel more resilient. Learn how to:**

- Manage your worries.
- Feel more in control.
- Avoid re-living the past.
- Focus on things to be grateful for.
- Enjoy stress-busting breathing exercises..

## Mindfulness



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## A Hand-y Guide for Portion Sizing



**You can use your hands to help guide you on the right sizes for your meals.**

Please watch Tim's nutrition and food videos, to understand how best to use this method.



**A cupped palm: One portion of carbs.**

This includes bread, pasta, rice, potatoes, beans, pulses, banana and dried fruit.



**A closed fist: One portion of fruit / vegetables.**

This includes every vegetable and most fruits (except bananas and dried fruit, which go in the carb section!)



**An open palm: One portion of protein.**

This includes lean meat, fish, eggs, yoghurt, cottage cheese and tofu.



**A thumb: One portion of fats.**

This includes nuts, nut butter, seeds, avocados, olives, butter, cheese and oils.

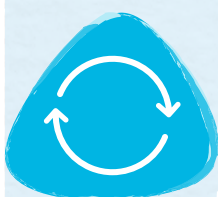


**Portion for women = 1 serving of above**



**Portion for men = 2 servings of above**

## Dialling Back Your Phone Usage!



**Find out how to set limits on the amount of time that you spend on social media:**



**Mute notifications from WhatsApp groups or individual chats:**

