

General Tips!

Sleep:

- Aim for 8-10 hours per night.
- Try to wind down before going to sleep.
- Try to avoid using devices that emit blue light (smart phone).
- Attempt to maintain a consistent bed time routine
- App- Sleep Cycle



Diet:

- Make sure to eat regularly.
- Eat regular meals and eat well: this will help your ability to think, concentrate and plan.
- Try to avoid sugary, fatty foods.
- App- **My fitness pal**



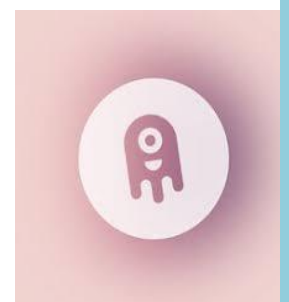
Exercise:

- Regular exercise will help to relieve some of the stress build-up and improve your mood.
- Do anything fun that gets you active- walk the dog.
- App- **Daily Workout Fitness Trainer** (includes workouts and videos)



Splitting our attention

- Sometimes we may pick up our phone to check a message but does that turn into 30mins?
- Or have you ever been in the situation where you are looking at your phone and trying to complete other tasks in tandem?
- App- **SPACE- break phone addiction** helps you to set goals and be more mindful of your screen usage.



Planning, organising and goal setting:

- Create a time table for your day ensuring to include fun and leisure activities.
- Make time for some fun, it's not only allowed, it's recommended.
- Schedule things you enjoy doing at weekends ensuring to have
- App- **Habit-bull** (You can input your routine and creates success: you and also provides motivational quotes)



Relaxation

Examples

- Mindfulness
- Deep breathing
- Body Scan
- Porgessive Muscle Relaxation

Apps/Websites for Relaxation

Calm

The Calm App is a meditation and relaxation aid which includes guided meditations, soothing music, and bedtime stories.



Smiling Minds

Smiling Mind is a non-for-profit web and **app**-based meditation program developed by psychologists and educators to help bring mindfulness into your life.



Buddhify

Buddhify is a meditation & mindfulness **app** designed to fit busy lifestyles. You'll find guided meditations for Walking, Stress & Difficult Emotion, Work Break, Going to Sleep, Waking Up and many other different categories.



Mindful Gnats

This app has mindfulness practices including body scan and mindfulness of sound. Also has a breathing technique game.



Glasgow Steps website

<http://wellbeing-glasgow.org.uk/booklets/>

Headspace- Provides guided mediation sessions that are tailored to your needs, the length of these can also be adjusted to suit your needs.

