



Foundation

# Tips for boosting your mental wellbeing



## RELAX

Listen to some relaxing music on your commute



## EXERCISE

Build movement into your everyday routine



## EAT WELL

Stock up on nutritious snacks for break times



## SLEEP

Go to bed at the same time every night & no checking emails before bed!



## SOCIAL

Book in a catch-up with a friend, and stick to it!