

SELF-CARE WEEK



Self Care is important because it helps us improve our short term and long term health. It can also help us live a happier life.



Self-Care tips

Make sure you have plenty of sleep. 8 hours is best for most people.



Exercising regularly helps to boost your mood and it is also good for your physical health.



Be sure to practise relaxing mindfulness as this can help you relax more especially after a busy day.



Spend time with your family and friends as this can support your mental wellbeing as well as your physical health.

Remember to support your family and friends. Helping someone else gives us a boost and makes us feel good.

Contact us for more information

0300 012 0416

info@leadthewaycalderdale.org

www.leadthewaycalderdale.org

