



# HEALTH AND WELLBEING CHECKLIST

Date 

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## Stress Reduction Strategies

Managing stress effectively can improve mental and physical health. Use this checklist to incorporate practical stress-relief techniques into your daily routine.

### Practice Deep Breathing

- Use breathing exercises to calm your mind and reduce tension.
- Example: Inhale for 4 seconds, hold for 4 seconds, exhale for 4 seconds.



### Engage in Regular Exercise

- Incorporate physical activity to release endorphins and relieve stress.
- Example: Try yoga, running, or a 20-minute walk.



### Set Boundaries

- Learn to say no and prioritise your well-being over excessive commitments.
- Tip: Use phrases like, "I appreciate the offer, but I need to focus on myself right now."



### Practice Mindfulness or Meditation

- Spend a few minutes daily focusing on the present moment.
- Example: Use apps like Headspace or Calm to guide your practice.



### Maintain a Healthy Sleep Schedule

- Prioritise 7-8 hours of sleep each night to improve resilience against stress.
- Tip: Create a bedtime routine that promotes relaxation.



### Engage in a Hobby

- Dedicate time to activities you enjoy, like painting, gardening, or playing an instrument.
- Example: Spend 30 minutes unwinding with your favourite creative outlet.





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### Connect with Loved Ones

- Spend time with friends or family who support and uplift you.
- Tip: Schedule regular check-ins or share a meal to strengthen your relationships.



### Limit Screen Time

- Reduce exposure to excessive screen time, especially before bed.
- Tip: Designate screen-free hours and spend that time relaxing or reading instead.



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