

# Well-being Workout

Committing to your mental fitness is just as important as your physical fitness! Here some exercises you can do to work out your mind and relieve some stress.

## 1. Writing it out



It is common to be nervous about the unknown, so think through and write some common eventualities and plan out what you'll do - this way you can feel prepared and calmer about the outcome.

Something that may cause stress

Sports Competition

What can I do to overcome the stress?

Make a plan of training activities to perform as well as I can.

## 2. Take Deep Breaths

Find some time to relax and clear your mind. Sit in a quiet area, close your eyes and take five deep breaths



Everyday, at \_\_\_ o'clock I will take five deep breaths and notice how I'm feeling.

## 3. Sleeping Better



Get a decent night's sleep for 7-8 hours, so that you feel rested for the new day. Set regular sleeping habits and give yourself plenty of time to wind down before bed. To wind down properly, we need to switch off from our devices and begin to relax. This is best done at least half an hour before we sleep.

At \_\_\_ PM, I will turn off my phone and stop looking at my devices.

and

At \_\_\_ PM, I will lower the lights in my room and begin to wind down. This could include reading a book, listening to a podcast, or doing some breathing exercises.

## 4. Physical Exercise

Physical exercise is directly linked to our mental well-being. The two go very much hand in hand. It is important to make time for even small amounts of regular exercise to keep our minds calm. A great way to do this is to go for a walk to get some fresh air and clear your head.



I will take a stroll at my local park called, \_\_\_\_\_, at least \_\_\_ times per week. When I do think I will walk without any other distractions such as music or my phone, and take time to notice different sensations of smell, sound, sight, and touch.

## 5. Meal Preparations



Often when we eat our food we can go on autopilot and stuff our faces as quickly as possible. Getting involved in the preparation of food helps you to appreciate it more when you do eat!

During the week, I will help to prepare the evening meal at least \_\_\_ times. When I eat, I will switch off distractions, pay attention to what I'm eating, and enjoy it.



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[www.yesfutures.org](http://www.yesfutures.org) | [info@yesfutures.org](mailto:info@yesfutures.org)  
02081 444 393 | Charity number: 1155082