



# 10 TIPS

## To switching off

1. Ditch the smartphone & computer - actually switch them off.
2. Find a quiet place and read a book - a lovely way to escape and quieten your mind.
3. Put on your headphones and your favourite music then go for a walk or run.
4. Take a warm bubble bath - try lighting some candles and playing some calming music while you relax.
5. Watch a good movie, the perfect way to escape / switch off.
6. Sit or lie on the grass and just breathe.
7. Walk on the beach, feel the sand between your toes and dip your feet in the ocean.
8. Listen to an audiobook or podcast.
9. Put on your favourite tunes and dance around the house with your children and/or partner.
10. Take 15 minutes on a relaxing hobby – knit, meditate, trying a new recipe or busy your brain with mental exercises: A mental exercise takes your brain away from your worries. For example, think of all the fruit and veg with a letter.

And at the end of the day, make sure you do switch off and sleep well. Create a pre-sleep routine: Winding down before bed is the best way to get your sleep back on track. Some examples, the routine could be a warm bath every night before you go to bed, reading a good story, or listening to calming music. The point is to create a routine of something you enjoy doing and that is the trigger for your body that you are switching off and not thinking about work