

Take Control

Give yourself 10 minutes per day - and more when you can!

Orchard Hill
College

Academy
Trust



Have a good sleep

Aim for **6-8 hours per night**; a bad night's sleep leaves you with heightened emotions. Poor sleep can have physical and psychological impacts.

Get in to nature

Research shows **30 minutes** in a forest environment lowers pulse rate, blood pressure and cortisol levels, go for a walk.



Be mindful

Mindfulness is the practice of becoming aware of your thoughts and emotions as they happen, live in the moment! It leads to **emotional regulation and reduced emotional stress.**



Eat a rainbow meal!

Eat a portion sized rainbow coloured meal; choose non-processed fresh foods to enhance your intake of **healthy foods.**



Take exercise

Research shows **exercise increases endorphins** (happy chemicals) and increases the brain's ability to cope with stress which links directly to regulation of anxiety.



Get creative

82% of people who joined a creative class reported **greater wellbeing.** Creative activity encourages a sense of purpose which builds self-esteem.

Keep a journal

Research shows writing down your thoughts by hand is a great way of emptying your head.



Relax

Relaxation lowers pulse rate, blood pressure and cortisol levels, and enhances the nervous system's ability to **manage rest and digestion.**

Be kind to someone

One kind word can make someone's entire day.

Learn how to breathe

Take 5 relaxation breaths – breathe in through the nose for **4 > hold for 5 > breathe out through the mouth for 8.** This automatically releases relaxation hormones.