

MENTAL HEALTH AND WELLBEING

Five-minute activities to balance your mental health

Mediation

Thanks to technology there are plenty of ways to get in a spot of mindfulness on a busy day. Useful apps like Calm and Headspace will help you stay centred and grounded with its wide selection of simple exercises.

Walking breaks

When it's cold and miserable like it often is in January, you have to make a little bit of extra effort to get your Vitamin D. You usually get this from natural light and without it, you'll start to feel more tired, confused and weak than usual. The answer? A little outdoor excursion. On your next break, take a short walk outside when the daylight is at its peak. Not only will you get that Vitamin D, but the fresh air and exercise will lift your spirits too.

Breathing exercises

Breathing exercises are a great way to combat the onset of tension and anxiety. There are several different ones you can do, too. One of our favourites is the 8-4-7 technique; exhale through your mouth to the count of 8, inhale nasally for 4 seconds and hold it for 7.

Another is the focused breathing technique, where you take long, deep breaths while maintaining your awareness on the air rushing in and out of your nose. This helps clear your mind of errant stressful thoughts. You can repeat both of these as often as you like throughout the day.

Unplug from everything

If you're feeling overwhelmed, a quick break from your electronics will do you so much good. The glare from screens can be quite harmful to your eyes in long, uninterrupted stretches and all that contributes to your physical and mental fatigue.

Have a great weekend!

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