



FAMILYWELLNESSPROJECT

RELAXATION TIPS

Lockdown getting you down? Take some time out of your day and treat yourself to a little relaxation as a form of self-care. Looking after yourself and taking time to do things you enjoy is essential for good emotional wellbeing.

TAKE A BATH

A hot bath at the end of the day can help you relax and unwind, and gives you a chance to review your day.



HOBBIES

Take up a new hobby or delve back into something you already enjoy. Reading, knitting, crafting or listening to music are all great ideas.



PRACTICE MINDFULNESS

Download the 'Headspace' or 'Calm' app and take some time out of your day daily to practise mindfulness. Mindfulness meditation involves sitting silently and paying attention to thoughts, sounds, the sensations of breathing or parts of the body, bringing your attention back whenever the mind starts to wander.



breathe

TRY YOGA

Yoga can help you relax which can in turn assist in maintaining a good sleeping pattern. Regular exercise is wonderful for your emotional wellbeing & helps you stay supple & healthy.

Find out more about the Family Wellness Project at: parentingni.org/family-wellness-project

