

Mind Matters

6 Awareness Tips

"Your Mental Health & Safety Is Our Priority"

TIME IN NATURE



- Lower blood pressure
- Lower stress response
- Soothe nervous system
- Boost energy and self esteem
- Increase creative thinking
- Reduce Anxiety

LIFESTYLE CLEAN UP



- Habit stacking small changes is the key to permanent lifestyle changes
- What is 1 change you can make today? Extra glass of water?
- You are worthy of self-care

BREATHE!



- Immediately reduce stress response
- Goal: Exhale longer than inhale
- Reminders: Set reminders or a cue such as sitting at the traffic lights!

SELF SOOTHE



- Take responsibility and learn strategies that work for you.
- Pressure points, breathing techniques, self hug, cuddle your dog!

TRIGGERS



- Get to know your triggers, press pause!
- Identify, feel the emotion, observe
- Understanding your triggers is crucial to improving mental health.
- It's not about the trigger, its how you respond

SELF CARE AUDIT



- Do an audit on your self care
- What micro moments of self care can you add to your day.
- Check out our 2 minute toilet cubicle meditation.

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TIME IN NATURE

Have you noticed feeling calmer, more relaxed, or more focused after being in nature? That's because spending time outdoors has scientifically proven benefits for your mental well-being. Nature boosts endorphin levels and dopamine production, which reduces anxiety and improves mood.

Our tips when you feel anxiety or stress nipping at your ankles:

- Take a moment and get some sunshine and fresh air. Take a moment to breathe, feel the benefits of vitamin D, fresh air and space.
- Shoes off and feet on the grass helps you to 'ground' yourself so you can get you out of your head and focus on your body.
- If it's night time head outside and star gaze, this allows your mind to wander freely, boosts creativity and is a great way to side track yourself
- Next time you are feeling pressured and need space, take a moment outside and take 5 breaths focusing on the exhale being longer than the inhale. This will help calm the nervous system.

We are an extension of nature, use the elements to rest when you feel anxiety and stress levels rise.

BREATHE

Controlled breathing can cause physiological changes that include:

- Stimulates vagus nerve which turns off the bodies fight flight response
- Lowering blood pressure and heart rate
- Reducing levels of stress hormones
- Gives more oxygen to the brain

What are the best breathing techniques?

You don't need fancy yoga breathing! Just focus on the exhale being longer than the inhale, this will communicate safety to the rest of your body.

If you inhale for 2, exhale for 4, then slowly try and double it. Inhale for 4, exhale for 8.

Use some daily habits to remind you to focus on your breathing.

- Sitting on the loo!
- Putting on your seatbelt
- Before you answer the phone or send an email
- Waiting for your coffee
- In the shower
- Sitting at the traffic lights

There are many daily reminders that can help you to regulate your breathing and reduce stress in your life.

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TRIGGERS

Everyone's experience of anxiety is different, understanding your triggers is an important step in taking hold of your anxiety.

Pressing pause and becoming the observer is one way to start to identify your triggers. A self assessment of 'what's the thought?' - Head, 'What's the feeling?' - Body and what is the emotion that is coming up? Start to connect head and body and you are on the road to managing your triggers.

Remember it's not about being triggered it's how you respond to it.

Some of the most common triggers:

Childhood trauma
Skipping meals
Social events
...and many more

Negative thinking
Caffeine
Conflict and stress

Health concerns or medication
Financial concerns
Family / work responsibilities

Tips for identifying and learning about your triggers:

Start a journal
Listen to your body

Work with a therapist
Look at past behaviour

Be honest with your self-reflection

Understanding your triggers and prioritising mental health care is crucial for maintaining emotional well-being and managing stress effectively.

LIFESTYLE CLEAN UP

We can be quick to reach for unhealthy options to soothe our stress but in the long run this is going to put more stress on the body. Habit stacking with small and simple changes is the best way to start.

Our top tips to improve your lifestyle and support your mental health:

- Select one meal period to improve at a time, don't put too much pressure on yourself.
- Drink more water! Water is critical to cellular health. Drink an extra glass of water before lunch or for every coffee or tea drink a glass of water. (coffee and tea will dehydrate)
- Walk around the block, you don't need to start with a 5 km run.
- If you would like to try meditation, start with a 2-3 minute meditation and build from there.
- Cut back on social media! The overstimulation triggers the nervous system and increases stress.
- Get some sleep! Clean up your 'before bed' routine and set yourself up for a better night sleep.
- Catch up with a friend! Connection is good for the head, heart and soul.

We need to get back to basics and show ourselves a little more self-care and self love. ♥

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SELF SOOTHE

We need to take responsibility for our response to life's stressors and look for ways to soothe our nervous system.

There are so many ways to do this, it's finding the right ones for you. Write a list of 5-6 and stick it on the fridge or on your computer. When you feel overwhelmed, you choose an activity that you know will help.

For example, you can;

- Change the environment
- Stretch and flex your body
- Listen to music
- Use aromatherapy
- Play with a pet
- Focused breathing

- Ask for a hug / give yourself a hug
- Take a warm bath
- Have a foot massage
- Have a good cry
- Make a hot chocolate
- ug a heat pack

Wrap yourself up in a soft blanket

Massage behind the ears, temple, between the brows - many pressure points to choose from

Find your short list or strategies you can use.

SELF CARE AUDIT

Rate your current level of selfcare

SCORING

1 - Occasionally /never 2 - Half the time 3 - Almost always

QUESTIONS

1. I speak to myself nicely like I would a good friend
2. I sit quietly or meditate daily
3. I nurture my body with enough water and nourishing meals
4. I stretch or intentionally move my body daily
5. I get a daily dose of fresh air and sunshine
6. I get enough sleep
7. I block time every week to do something I love to do

RESULTS

Mainly 3's - Smashing it, keep up the good work!

Mainly 2's - Great start, a few tweaks is all you need

Mainly 1's - It's time to regroup. Ironically what you need to start on first is in the answer!

Start with the questions that got a score of 1.