



Share your feedback on  
health and social care

healthwatch  
Lincolnshire



Because we all care



# Top Tips for Wellbeing

Produced by attendees of YourVoice@Healthwatch Event November 2021

At our recent public event, YourVoice@Healthwatch held in November 2021, all attendees were invited to share some of the things that they do to look after themselves. Some of these things you can do on a daily or weekly basis or even ad hoc! The main thing is to have fun, enjoy and look after yourself. Try something new. Do you do something that's not on the list below? Feel free to share your ideas with us.

|   |                          |
|---|--------------------------|
| Get a good night's sleep  | <input type="checkbox"/> |
| Spend quality time with family and friends - humans are social creatures and need the company of others | <input type="checkbox"/> |
| Do things you enjoy on a regular basis  | <input type="checkbox"/> |
| Use your "down time" away from technology / phones / computers etc.                                     | <input type="checkbox"/> |
| Get lots of fresh air and connect with nature   | <input type="checkbox"/> |
| Enjoy life - have fun   | <input type="checkbox"/> |
| Keep physically active  | <input type="checkbox"/> |
| Choose your friends wisely! Those who support you and "lift" you up                                     | <input type="checkbox"/> |
| Keep yourself healthy - take responsibility for yourself and ask for help if you need it                | <input type="checkbox"/> |
| Be part of the community - do some voluntary work and give back to your community                       | <input type="checkbox"/> |
| Listen to music   | <input type="checkbox"/> |
| Follow self-love - let yourself rest and recover  | <input type="checkbox"/> |
| Make time for yourself  | <input type="checkbox"/> |
| Make a difference - find something that you are passionate about  | <input type="checkbox"/> |

|   |                          |
|---|--------------------------|
| Learn something new - keep your brain young and alert                     | <input type="checkbox"/> |
| Link with people and try new things                                       | <input type="checkbox"/> |
| Engage in creative activities such as writing, reading, drawing and music | <input type="checkbox"/> |
| Eat a variety of different foods including fruit and vegetables           | <input type="checkbox"/> |
| Drink at least 2 litres of water per day                                  | <input type="checkbox"/> |
| Find a form of physical activity to keep you moving more, whatever it is  | <input type="checkbox"/> |
| Make time for gratification - focus on the positive                       | <input type="checkbox"/> |
| Practice Mindfulness  | <input type="checkbox"/> |
| Think POSITIVE thoughts   | <input type="checkbox"/> |

## Notes

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