

# 10 Top Tips for Maintaining Healthy Wellbeing

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Practise these tips and create new habits in your day-to-day living.

1. Identify what's bothering you, and then come up with what you need for the situation to improve. This simple act will help you regain your equilibrium.
2. Talk to someone you respect about what's bothering you. This helps keep things in perspective.
3. Be kind to others and be prepared to be surprised.
4. Be kind to yourself and be prepared to be surprised!
5. Exercise more often – even if it's six five minute bursts of activity a day, it's still better than none at all.
6. Drink at least two litres of water across the course of each day. Dehydration has an enormous impact on our capacity to think let alone function.
7. Focus on your breathing for five minutes twice a day, repeating this statement will help: "I am breathing in, I am breathing out"
8. Write down five things you are grateful for on a day – you instantly reduce your stress levels by 25% by doing this activity.
9. Do something for someone else just because you can.
10. Give yourself permission to nurture yourself and say "no" when you need to.

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