

20 IDEAS TO IMPROVE WELLBEING

Everyone's needs are unique, and what works for one person may not work for you. It's important to find the strategies that work best for you, your personal situation and your own passions. Here are a few options to spark your personal joy:

SPEND TIME IN NATURE

Known to reduce stress & can enhance overall health & wellbeing

EXERCISE REGULARLY

A proven mood-booster as well as improve physical strength & overall health

CONNECT WITH PEOPLE

Crucial for immediate & long-term mental & emotional health

GET ENOUGH SLEEP

Essential for physical & mental health, including regulating mood & reducing stress

VOLUNTEER OR GIVE TO YOUR COMMUNITY

Helping others can increase feelings of purpose & improve overall wellbeing

AVOID NEGATIVE SOCIAL MEDIA

Anything media that feeds negative feelings about self or situation is harmful

LEARN A NEW SKILL OR TAKE A CLASS

Continuous learning offers a sense of purpose, boosts confidence & inspires

SPEND TIME WITH PETS OR ANIMALS

Pets reduce stress, brings you into the moment & improves overall mood

SPEND TIME ALONE

Time to reflect can provide clarity and reduce stress

ENGAGE WITH SOCIAL OR SUPPORT GROUPS

Community groups can provide a safe space to connect with others who may also understand how you feel without judgement

SEEK THERAPY OR COUNSELLING

Professional help can provide strategies & coping mechanisms to manage wellbeing

PRACTICE MINDFULNESS OR MEDITATION

Being & feeling present in the moment can help reduce stress & improve mood

PRACTICE GOOD SELF-CARE

Taking care & pride looking after yourself can boost self-esteem & mood

PURSUE HOBBIES OR INTERESTS

Engage in activities that brings you joy & a feeling of accomplishment

EAT BALANCED, HEALTHY DIET

Particular focus on gut health is known to improve both physical as well as mental health

PRACTICE GRATITUDE

Focusing on all the positives aspects of your life & self improves overall mood & outlook on life

PRACTICE SELF-COMPASSION

Being kind to yourself, such as accepting personal flaws, can improve self-esteem & reduce anxiety

PRACTICE YOGA OR STRETCHING

As well as improving physical health, it relaxes the body & reduces stress

PRACTICE GOOD TIME MANAGEMENT

Increase productivity offers a sense of pride & accomplishment as well as reduces overwhelm

PRACTICE FORGIVENESS

Forgiving oneself & others can reduce or eliminate underlying stress factors



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