

Are you covering your BACES?

Try to develop a routine using these principles:

BODY: Exercise/keep active, eat healthily, get enough sleep, and plan rest times.

ACHIEVE: Celebrate your achievements, give yourself praise, notice the positives, set yourself realistic goals, and acknowledge the small things.

CONNECT: Get involved with your community, connect through hobbies/activities, find time for family and friends, schedule video chats, and do nice things for others.

ENJOY: Find time for things you enjoy!

STEP BACK: Find time for relaxation, mindfulness, and yoga. Pause and take a breath.

Ideas for covering your BACES

- HIIT Workout, YouTube Yoga, go for a daily walk, cycle or run. Take a mindful walk (see below)
- For free yoga check out: www.yogawithadriene.com, <https://www.flipyourdogformentalhealth.com>.
- Get creative – try drawing, creative writing, writing a letter, a new skill, or cooking a new recipe.
- Taking 5 minutes out for yourself when feeling overwhelmed and stressed
- Try some calm breathing techniques
- Having a bath at the end of the night to wind down