

# No Panic's Wellness Toolkit

**Get outside.** Whether it's a walk or just a step out into the garden, you will benefit from the fresh air and a change of scenery. Fresh air has been proven to help improve blood pressure and heart rate as well as strengthen the immune system.

**Exercise.** Exercise releases endorphins which are hormones that make us naturally feel good. It also increases our body temperature which can have a calming effect as well as burning off excess energy that can lead to anxiety.

**Take up a new hobby.** Doing things you love keeps you motivated and enthusiastic, so why not take up something you've always wanted to do. Learn a new language or how to play an instrument. Take up cookery or art. The list is endless and the internet is a huge resource of ideas and lessons.

**Rest.** It is common knowledge that our bodies and minds do not function as well when we are tired. So keeping a good bedtime routine is essential. To complement this you could set aside a period during the day to meditate or relax. This could include breathing exercises, meditation and yoga and muscle relaxation.

**Fill your body with the right fuels.** Food is energy, therefore important in the upkeep of our body and the way it functions. You wouldn't expect your car to run properly without it having the proper fuel, it is the same for your body. A healthy outside starts from the inside.

**Laugh and laugh again.** Laughter has often been quoted as being the best medicine and with very good reason. Nothing works quicker to bring your mind and body back into balance than a good laugh! Laughter relieves physical tension and stress lifting your mood in minutes, so put on a funny film or listen to a comical podcast.

**Connect.** Meet up with friends and family, even if it is virtual. A good old catch up can't be beaten. Now is perhaps the perfect time to also join new groups and meet new people.

**Dance and sing.** Let your hair down and move to the beat. Dancing and singing along to uplifting music lifts your mood while burning off, not only calories but also the stress hormone, cortisol.

**Declutter.** Life can be stressful enough without having to contend with having your home in turmoil too. Keeping our home tidy and clean is good for your health but also good for your mind. So clean out those junk drawers and messy cupboards. You can even sort out the toy cupboard and your wardrobes and donate unwanted items to charity.

**Look after Number 1.** Self-care is vital for your overall well-being and improves your life in many ways. Self-care is looking after your mental, emotional, and physical health and will mean different things to different people. Perhaps a bubble bath and home spa will be the thing for you or maybe curling up with a good book or box-set is your choice. Whatever it is you prefer, do it and don't feel guilty at all.

You will find plenty more resources on our website: [www.nopanic.org.uk/](http://www.nopanic.org.uk/)