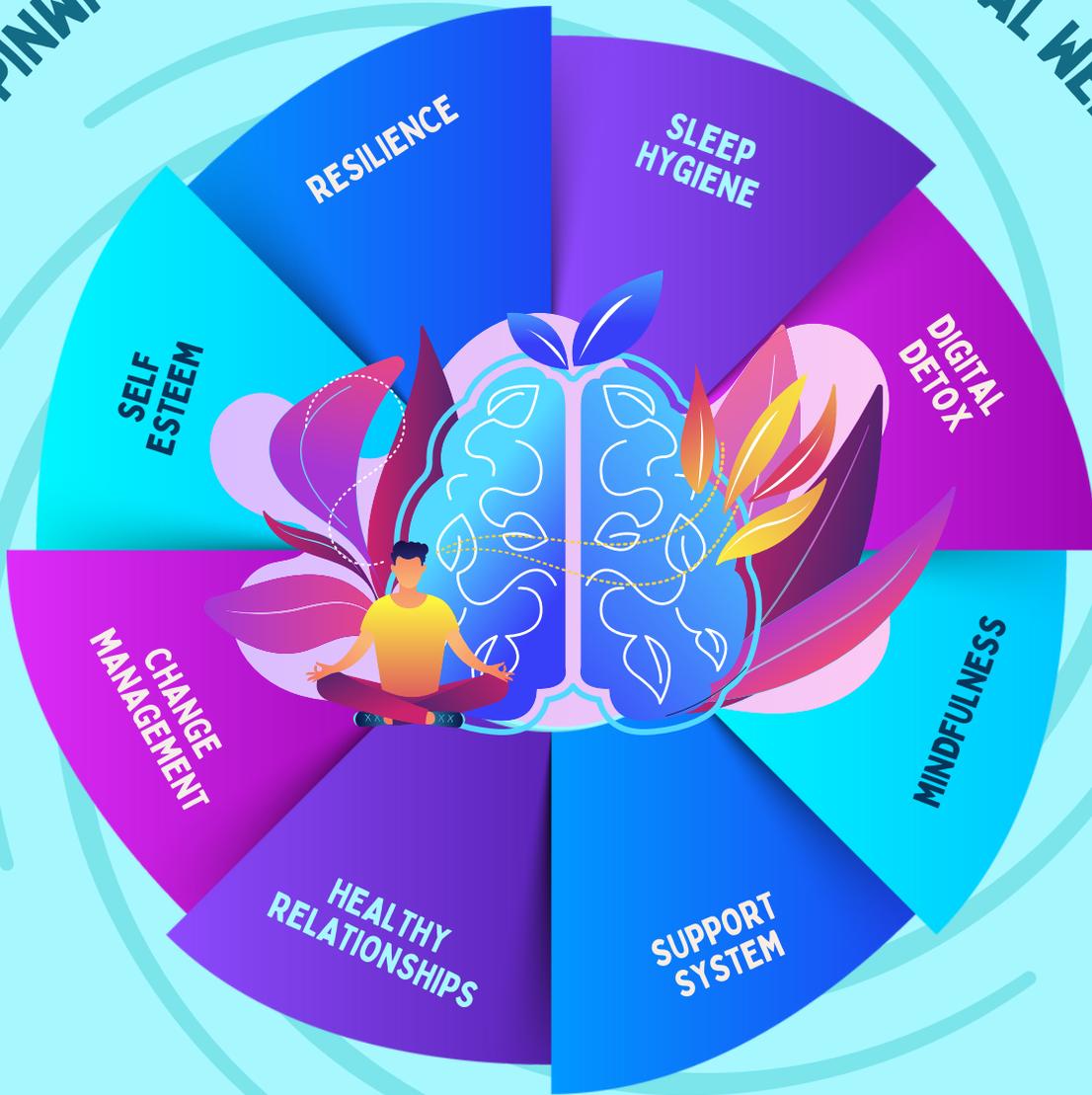


SPIN THE PINWHEEL OF YOUR MENTAL AND EMOTIONAL WELL-BEING



OPTIMIZE SLEEP HYGIENE



HAVING A HARD TIME IN GETTING SOME SHUT EYE? PRACTICE GOOD SLEEP HYGIENE

Sleep hygiene is the practice of creating a holistic environment and forming habits that can help you with quality sleep thereby improving your overall health.

FIX YOUR SLEEP CYCLE



Include physical activity in your daily routine



Maintain a good balance between rest and work

Limit daytime naps



Create an organized and a restful environment

Give up on caffeine.

Instead get into bed with a cup of green tea



Avoid smart phone usage an hour before your bedtime

Meditate



Stay on a consistent sleep wake schedule



ASK YOURSELF



Do you fall asleep easily?

Are any thoughts racing through your mind when trying to sleep?

Is it difficult to get out of bed after waking up?

Do you feel refreshed after waking up?



RELIEVE WITH DIGITAL DETOX



ARE YOU STRUGGLING TO IMPROVE YOUR SENSE OF WELL-BEING?

Unplug, unwind, and try to do digital detox every alternate day in a week

Electronic devices and the internet might be the integral part of your life but being hooked on to them for hours can be bad for your overall health. From digital fatigue to doom-scrolling you can even have long-term health implications like poor eyesight, chronic stress, burnout, and depression.

YOUR KEY TO DIGITAL DETOX



Use your smartphone mindfully (Delete unnecessary apps from your phone, clean up social media feeds, mute notifications, and use the phone with a purpose.)

Do not go online when you wake up



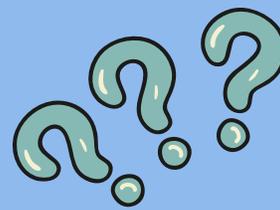
Engage in physical activities

Read a book



Set internet-free hours and establish a tech-free zone

Plan technology-free family activities



ASK YOURSELF

How many hours a day do you use your smartphone?

Have you ever tried to restrict the number of hours you use your phone?

Is there a day in a week where you can stay without using your phone or other digital devices?



EMBRACE MINDFULNESS



HOW TO RIDE LIFE'S UPS AND DOWNS AND LIVE HAPPIER AND HEALTHIER LIVES?

Master the emotional balance to embrace mindfulness

Mindfulness is the practice of being fully present and letting your senses feel everything around you. There is no labelling a thought as good or bad – one just feels and registers everything that's happening around them. Research shows that practicing mindfulness regularly can improve memory, attentiveness, regulate self-control, promote empathy, and reduce stress and anxiety.

YOUR APPROACH TO MINDFULNESS PRACTICE WITHOUT MAJOR LIFESTYLE CHANGE



Start meditating or praying for 20 minutes every day



Practice yoga daily



Avoid multi-tasking and stay focused on one task at a time

Practice gratitude as it can help you feel more positive



Live in the moment. Pay attention to the little things you love. (Take time to feel your environment with all your senses – touch, sound, sight, smell, and taste)



LET'S TRY BOX BREATHING

Just find a comfortable posture while sitting / laying down and close your eyes.

1. CLOSE YOUR EYES AND PICTURE A SQUARE



2. Imagine your breath and pauses in between the 4 corners of the square

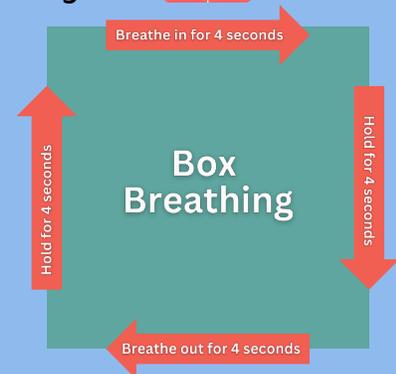
3. Imagine moving from top left corner to top right corner breathing in, counting to 4 slowly. Feel the air enter your lungs.

4. Now move from top right corner to lower right corner holding your breath, counting to 4 slowly



5. Now move from lower right corner to lower left corner breathing out, counting to 4 slowly

6. Repeat steps 3 to 5 until you feel recentered



CREATE SUPPORT SYSTEM, FOSTER HEALTHY RELATIONSHIPS



STRUGGLING TO ACHIEVE WORK-LIFE BALANCE?

A healthy support system can be the wind beneath your wings and enable you to achieve it.

What's the secret to a tree's growth? Its roots. The deeper the roots, the more lush it is and the longer it lives. Just like your life. Having a strong social support is often identified as a key component of healthy relationships and strong psychological health. It involves a network of family, friends, and colleagues that you can turn to in times of need.

YOUR PATH TO ACHIEVE WORK-LIFE BALANCE

Schedule a downtime with your friends and family to beat the stress and get those happy hormones coursing through your body



Be supportive in your relationships

Empathize with your partner or family members



Be transparent

Create a fun environment – plan a picnic or getaway, throw a dance party in the living room, or sign up for an art class / activity together to bond over a shared interest



ASK YOURSELF

How many times in a month do you go out with your family and friends in your leisure time?

When was the last time you took a break for **ME TIME**?



COPING WITH CHANGE



STRIVING TO SHIFT TOWARD A CHANGE-READY MINDSET? Reflect on the positive impact the change has brought to your life

Change is constant, and adapting to it depends on the individual's skills. Change management is an important life skill that helps make the best of things and does not let problems hold you back from living your life to the fullest.

HOW TO ACE CHANGE MANAGEMENT?

Accept that change is happening



Understand that change is part of growth and consider the positive things it has brought to you

Accept challenges and learn your share of lessons from it as it can help you build resilience and patience

Set new goals to ensure that these changes don't limit your growth

Note down your concerns and find out possible outcomes



2 Identify your emotional state while thinking about the transition

3 List down the things that bring joy to you and some soothing activities that make you feel calm

4 Using these, create a plan to help you follow through this transition and embrace the change

1 Note down the transition in your life that has happened or is anticipated

SELF COMPASSION AND RESILIENCE



BUILDING UP MIND FILTER

Having good self-esteem is important as it helps you gauge your true potential and build a skillset that can lead you to success. If there's no one to cheer you, be your own cheerleader because no one knows your potential better than you.

PATH TO DEVELOP YOUR SELF COMPASSION

Keep unwanted or negative opinions, including yours, away



Replace self-criticism with self-compassion



Practice positive affirmation whenever you feel low or disconnected

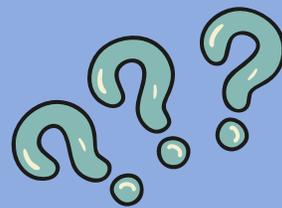


Create a board of inspiring quotes and set it up where you can see it every day

Identify your strengths and develop them



I believe in me



ASK YOURSELF

When was the last time you did something, you believe to be a great achievement?

Are you comfortable saying 'No' to people without feeling guilty?

Do you find it difficult to address a large gathering or avoid public speaking?

I matter

What you think, you start to feel. What you do (or don't do) affects your thoughts. Factors such as increased rates of mental health issues, the impact of climate change on health, workplace stress, lack of social support, and the negative effects of social media on sleep and self-esteem can be overwhelming.

Rather than feeling defeated, we should focus on the positive and build resilience through a holistic approach to mental well-being. What matters is your efforts to attain them.



**TO WATCH THE VIDEO ON
HOW TO DEVELOP BETTER MENTAL & EMOTIONAL HEALTH**

Feel free to connect with our experienced emotional wellness team.
Scan [QR] given below to book your session.

