

**The Charity for  
Civil Servants**

**Helping  
you feel  
great**

Simple tips for your wellbeing



## Sleep well

If you have trouble falling asleep, try humming. It has the same calming effect on the nervous system as deep breathing. Enjoy a soothing herbal tea before bed, such as lavender, chamomile or mint.



## Do something you enjoy

Take time out for yourself by choosing a hobby that you enjoy. It could be simple activities like doing a jigsaw, cooking, sewing, or gardening.



## Take a break

Try taking 2 minutes just to stand and stretch, which drives oxygen to your brain and wakes you up. Rest your eyes from your computer by gazing into the distance 20 feet away.



## Eat well

Try cooking with new ingredients, and take in the new tastes, textures and flavours.



To discover more ways to improve your wellbeing, visit:

[foryoubyyou.org.uk/our-services/wellbeing](https://foryoubyyou.org.uk/our-services/wellbeing)



Nearly  
**24,000**  
downloads of  
Wellbeing Information  
from our website  
in 2020.