

Looking After My Body

Physical and emotional wellbeing affect each other. Small, realistic actions often matter more than perfect routines.

How is my sleep at the moment?

How regularly am I eating and drinking?

How does my body feel most days?

Am I getting movement that feels helpful?

Have alcohol, substances or other coping habits changed recently?

Notice without judgement.

Is there a health concern I have been avoiding?

What helps my body feel calmer or stronger?

One realistic physical wellbeing step is...
