



Eight Ways to Boost Your Wellbeing in 2023



1

Move more. Go for a walk, have a luxurious stretch, breathe deeply and shake out any tension.

2

Be clear about your needs and boundaries, then communicate these calmly and constructively.

3

Spend more time with people who accept you as you are.

4

Learn something new. Be deliberate about how you focus your attention, energy and resources.

5

Accept that no one is perfect. Practise compassion and kindness towards yourself and others.

6

Notice what is working for you. Be grateful for the good things in life. Savour food and drink.

7

Build on your strengths and work on weaknesses only to the point that they don't hold you back.

8

Each day, do one thing that helps create a positive home and workplace environment.