

1. Value your health - Many people want to value their health in theory, but in practise they place it low down the priority list. 'I'll go for a walk when I finish this report...' The first step is to notice when you have these dismissive thoughts and replace them with more helpful thoughts such as 'my health is the most important thing for everyone'.

2. Know what brings you joy - This is different for everyone. For some it's walking in nature, for others it's putting on a fab song and having a boogie! There's no right or wrong. If something feels like a chore, stop and try something else. Don't be afraid to mix it up. Whatever it is that brings you joy, do it every day, even if only for a few minutes.

3. Make time your friend- Often we can feel time is against us. But take heart that just ten minutes a day can build up to have a considerable impact on your wellbeing. When you find yourself wanting to skip your wellbeing activity, set a timer for 5 minutes, just to get you started. After 5 minutes you can stop or carry on, but at least you've done it.

4. Find a wellbeing buddy - We are MUCH more likely to commit to something if we're in it with someone else. Even just agreeing to text each other with 'You've got this today - ten minutes outside with a cuppa!' can be enough to help you put your wellbeing first.

5. Praise yourself - It can feel strange at first, but self praise is an excellent way to boost wellbeing and self esteem. Try writing a post-it note the night before, something positive or funny to make you smile in the morning. Or write a note about a 'small win' you had recently and put it in a jar. Repeat this bi-weekly, and read them back once a month.

6. Like brushing your teeth- The best way to take care of yourself is to make it a part of your routine, like brushing your teeth. Try to do it at the same time each day wherever possible. It helps some people to boost their wellbeing in the morning (such as a short walk) so there's less time to talk yourself out of it, but go with what works for you.

7. Create without purpose - If you're feeling stressed or anxious, try to express it creatively. Write a poem, put on a song you love or draw colourful shapes. Being creative without judgement or agenda can be a wonderful way of reducing stress.

8. Set boundaries with others- Have a day to yourself when you need it. It's better to miss one event than be off sick for 2 weeks. There is so much opportunity in this world, but you are one person. It's quality, not quantity. Cordon off bits of your free time for the things you really want and need. Don't feel guilty for saying no occasionally.

9. My dear friend - We all have hard days sometimes. Notice how you talk to yourself when you're feeling low. If it is unhelpful, stop and listen to how it makes you feel. Now imagine what you'd say to comfort your best friend if they were feeling like you do now. Remember, we're all just doing the best we can today and every day is a new beginning.