

Improve your well-being

Checklist & Tips



In cooperation with:



1. Three ways to improve regeneration

- ↪ **Exercise** – Walk 30 minutes a day to improve muscle coordination, heart rate, well-being, and creativity
- ↪ **Sleep** – 7 to 9 hours per night is recommended for adults; how much do you get?
- ↪ **Relaxation** – Stretch and take a deep breath every time you stand up from your desk

2. Three small changes for your work-life-balance

- ↪ **Scheduling** – many people benefit from fixed working and leisure times. Find and set up rituals for the transition (e. g. go for a walk, clean your desk, open window, and ventilate)
- ↪ **Do not disturb** – to minimize interruptions make clear agreements with your colleagues or family during home office for undisturbed working hours
- ↪ **Stay in contact** – schedule regular times to talk to and meet with your family and friends (at least digitally); helping others is also a great way to build a good neighbourhood and socialize

3. Three tips for a positive mood

- ↪ **Smile** – we smile when we feel good. But it also works the other way round. Research has shown smiling improves your mood, even if it is consciously and artificial. Start the next meeting with a smile and you can create a positive dynamic for the entire team.
- ↪ **Collect positive things** – You can easily increase the impact of your positive daily experiences by raising your awareness. Therefore, you can put a Cent in your pocket for every positive event or feeling. Count and recall them in the evening.
- ↪ **Enjoy** – take the first sip of your coffee, the first bite in your apple, or the breath when you open your window with full awareness and enjoy the sensation. Few minutes a day will benefit your well-being.

How to start? Take **small, continuous steps**! Behavioural changes need a lot of practice and work best when you implement little things step by step and stick with them day in and day out. Here, the first step is to **try** what will best improve your well-being.

Questions?

waeldin@vivio-karlsruhe.de

Arrange your meeting!

<https://calendly.com/waeldin/>

Vivio Stressmanagement / Dr. Sandra Waeldin, Dr. Dominic Vogt & Sven Waeldin GbR

Zeppelinstr. 3a / 76185 Karlsruhe / 0721 - 50 424 58 / info@vivio-karlsruhe.de / www.vivio-karlsruhe.de