

## Chaplain's Spot

### 10 promises to help maintain mental wellbeing

- 1] **Sleep well** – Most people need an average of eight hours sleep a night to function at their best.
- 2] **Eat well** – Even chocolate can be a good mood food.
- 3] **Plan** – Planning and prioritising can help you cope and remain calm.
- 4] **Tune in** - Listening to music can increase productivity and focus.
- 5] **Cut down** - Alcohol, cigarettes or drugs can impact your mental health.
- 6] **Switch off** – Most calls or messages don't require your immediate attention ... digital detox challenge!
- 7] **Engage** - People who surround themselves with other people are happier, more productive and get more out of life.
- 8] **Join in** – Getting involved in your community can develop strong social connections ... and be fun.
- 9] **Exercise** – Even 10 to 15 minutes of exercise each day can improve your mental health.
- 10] **Seek help** – If you are finding it hard to cope – the best thing to do is to talk with someone.



### One-liner of the week:

**Difficulties strengthen the mind, as labour does the body. -Seneca**  
[I am a wedding and funeral celebrant if you ever need one]

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Pastoral care for our community, Tuesdays, Thursdays & Fridays.

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