



TOP TIPS TO BOOST YOUR MOOD

Sleep



Did you know having a solid sleep routine can work wonders for your mood?

Research shows that getting 7-8 hours of sleep is optimal to feel fully rested.

Reduce caffeine

It's a tough one, but an important one too.

If we are consuming too much caffeine throughout the day, it can have an impact on our physical and mental wellbeing.

Get active

Get active in ways that bring you joy!

Find activities that fill your cup whilst keeping you active.



Eat well

Nourish your body with energy-boosting and immune-supporting foods!

Sometimes we eat for convenience, and we don't eat to replenish the energy and fuel us the way we need.

Do something for someone

Expressing gratitude for the little things in life can significantly boost your mood.



You also set a wonderful example for the children in your ELC or OSHC services.

Get some sun

While it's crucial to stay sun-safe with the slip, slap & slop rule, getting some vitamin D from the sun is equally important.

Aim for about 20 minutes of sunlight each day.

Stay social

Staying social is vital for boosting our mood and in turn, creates a positive environment for our little ones.

Connecting with friends and loved ones who uplift you is essential.

Manage stress

A little stress? That's healthy stress! But toxic, prolonged stress?

Try to practice self-care strategies, talk to a professional or remove yourself from a stressful environment when possible.

Have fun

Whatever fun means to you, ensure that you are making time to have it.

Whether that is connecting with friends, being active, going on holiday - have fun!

Check your unhealthy habits

What might be unhealthy for you, may not be the same for others. Take the time to understand what works for you and focus on minimising habits that don't bring you joy or purpose.

