

WHERE DO I START?



WELLBEING

JOURNALING

An intimate record of our thoughts, journaling can help to reduce stress, anxiety, and depression while improving self-awareness and helping to regulate our emotions. Journaling can help also help pick up further points in the app's wellbeing section, for example practicing **self-compassion** and being **grateful**.

GIVING

Being outward looking reduces stress and anxiety. Giving has been shown to boost happiness and improve physical health. This improved mental and physical wellbeing can lead to better sleep quality.

NATURE

Getting outside has significant psychological and physical health benefits – reduced stress and anxiety, improved mood, concentration, memory and creativity. In addition to these benefits, we give our immune system a boost, improve our cardiovascular health, improve our sleep, and can even prevent myopia. Being in nature also offers an opportunity to socialise.

