



Care first

Feeling Good

How to get the best from your day

There's nothing more important than feeling good, because when you feel good your energy levels are high and anything and everything is possible.

Here are some tips to get the best from your day.....

- **Get a good night's sleep** - Try to get at least 7 hours a night.
- **Have a good breakfast** - Try cereal low in sugar, porridge, All Bran, Weetabix, egg on toast, fruit & low fat yoghurt.
- **Get active** - When you exercise you produce endorphins, which make you feel good. Any day you get exercise is a good day!
- **Build laughter into your life** - Watch or listen to some of your favourite comedy sketches for 10 minutes a day.
- **Get up and about** - If you're in a sedentary job, then it's really important to get up and move regularly.
- **Do something you enjoy** - It'll get you in the flow & make you feel good!
- **Relax** - another way to get the most from your day is to get some relaxation, especially when your energy is low.

Remember Care first can help with these issues and much more, please call us free at any time on 0800 174 319