

14 DAYS of self-care

Taking care of your wellbeing is more important than ever right now. Here are some small steps you can take to look after your physical and mental health – even if you're self-isolating.

Stay connected by sharing your tips with us!

1
Cook yourself
a healthy meal



2
Make a playlist
of your favourite
songs



3
Set reminders
on your phone
to drink
more water



4
Download the
iNclude app
to help look after
your wellbeing



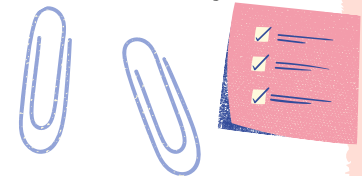
5
Write down
three
achievements
that you're
proud of



6
Learn
something new
from a TED Talk



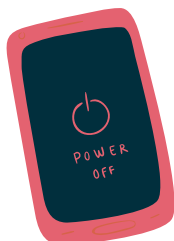
7
Do one task
you've been
putting off



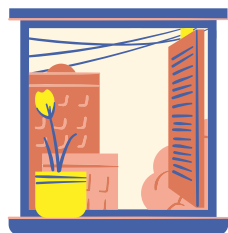
8
Read an eBook
from the
Be well@NCL
collection



9
Take a break
from social media



10
Bored of the view
from your own window?
Check out someone else's
on Window-Swap.com



11
Listen to an NHS
mental wellbeing
audio guide to
boost your mood



12
Make yourself
comfortable
with tips from
PostureEllie



13
Take a look at the
wellbeing support
offered by
the University



14
Get a good
night's sleep
with these tips
from the
Mental Health
Foundation

