



# WELL-BEING, WELLNESS, MENTAL HEALTH AND MINDFULNESS



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**Erasmus+**



# WHAT IS WELL-BEING?



**Well-being** means having a **healthy mind** in a **healthy body**.

There are many ways to achieve that, or at least try to improve (there's always room for improvement).💪

So, to improve our overall **wellness**, we should:

- ❖ listen and live in the moment,
- ❖ enjoy in what we do,
- ❖ learn new things,
- ❖ embrace new experiences,
- ❖ give people our time, words and presence.

Work together so we can **improve the quality of our lifestyles**.



# WELLNESS, AROMATHERAPY <3



lavender (for better sleep)



lemon (to improve your mood)



rosemary (helps reduce stress levels and tension)



peppermint (applied to the skin for problems like headache, muscle aches, joint pain and itching)



spa & wellness

# WHAT IS MINDFULNESS?

Mindfulness is a technique you can learn, which involves making a special effort to notice what's happening in the present moment (in your mind, body and surroundings), without judging anything. Mindfulness means paying attention to your thoughts, feelings, or something outside yourself, in a relaxed but very focused way.

It aims to help you:

- \*become more self-aware
- \*feel calmer and less stressed
- \*be kinder towards yourself



# MINDFUL TECHNIQUES

## Passive

Mindful eating

Mindful moving, walking or running



## Active

Body scan

Mindful meditation

Travel, Morning walks

sudoku, yoga

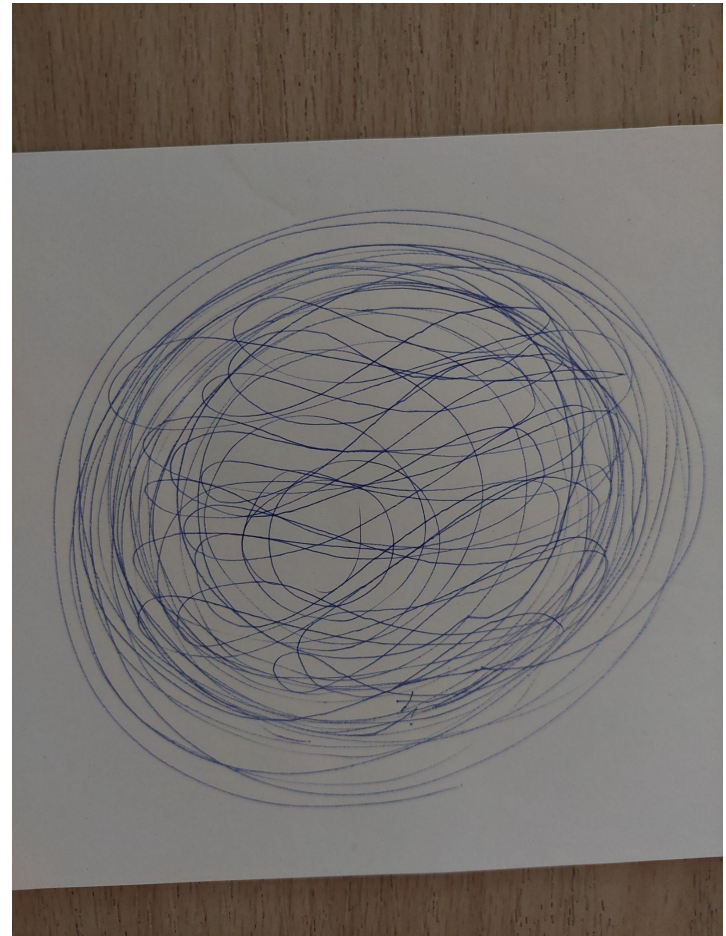
Calming circles

Mindful listening

Balloons

Art museums, bucket list

Board games



# MENTAL HEALTH



# SLEEP AND HYDRATION

- Sleep is important for several reasons. When you sleep, your brain tells your body to release hormones that help our body function most optimally.

## Benefits of good sleep:

- better productivity and concentration.
- reduce the risk of dangerous health conditions.
- regulates hunger levels,
- Maintains the immune system.
- Reduces stress levels.





# TIPS TO BOOST WELL-BEING?

- Eat healthy
- Stay hydrated
- Exercise (be active)
- Think positive
- Connect with people
- Enough sleep
- Show gratitude
- Meditate / practice mindfulness
- Breathing exercises
- Establish a routine
- learn new things
- Ge some "ME" time
- BE KIND

