

For your well-being, check how well you take care of yourself

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AIM learning



**Kokkola
Karleby**

**Good daily routines
are the foundation
for our well-being.**



We can influence
both our mental and
physical health
through the choices
we make every day.



Preparation

- Take a pen and a paper! (or open a note-taking application (e.g., Notepad, Word).
- Answer the questions on the upcoming themes with “yes” or “no” with the last 2-3 days in mind (all slides present an own theme. Write 1. and how many “yes” or “no” you get under the specific theme, then 2. and how many “yes” and “no” etc.)



1. Sleep and rest

- * Did you get enough sleep last night? (about 8 hours)
- * Did you wake up feeling refreshed?
- * Have you been able to concentrate on today's tasks?
- * Have you had time to relax and calm down?
- * Have you had time for yourself?





2. Nutrition and meals

- * Did you eat relatively regularly?
- * Did you enjoy your meals in peace and quiet?
- * Did you eat enough vegetables?
- * Did you eat healthy snacks?
- * Did you manage without intoxicants?

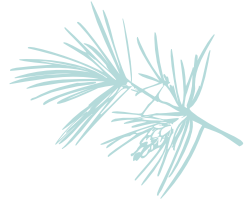




3. Relationships and feelings

- * Have you been able to be yourself?
- * Do you treat yourself with compassion and warmth?
- * Have you laughed, been in a good mood or experienced tenderness?
- * Have you managed to deal with or channel any negative feelings in a positive way?
- * Have you had company you enjoy or got help when/if you needed it?

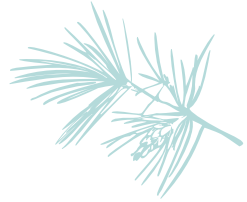




4. Exercise and listening to your body

- * Have you been active, e.g. everyday exercise (e.g. daily walks outside)?
- * Have you taken care of your body by, for example, doing gymnastics, stretching or going to the gym?
- * Do you enjoy exercising?
- * Do you allow your body to recover?





5. Leisure and creativity

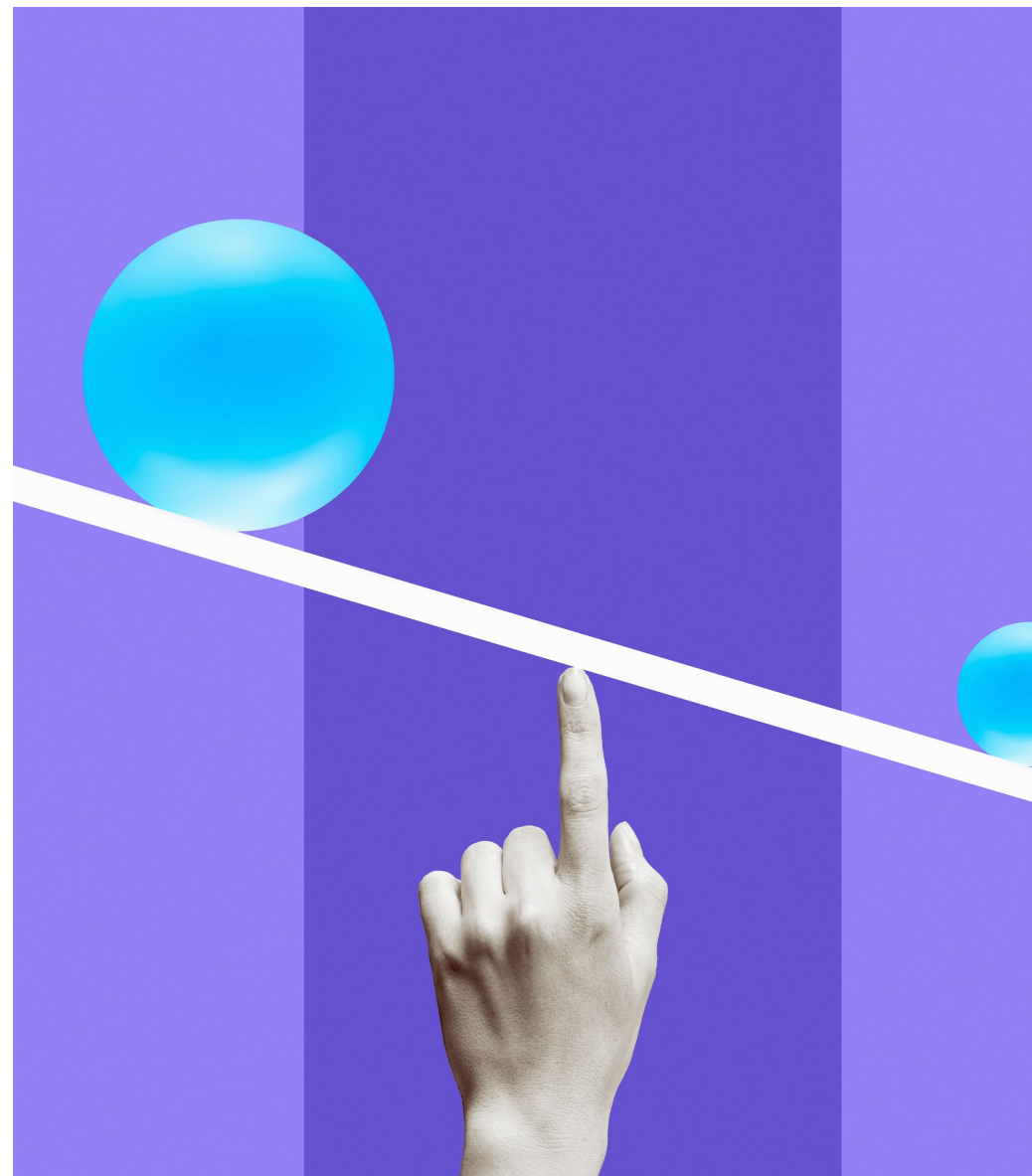
- * Have you done things in your free time that you feel are meaningful and important?
- * Have you experienced enthusiasm and joy?
- * Have you been able to use your knowledge and abilities sufficiently?
- * Have you been able to spend time in your favourite places?
- * Have you tried or learned something new?





6. Values and daily choices as support

- * Are your daily choices generally in line with your values?
- * Do you have enough meaningful things in your life?
- * Are the things that are important to you reflected in how you use your time?
- * Do your everyday choices support your mental health?
- * Have you experienced gratitude?



HOW DID YOU SCORE?

Most of the answers in each area should be yes, at least **three out of five**.



If most of the answers were no, at least three out of five, you need to find out what you can do to improve your situation.



Keep track of your situation through keeping a diary. Do the same test in a few weeks, when you have been paying attention to your well-being for a while.





IF you got too many NO regarding “Sleep and rest” or “Exercise and listening to your body”, consider the following:

- When did you turn off your smartphone, going to sleep?
- Did you spend time late at night on social media?
- Were you outdoors during the day and got daylight and exercise? (Good for your sleep)
- Exercise and listening to your body is one of the most important sectors to put in order!
- Start with daily short **walks outside**, start with 10 minutes if you find it hard. Extend your walks a little each week until you can walk briskly for at least 30 minutes at least every second day. This will make you feel better, sleep better and helps you focus better on the tasks you have to do.
- **Do also remember to take short breaks from ALL screens a couple of times during the day! Every second hour you need to let your brain get recovery and rest a bit from screens to keep your executive functions in order! Take a short walk when you go to lunch or take 10 minutes brake out in the sun, without screen.**



Diary

Keep track of your situation through keeping a diary for 7 days to find out your habits and routines. Here you write, every day for one week:

- When you go to sleep and when you wake up, notice if you got enough sleep! (About 8 hours)
- Something about what you choose to eat and if you eat regularly during the day.
- If you are physically active, what type and how much physical activity you get.

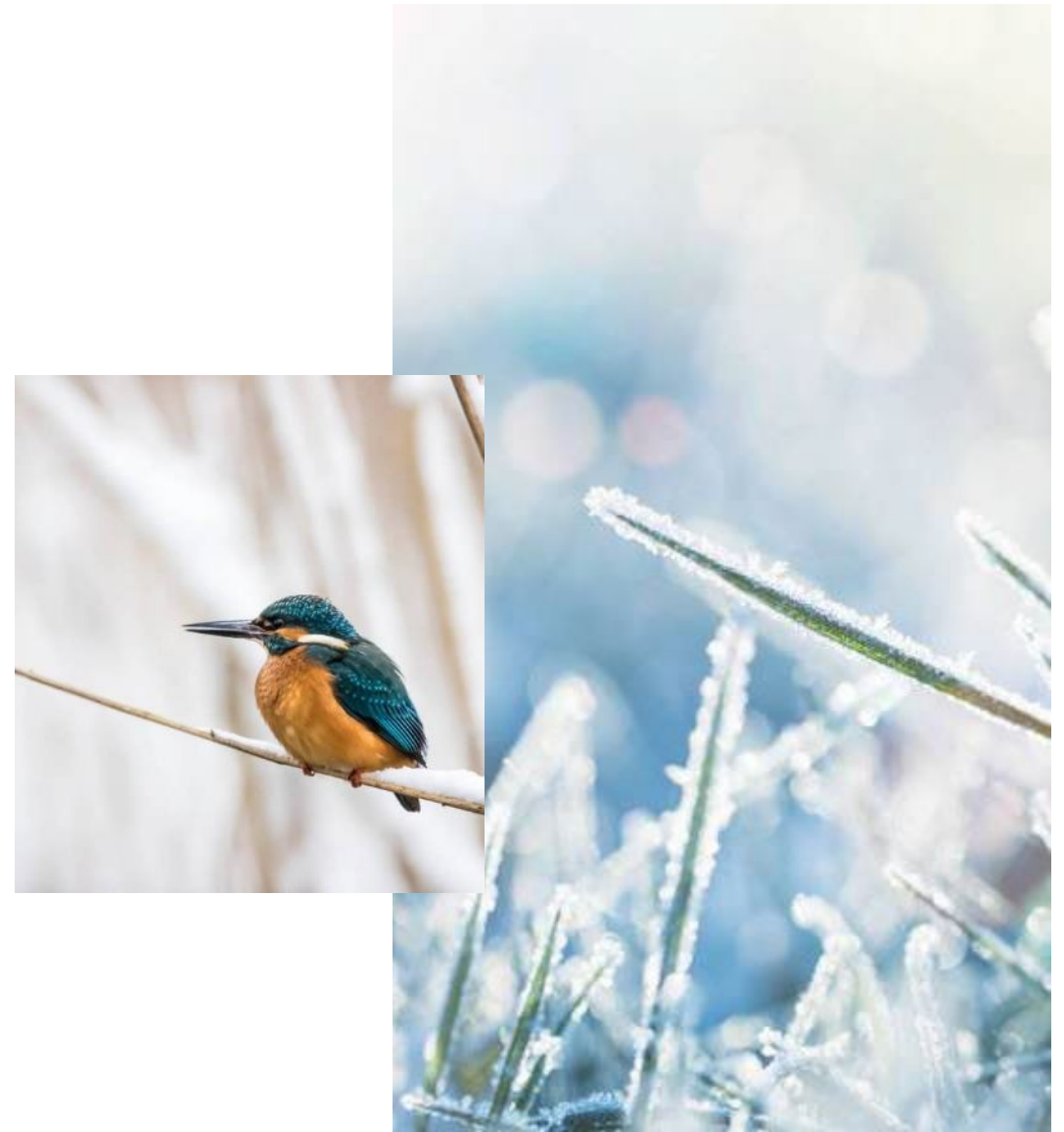
THIS WILL NOT BE SHARED WITH ANYONE ELSE! IT IS ONLY FOR YOU TO KEEP TRACK ON YOUR OWN WELL-BEING!

- If you keep a longer diary, you will find out if you need to take care of your habits and routines!

SUMMARY

We live in a world full of uncertainty, which often causes us stress. The problem is that an uncertain world or an uncertain future is not something we can control. We're fighting an enemy that will never back down. Reality will remain the same, no matter how much we might wish otherwise. The solution isn't to fight harder, the solution is to accept reality as it is.

Fortunately, the body doesn't care what causes the stress: stress from an uncertain world is biologically identical to stress from trying to meet the next deadline. That's why the **usual stress management tools work well: exercise, eat regularly, schedule time for recovery, and make sure to get plenty of sleep.**





THANK YOU

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