



# Ten Minutes 'Me Time' Because Your Well-Being Matters



October 2020

## Short on Time: Take Ten Minutes 'Me Time'

We're all short on time, but that doesn't mean we shouldn't look after ourselves. We can't take care of others if we don't look after number one.

### **Just ten minutes to yourself, can help you feel:**

- More Energised
- More Relaxed
- Healthier
- Fitter
- Happier

This booklet gives some ideas on what you could do in ten minutes to improve your well-being. Some can be done online, all can be done from the comfort of your home or in your local area.

Invest in yourself by simply giving yourself ten minutes a day.



## Some ten minute fixes

Here are a few ideas to get you started...

- Yoga
- HIIT/fitness/dance/stretches at your desk
- Read a chapter of a book
- Get out in nature/watch animals in their habitat online
- Take a walk. How about a barefoot one across your lawn?
- Listen to a podcast/ some uplifting or calming music
- Find some new music on Spotify
- Play a game/Sudoku, crossword/puzzle
- Learn a language (loads of free apps available such as Duolingo)
- Stroke/play with your pet
- Make a healthy lunch/salad ahead of time
- Deep condition your hair
- Put on a face mask
- Paint your nails
- Go technology free. Turn off your phone, don't have any notifications pinging at you – and enjoy being silent!
- Colour by numbers
- Paint/Sew or make something
- Soak in the bath
- Do some baking
- Visit a friend or invite them round
- Pick up an instrument (you don't have to be gifted)
- Ring a friend or a family member
- Sing along to the radio
- Pray

# Put Your Phone Down

“How much time do you spend on social media?

According to broadbandsearch.net the average person spends 2 hours and 24 minutes per day checking for tweets, memes, Facebook updates etc. Ping, ping, ping!! Sound familiar?

In moderation social media can be inspiring, useful and helps us to connect. But has checking your phone become the sole focus of your free-time?

You probably have more time in your day than you actually realise. If you consciously dip out of social media for a bit, here's what you could achieve in ten minutes , or maybe even longer!



- Pick up some tips about your hobby (e.g. photography)
- Browse a magazines piling up on your coffee table
- Choose ten pieces of clothing to donate
- Kiss your significant other
- Do a puzzle
- Print a few of your favourite photos to display

Writing helps calm the mind and emotions, and increases feelings of happiness and wellbeing:

- Write down your thoughts
- Write down something funny that happened today
- Write a thank you note
- Write about what you're grateful for



There is strong evidence that indicates that feeling close to and valued by other people are fundamental human needs.

- Talk to someone instead of sending an email
- Speak to someone new today
- Ask how someone's weekend was and really listen when they tell you
- Put five minutes aside to find out how someone really is.

## Helping You Fit In Ten Minutes Of 'Me Time'

You may be an early bird or a night owl. You may work shifts. The point is it doesn't matter when you fit in your ten minutes of 'me time'. It just has to work for you.

It might help if you plan it in to your day and add it to your diary.

**Overleaf** is a Ten Minute Me Time Log for you to print and stick to your fridge to remind you to book in valuable time over a month - just for you.

# My ten minute 'Me Time' Log

What will I do for *me* today?



Monday	Tuesday	Wednesday
Monday	Tuesday	Wednesday
Monday	Tuesday	Wednesday
Monday	Tuesday	Wednesday
Monday	Tuesday	Wednesday

Next month, I will do more \_\_\_\_\_



Month: \_\_\_\_\_

Thursday	Friday	Saturday	Sunday
Thursday	Friday	Saturday	Sunday
Thursday	Friday	Saturday	Sunday
Thursday	Friday	Saturday	Sunday
Thursday	Friday	Saturday	Sunday

\_\_\_\_\_ and less \_\_\_\_\_.

## A note about exercise



A study published in *Neuropsychologia* found that just ten minutes of moderate to vigorous exercise (they used gym bicycles) significantly improves brain function. Your mind and body won't change overnight, but when you choose to rejoice in these small successes, you set yourself up to do more good the next day.

Try the links on the next page:



# Moving your body

<https://www.nhs.uk/live-well/exercise/10-minute-workouts/>



<https://www.youtube.com/watch?v=mevvQo3uHFU>



<https://www.youtube.com/watch?v=2UGxJ6zstN0>



[https://www.youtube.com/watch?v=O9vdWu\\_QqAA](https://www.youtube.com/watch?v=O9vdWu_QqAA)



<https://www.youtube.com/watch?v=T4ImYCmtWIs>



<https://www.youtube.com/watch?v=VpW33Celubg>



[https://www.youtube.com/watch?v=K\\_h9HJVlg8A](https://www.youtube.com/watch?v=K_h9HJVlg8A)

# Our Trust Hub

Don't forget that as a St Monica Trust colleague, you can take advantage of a whole host of savings at a range of high street and online retailers. All you need to do is visit [www.ourtrusthub.co.uk](http://www.ourtrusthub.co.uk)

So investing in yourself, shouldn't need to cost much. Here are a few ideas and retailers that offer discounts:

- ◆ **Soak in the bath in 1kg of Epsom salts and 16 drops of lavender oil**



Superdrug 

BIRCHBOX◆

- ◆ **Turn your favourite digital photo into a colour by numbers activity using these free online tools:**

<https://www.color-dragon.tk/>

<https://pbnify.com/>

- ◆ **Bake some healthy snacks to share with your team**

TESCO

ASDA



Sainsbury's

## Healthy Snack Ideas

Healthy minds and bodies go hand in hand, so while you're taking ten minutes to relax why not savour a healthy snack.

In those ten minutes, focus on what you are eating, enjoying it without distraction, noticing the flavour, smell, texture of the food and the effects the food has on your feelings.

Taking the time to appreciate what we are eating is good for our mental health and our digestion!! According to <https://www.healthline.com/nutrition/mindful-eating-guide#weight-loss> mindful eating may also aid weight loss by changing eating behaviours and reducing the stress associated with eating.

**Here are some ideas for really quick but healthy snacks for you to appreciate:**

**Mixed nuts** linked to a reduced risk of heart disease and may help prevent depression, and other illnesses.



**Red pepper with guacamole** red peppers are particularly high in antioxidants and vitamin C.



**Greek yogurt and mixed berries** yoghurt is rich in calcium, potassium and protein and berries. Berries are one of the best sources of antioxidants around. Eat a mixture of differently coloured berries to get an array of these powerful compounds.



**Celery sticks with cream cheese** a classic low-carb, filling snack. Celery contains luteolin, an antioxidant that reduces inflammation.

**Dried unsweetened coconut** it's high in medium-chain fats that may increase metabolism, promote weight loss, and improve brain function in people with impaired memory.

# What Else?

This booklet is just a snapshot of ways for you to find time to invest in yourself to improve your well-being. For more ideas why not visit our very own well-being website:

[wearesmt.co.uk](http://wearesmt.co.uk)



And, you probably have your own top tips to share. To help your colleagues, feel free to let us know what you do to improve your well-being by emailing [emma.bown@stmonicastrust.org.uk](mailto:emma.bown@stmonicastrust.org.uk)

**Thank you for all you do to help others.  
Please remember to look after yourself too.**



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