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Bridge4Mothers

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PSL Programme — Personal, Social and Learning-to-Learn Competences

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Healthy Wellbeing & Routine Guide

Understanding Wellbeing and Personal Needs

Healthy wellbeing means taking care of your physical, emotional, and mental needs in a balanced and realistic way. It does not require a perfect lifestyle or major changes. Small, regular actions can improve energy, reduce stress, and make everyday responsibilities easier to manage.

A healthy routine provides structure while remaining flexible enough to respond to family, work, and personal commitments. The aim is not to follow a strict schedule, but to create habits that support your wellbeing over time.

Daily Wellbeing Tips

Try to include some of the following actions in your day:

- Drink enough water and eat regular, balanced meals.
- Take short breaks between demanding activities.
- Move your body in a way that feels comfortable.
- Spend a few minutes outdoors or in natural light.
- Reduce screen use before bedtime.

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- Maintain a consistent sleeping routine.
- Connect with someone who makes you feel supported.
- Notice and acknowledge your emotions.
- Include one enjoyable activity in your day.
- Recognise what you have achieved, even if it feels small.

Recognising Your Personal Needs

Personal needs can change from day to day. You may need rest, practical support, quiet time, social connection, movement, reassurance, or help organising your responsibilities.

Pause and ask yourself:

- How am I feeling physically?
- How am I feeling emotionally?
- What is taking most of my energy?
- What would help me feel more balanced today?
- Is there something I can postpone, simplify, or ask for help with?

Recognising a need is not a sign of weakness. It is the first step towards responding to yourself in a healthy and supportive way.

Exercise: My Wellbeing Check-In

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Complete the following statements:

Today, I feel:

My energy level is:
Low / Moderate / High

What I need most today is:

One small action that could support me is:

Someone I could contact for support is:

Building Healthy Routines and Managing Time

Healthy routines can create stability, reduce decision-making pressure, and help important wellbeing activities become part of everyday life. A sustainable routine should be simple, flexible, and appropriate for your current circumstances.

Examples of Healthy Routines

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Morning Routine

A supportive morning routine could include:

1. Drinking a glass of water.
2. Opening the curtains or spending a few minutes outside.
3. Eating breakfast or preparing a healthy snack.
4. Reviewing the most important tasks of the day.
5. Taking three slow breaths before beginning work or family responsibilities.

Midday Routine

During the middle of the day, try to:

- Take a short break from screens or work.
- Eat without rushing whenever possible.
- Stretch, walk, or change your physical position.
- Check your stress and energy levels.
- Adjust your priorities if your original plan is no longer realistic.

Evening Routine

A calming evening routine may include:

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- Preparing essential items for the next day.
- Reducing bright screens before bedtime.
- Writing down unfinished tasks instead of thinking about them repeatedly.
- Practising a relaxing activity.
- Going to bed at a reasonably consistent time.

Time-Management Suggestions

Good time management is not about completing as many tasks as possible. It is about using your time in a way that protects your priorities, energy, and wellbeing.

Choose Three Priorities

At the beginning of the day, identify:

- One task that must be completed.
- One task that would be helpful to complete.
- One wellbeing activity for yourself.

Break Tasks into Smaller Steps

Large tasks can feel overwhelming. Instead of writing “organise everything,” divide the task into manageable actions, such as:

1. Collect the documents.

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2. Review the information.
3. Complete one section.
4. Ask for clarification if needed.
5. Check and submit the final version.

Create Realistic Time Blocks

Allow enough time for interruptions, family responsibilities, travel, and rest. Avoid planning every minute of the day. Leaving some free time makes routines more flexible and achievable.

Exercise: My Realistic Daily Routine

Time of day	Essential activity	Wellbeing action
Morning	_____	_____
Midday	_____	_____
Afternoon	_____	_____

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Time of day	Essential activity	Wellbeing action
Evening	_____	_____

One activity I can simplify:

One task I can postpone or delegate:

Reducing Stress and Creating a Self-Care Plan

Stress is a normal response to pressure, change, and uncertainty. However, ongoing stress can affect sleep, concentration, mood, relationships, and physical health. Regular stress-reduction practices can help the body and mind return to a calmer state.

Simple Stress-Reduction Ideas

Slow Breathing

Breathe in slowly through your nose, pause briefly, and breathe out gently. Repeat this several times while relaxing your shoulders.

Grounding Exercise

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Notice:

- Five things you can see.
- Four things you can feel.
- Three things you can hear.
- Two things you can smell.
- One thing you can taste.

This activity can help redirect attention to the present moment.

Short Movement Break

Walk, stretch, dance, or gently move your body for a few minutes. Physical movement can release tension and improve energy.

Write Down Your Thoughts

Writing worries or unfinished tasks on paper can reduce mental pressure. You can then identify which concerns require action and which are outside your control.

Seek Support

Speak with a trusted friend, family member, colleague, mentor, or professional. Asking for support is a healthy coping strategy.

Setting Realistic Wellbeing Goals

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A realistic wellbeing goal should be:

- Specific and easy to understand.
- Small enough to begin immediately.
- Flexible enough to fit your daily life.
- Based on your own needs.
- Measurable through simple progress.

Instead of setting the goal *"I will completely change my lifestyle,"* try:

- "I will take a ten-minute walk three times this week."
- "I will stop using my phone fifteen minutes before bedtime."
- "I will prepare lunch the night before on two working days."
- "I will ask for help when my responsibilities become unmanageable."

Self-Care Planning Exercise

My Current Wellbeing Need

The area I would most like to improve is:

☐ Rest and sleep
☐ Healthy routines
☐ Emotional balance

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☐ Time management
☐ Physical activity
☐ Relationships and support
☐ Personal boundaries
☐ Other: _____

My Wellbeing Goal

My realistic goal is:

The first small step I will take is:

I will begin on:

A possible difficulty may be:

I can respond to this difficulty by:

Someone who can support me is:

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Weekly Reflection

At the end of the week, reflect on:

- What wellbeing action did I practise?
- What helped me maintain my routine?
- What made the routine difficult?
- What progress did I notice?
- What would I like to adjust next week?

Key Message

Sustainable wellbeing is built through small, realistic, and repeated actions. By recognising your needs, setting achievable goals, and creating flexible routines, you can gradually develop habits that support a healthier, calmer, and more balanced life.

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