



THE WORKWELL NOTECARD COVID SERIES

This is your WorkWell-being toolbox to help you through the various difficult emotions you might face during this difficult time

SLEEP

W WORDS



“Sleep is the best meditation”

Dalai Lama

E EXERCISE

ARM'S LENGTH



Keep your phone more than an arm's length away from you at bed time, and ideally, for at least an hour before. This physical distance means that you are less likely to reach for your phone if you stir at night.

L LINK



Headspace. If you are someone who struggles to sleep, Sleepcasts by Headspace are a great way to fall asleep. If you are a middle-of-the-night-waker, try their Night time SOS. This series is very helpful for those who are struggling with sleep. They're also offering it free for NHS staff till 2021.

www.headspace.com

L LAST THING

KEEP A POSITIVE DIARY



In these unusual times, sleep is often the first thing to be affected. It's ok. Try writing down 3 positive things that have happened in the day, no matter how small, to help you fall sleep with a positive mindset!

WORK WELL, LIVE WELL,
STAY SAFE EVERYONE!



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