

# Six Tips To Manage Your Wellbeing

Tip 1:  
Stretch



Move, warm up the muscles,  
release tension

Tip 2:  
Meditate



Close your eyes , picture  
something relaxing, see how long  
you can maintain

Tip 3:  
Try Yoga



Focus on a variety of meaningful  
poses, while simultaneously  
focusing your mind

Tip 4:  
Exercise



Whether it's a daily brisk walk or  
three intense workouts per week  
find what works for you

Tip 5:  
Keep A  
Journal



Write about your day, happy or  
indifferent, it feels good  
to write it down

Tip 6:  
Create A  
Routine



Once you are in the habit of  
working on yourself, you will see  
how important a routine can be