

Wellness tips



50 WELLNESS TIPS

TO GET YOU STARTED AND ADD
TO YOUR SELF-CARE TOOLBOX

Wellness Tip



DRINK A GLASS OF WATER FIRST THING IN THE MORNING

Coffee's great too, but it's best to start your day by re-hydrating with a full glass of water. Hydrating first thing in the morning helps to aid digestion, enhance skin health and boost energy.

Wellness tip



Switch to non-toxic household cleaning products

Conventional household cleaning products are full of harmful chemical ingredients that are not good for our health. Switching to healthier alternatives is a simple way to reduce your exposure to environmental toxins in your home.



Wellness tip

TAKE THE STAIRS



Taking the stairs instead of the elevator is a simple way to get a little more physical activity in your daily life. It also strengthens and tones your legs and core while you're at it!



Wellness Tip

See your doctor regularly for wellness exams and health/disease screenings/tests.



Wellness Tip

Along with your body,
make efforts to stimulate
and strengthen your
brain as you age.



Wellness tip



GET A FITNESS TRACKER & TRACK YOUR STEPS

Using a fitness tracker to track your steps is an easy way to make sure you're getting enough physical activity each day. We aim for 10,000 steps daily, which has significant physical and mental health benefits.

Tip



SCHEDULE A
DENTAL EXAM OR
CLEANING – AND
STICK TO IT.



Wellness Tip

Make half your plate veggies

A simple hack for healthy eating is to make half your plate veggies at each meal. The veggies pack in essential vitamins, minerals and other phytonutrients important for health and longevity. And, because they're rich in fiber, they help to aid digestion (aka keep you regular!) and keep you feeling full longer.



*Spend one
entire day on
yourself. Sleep
in, have lunch
with a friend,
call your mom,
or watch a
favorite movie.*





Tip

POST REMINDERS,
INCENTIVES OR
INSPIRATION FOR
YOURSELF TO SEE TO
HELP SUPPORT YOUR
GOALS.

Tip

A woman is shown from the waist down, wearing a dark green dress with a large floral pattern of pink and red roses. She is standing in front of a window with a decorative, white metal railing. The background is bright and slightly out of focus. The overall aesthetic is soft and elegant.

LISTEN
TO YOUR BODY.

Tip

Remember that small changes can really add up and lead to big results.



Tip



Take breaks during your
work day.

Stand up every 30
minutes while
working



-Wellness tip

Tip

Use non-toxic skincare & personal care products

Similar to cleaning products, conventional skincare and personal care products are formulated with toxic ingredients we should not regularly let absorb into our body's largest organ. Reduce the toxic burden on your body by switching to non-toxic personal care and beauty products.



Wellness Tip

. Use trusted websites for excellent health advice and/or recipes

Wellness Tip

GRAVITATE
TOWARDS
HEALTHY PEOPLE
WHENEVER
POSSIBLE.





Tip

Try to be spontaneous or try something new each week.

A woman with long, wavy brown hair, seen from behind, wearing a white, sleeveless, backless dress with a lace detail on the shoulder. She is standing in a forest with dense green foliage. The image is partially covered by a teal overlay with a sunburst graphic above the text.

Weekly Tip

SPEND SOME TIME
IN SOLITUDE ON
A REGULAR BASIS.



TRY TO EAT A VARIETY OF FOOD 'COLOURS'






Tip



Have a daily green smoothie

Green smoothies as a snack or simple, on-the-go breakfast are an easy way to get your greens in each day.





Wellness tip

Stretch your
body every day.

Get sunlight every day

Vitamin D is one of the most important nutrients for overall health, and the sunlight is one of our best sources of it. Aim to get at least 30 minutes of sunlight each day—preferably in the afternoon, and without sunscreen.

Tip

Tip



DON'T FORGET
YOUR EYE
HEALTH.

Wellness Tip

Floss your teeth daily for good dental health and overall health. Not only does flossing daily protect your teeth and gums, but good dental health is also important for immunity and heart health.

Tip

Fill your home with houseplants



Houseplants help to cleanse your indoor air, they're pretty, and research even shows they improve mood, creativity and problem solving!

WELLNESS TIP

Sweat every day



Aim to sweat in some way each day—whether that's via running, biking, dancing, hot yoga, or any other physical activity you enjoy.

Cultivate a positive mindset



Mindset is everything!
Cultivate a positive mindset by recognizing negative thought patterns and countering them with positive thoughts or affirmations.

WELLNESS TIP

Eat the rainbow



Aim to eat all the colors of the rainbow each day (natural colors only, no Skittles)!

WELLNESS TIP

Get enough sleep



WELLNESS TIP

Most adults need 7-9 hours of sleep each night. Tips on getting quality sleep — keep your bedroom cool at night, avoid blue light after dark, and more.

Tip

Spend time alone

Spending regular time alone helps to get to know and stay in touch with yourself. Alone time is an opportunity to check in with how you're doing and what you want, so you can live your most intentional life.

Whether that's exercise, crafting, or reading a book, reserve time each day to spend doing activities you personally enjoy.

Do things you enjoy

WELLNESS TIP



Wellness tip

Save your back / shoulders / neck and strengthen your core **by using a yoga ball as a desk chair.**



Work on overcoming your fears



WELLNESS TIP

Fears hold us back and keep us from living life as our best selves. Acknowledge your fears and take steps to overcome them.



Smile often

Smiling boosts your physical and mental health (it's true!), so find ways to smile as often as you can throughout the day.



WELLNESS TIP



Practice gratitude each day—this could be when you wake up, before bed, or during your lunch break at work.



A WALK AROUND THE BLOCK IS BETTER THAN NO WALK AT ALL

When it comes to a healthy lifestyle, doing just a little bit is better than doing nothing at all. If you want to go on a walk but don't have time for your usual hour-long walk, take a short walk around the block. A 5-minute walk is better than no walk at all!

WELLNESS TIP



TAKE CARE OF
YOUR SKIN.

A graphic with a yellow background and rounded corners, overlaid on a background of a white marble surface with a purple dumbbell and a pink sneaker. The graphic contains text about a wellness tip and two buttons.

Wellness Tip

Focus less on your weight, and more on your overall health.

...Oh

Let's do this!

Wellness tip

Remind yourself it takes time and patience to change ingrained habits.

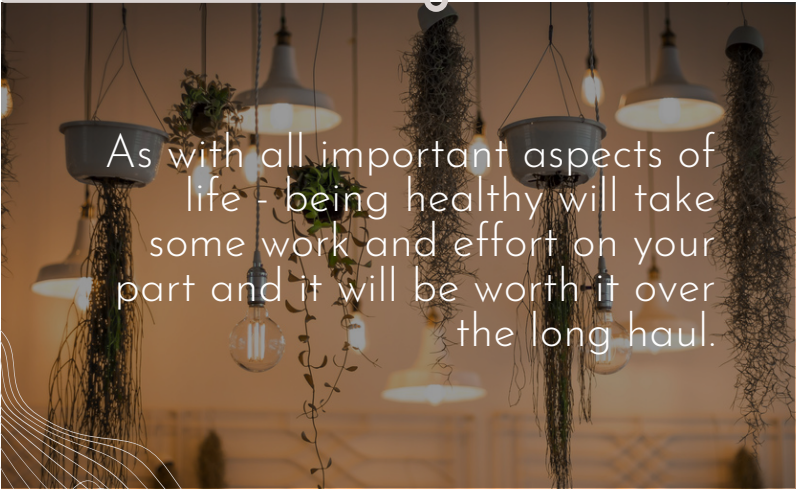


Tip



KNOW YOUR FAMILY
HEALTH HISTORY.

Remember

A photograph of several hanging plants in pots and light fixtures, with a central text overlay. The plants are in various stages of growth, with some showing long, trailing roots. The lighting is warm and ambient, creating a cozy atmosphere. The text is centered and reads: "As with all important aspects of life - being healthy will take some work and effort on your part and it will be worth it over the long haul."

As with all important aspects of life - being healthy will take some work and effort on your part and it will be worth it over the long haul.



Buy a set of hand weights. Start using them while you're watching TV, helping kids with homework, or waiting for food to cook.

Check your sunscreen for expiration dates. Throw out and re-purchase if you need to.



WELLNESS TIP



WORK ON YOUR POSTURE
WHEN SITTING DOWN. SITTING
UP STRAIGHT CAN PREVENT
BACK PROBLEMS AND REDUCE
BACK PAIN.

Wellness tip

Challenge yourself to go to bed at the same time every night for a week, at an hour that allows you to get adequate rest. Then try it again the next week.



Tip

If you work in an office, get up every 90 minutes and stretch, then take a brisk walk around the building.





“

Develop at least one new stress-buster. Instead of a bowl of ice cream or alcoholic drinks, treat yourself to a bowl of tasty, exotic fruit, take a long walk some place pretty, or enjoy an afternoon out with your spouse or best friend.

”



Tip

Use trusted websites for excellent health advice and/or recipes.



Tip

Read nutrition
labels regularly.



Charmaine So, FMCHC

WELLNESS & MINDFULNESS COACH
SINGING BOWL & SOUND THERAPIST



Your wellness journey begins with knowing your needs and values and starting where you are in life. And I am here to help guide you every step of the way.

GET IN TOUCH WITH ME TODAY!

charmaine@thegentlestrength.com | +852 6105-9374
www.thegentlestrength.com | @the.gentlestrength