

# wee changes can make a **big difference**

## tips to establish a healthy routine every day

### Eating

We all need to eat a balanced diet, if money makes this a challenge there are ideas on eating well on a budget [www.nhs.uk/live-well/eat-well/20-tips-to-eat-well-for-less](http://www.nhs.uk/live-well/eat-well/20-tips-to-eat-well-for-less) If things are challenging just now a foodbank maybe able to help [www.trusselltrust.org/get-help/find-a-foodbank](http://www.trusselltrust.org/get-help/find-a-foodbank) It's also important if we can afford extra food we don't overeat as we are bored or upset. If something is bothering you, please talk to someone about it.



### Housework and interior design

Often our external environment can reflect how we feel inside. Do you feel you have a lot of clutter, or things you would like to do in the house but just don't get round to? We all have those wee jobs about the house we put off. Getting into a housework routine can help keep clutter at bay, offer us some physical activity which saves cost of going to the gym! And improve how we feel inside and its amazing how a house can be made a home even when money is tight. This maybe offer some useful ideas [www.idealhome.co.uk/diy-and-decorating/free-ideas-home-decorating-9179](http://www.idealhome.co.uk/diy-and-decorating/free-ideas-home-decorating-9179)

### Rest and relaxation

We all need a good sleep pattern and some healthy relaxation habits. Does your home promote calm, could wee changes be made so it's a place of relaxation, maybe start with the bedroom see if that helps promote better sleep too? There are also heaps of relaxation exercises online, maybe find one which works for you [www.cope-scotland.org/index.php/videos/video/relaxation-in-just-3-minutes](http://www.cope-scotland.org/index.php/videos/video/relaxation-in-just-3-minutes)



### Companionship

We are social beings and for most people feeling and giving affection is important. Building time for companionship into our routine is important. If we don't have a lot of friends or family then it's looking at how we build connections. Part of a routine maybe looking for new places to connect with others e.g. online arts class, yoga, choirs, and singalongs, they are all out there and having a look we may find there is often more going on than we realise [www.whatsonglasgow.co.uk](http://www.whatsonglasgow.co.uk)

### Family

There is a saying we can pick our friends, but we can't pick our family and not everyone may want to stay in touch with family, however, if family is important, sometimes it's just getting into a healthier routine of staying in touch. Even a phone call or a letter if you don't see each other that often helps maintain those relationships. If you feel work needs done to rebuild family relationships, there is a lot of tips and advice on line. If using online resources, check they are from reputable sources.

### Knowledge and learning

Lifelong learning and acquiring new knowledge can be good for our wellbeing and we shouldn't worry about making mistakes as we learn, everyone makes mistakes until they learn something new [www.cope-scotland.org/index.php/latest-blog/time-for-something-new-and-remember-rarely-anyone-gets-it-right-first-time](http://www.cope-scotland.org/index.php/latest-blog/time-for-something-new-and-remember-rarely-anyone-gets-it-right-first-time) If you suffer a health challenge, learning more about your condition from reliable sources and ways to self-manage it can also be good for your wellbeing e.g. This piece offers ideas which may help reduce the distress of chronic pain [www.cope-scotland.org/index.php/latest-blog/wee-tips-to-help-reduce-suffering-caused-by-chronic-pain](http://www.cope-scotland.org/index.php/latest-blog/wee-tips-to-help-reduce-suffering-caused-by-chronic-pain)



## Fun and leisure

Build some fun and leisure into your daily routine, even thinking about, or trying out new ideas can help fill the day in a meaningful way. Money maybe tight, however, our imaginations knows no limits, use it to find new ways to have fun.

This link takes you to an info mag which includes an activity page which you may find useful for you and, or, the kids [www.cope-scotland.org/index.php/latest-blog/whit-s-happening-and-resource-directory-issue-7](http://www.cope-scotland.org/index.php/latest-blog/whit-s-happening-and-resource-directory-issue-7)



## Be creative

This can be from baking a cake, starting a journal, joining a class, writing a song, making a hope jar, doing some creative artwork with the kids, writing poems, even writing a letter to a friend or family member. This piece has an excellent ideas book put together by MindandDraw. [www.cope-scotland.org/index.php/latest-blog/ideas-for-how-creativity-can-improve-our-mental-health](http://www.cope-scotland.org/index.php/latest-blog/ideas-for-how-creativity-can-improve-our-mental-health) and this piece offers tips on making an affirmation jar [www.cope-scotland.org/index.php/latest-blog/positive-affirmations-for-wellbeing](http://www.cope-scotland.org/index.php/latest-blog/positive-affirmations-for-wellbeing)

## You matter

Make time every day for what matters to you, we are all unique individuals with our own needs and sometimes when life is challenging these can be harder to meet, but look for even 15minutes in the day to call your own, to do what matters to you. There is a workbook in this piece which may be of interest [www.cope-scotland.org/index.php/latest-blog/picking-up-the-pieces-when-the-world-feels-changed-1](http://www.cope-scotland.org/index.php/latest-blog/picking-up-the-pieces-when-the-world-feels-changed-1)

## Sense of freedom

Sometimes we get so caught up in what we can't do, we forget what is in our control. We may see lack of money, or someone to do things with as obstacles to what we want to do. Sometimes its about working out what matters to us, what is within our control and what maybe we need to find the confidence to go for. This wee piece and workbook maybe useful [www.cope-scotland.org/index.php/latest-blog/self-confidence-and-personal-leadership](http://www.cope-scotland.org/index.php/latest-blog/self-confidence-and-personal-leadership). Few people if any get everything they want, but having the confidence to set realistic goals may mean we find what we need.



## Know you are doing the right thing and are appreciated

We all respond to kindness and being kind to ourselves matters, sometimes we find that hard, this wee video maybe useful for helping change your internal voice to help you make kinder choices for you [www.cope-scotland.org/index.php/latest-blog/what-are-you-saying-to-yourself-because-you-are-listening-1](http://www.cope-scotland.org/index.php/latest-blog/what-are-you-saying-to-yourself-because-you-are-listening-1) Ideas for how we can be kinder to others [www.cope-scotland.org/index.php/latest-blog/changing-the-world-one-kind-compassionate-conversation-at-a-time-1](http://www.cope-scotland.org/index.php/latest-blog/changing-the-world-one-kind-compassionate-conversation-at-a-time-1) and kinder to the planet [www.cope-scotland.org/index.php/latest-blog/things-we-can-do-to-help-build-a-kinder-world](http://www.cope-scotland.org/index.php/latest-blog/things-we-can-do-to-help-build-a-kinder-world)

## Spend time in nature

From a walk in the park, to time in your garden if you have one, or making your veranda if you have one to looking at pictures of nature or having plants in the house if you aren't allergic. Being in nature even watching a video can be good for our wellbeing. This wee piece maybe of interest [www.cope-scotland.org/index.php/latest-blog/coorie-whits-that-got-tae-dae-wi-gettin-fitter](http://www.cope-scotland.org/index.php/latest-blog/coorie-whits-that-got-tae-dae-wi-gettin-fitter)