

# THOUGHT FOR THE DAY

## Wednesday 3<sup>rd</sup> February

We know that **eating healthily** regularly helps our mood, boosts immunity and supports overall wellbeing. Planning ahead with healthy snacks can increase your nutrient intake at work and help maintain your energy levels during busy shifts. Try a handful of unsalted nuts and raisins; mixed seeds; a small bag of popcorn; rice cakes; an oat bar; fresh fruit, or a handful of your favourite dried fruit.

The [Eatwell Guide](#) on the NHS website has lots more helpful information to help you achieve a healthy, balanced diet.

## Thursday 4<sup>th</sup> February

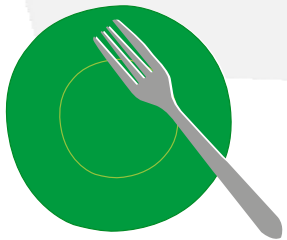
### Stress Management

Understanding what's causing our stress is an important step in managing it. Stress is an inevitable part of life, but you can improve the way you respond to stress - even when you cannot avoid or change some of the situations that create it. Keeping an 'anxiety diary' may help you identify what triggers your stress. It can help you to spot patterns and identify what strategies work to help you manage stressful anxiety-provoking situations. Reflecting on this will help build your confidence. [Resilience - support for healthcare professionals \(macmillan.org.uk\)](https://www.macmillan.org.uk)

## Friday 5<sup>th</sup> February

### Setting yourself goals, towards enhancing your wellbeing

You could use a method designed by Stephen Covey called 'start with the big rocks', to help you prioritise the most important tasks. See the [self-care plan](#) which might also help with planning.



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## Saturday 6<sup>th</sup> February

### Helping you feel more grounded

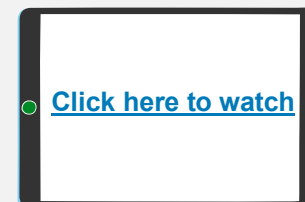
We know how busy you are, but try to make time for daily deep breathing, mindfulness, or using a calming app. Spending just a few minutes every day on techniques like these can have a positive impact on your mental health and wellbeing.

There are also some popular Mindfulness apps that you might find helpful such as [Headspace](#), [Insight Timer](#), [Pause Mindful moments](#) and [Calm](#)

## Sunday 7<sup>th</sup> February

### Switching off from work

Work can sometimes seep into every aspect of our lives. Now more than ever it's important for you to put some distance between your working day and home life. Watch our short video with ideas for how to easily do this.



## Monday 8<sup>th</sup> February

### Acknowledge your thoughts and feelings and open up.

This is discussed as part of the FACE COVID approach [FACE-COVID-by-Russ-Harris.pdf](#).

## Tuesday 9<sup>th</sup> February

### Stephen Covey's Circle of Concern and Circle of Influence

With everything changing and moving so rapidly, today, try to focus your energy on doing those things that are within your control. If you can practice doing this every day, soon your whole focus will be on things you can control.

[Circle of Influence - Unleash Your Power | TheMindFool](#)



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