

TAKE CARE IN APRIL

This month we are encouraging you to put your own 'oxygen mask' on first so you can have a real impact on those around you. Sometimes we forget to spend time looking after our own well-being. So have a whole month to focus on YOU, your happiness and your success.

1st
This week... check every day to see how **happy** you feel. Then take action if you need to.

2nd
"Taking care of yourself doesn't mean me first it just means me too."
L K Knost

3rd
Sometimes it's OK to accept what is good enough for now.

4th
"Don't compare what you feel inside to how others appear from the outside."

5th
There are no medals for being the 'busiest' worker.

6th
Be aware all day of the things you have achieved. Write them down as you go and check at the end of the day.

7th
"Put yourself at the top of your 'to do' list and the rest falls into place."
Anon

8th
This week... check every day to see how **stressed** you feel. Then take action if you need to.

9th
Difficult days happen. Accept it and move on. Don't let it shape or limit your week.

10th
Use 'quick boosts' wisely. Sugar, caffeine, alcohol are usually followed by dips in energy.

11th
Today is SHINE day. Be your best positive and happy self all day

12th
Where is your happy place? Visit it every day for the rest of the month in your head, through a photo or for real.

13th
We all make mistakes so forgive yourself. It is part of growing and learning.

14th
Coaching helps to set goals and to reflect on your priorities.
Check out Signpost coaching packages

15th
This week... check every day to see how **energetic** you feel. Then take action if you need to.

16th
What do you need to do more of to be healthier?
More water? Less sugar? More calm? Less busy?

17th
Self-care is essential for you to flourish and be your best.

18th
"Talk to yourself like someone you love."
Brere Brown

19th
Designate a specific 'worry' slot so that niggles don't disrupt your day.

20th
"Carve out and claim the time to care for yourself and kindle your own fire."
Amy Ippoliti

21st
Get to work on your inner voice. YOU control the way you speak to yourself so be **kind!**

22nd
This week... check every day to see how **calm** you feel. Then take action if you need to.

23rd
How often do you measure yourself by other people's expectations?

24th
Take a look at our **Power Ups on Wednesdays on YouTube. A few ideas we thought might be useful.**

25th
How have the decisions and mistakes you have made in the past helped you today?

26th
Sharing how you feel can reduce anxiety.
If you need help ask for it.

27th
Gratitude is known to lower cortisol so get out there and reduce stress by saying thanks.

28th
Have you tried relaxing breathing? Try 5-3-5 breathing. 5 in 3 hold 5 out. Repeat 5 times. It really slows you down

29th
This week... check every day to see how **positive** you feel. Then take action if you need to.

30th
Think back over the month. Which ideas worked for you? Plan them going forward.

We work with teams to increase effectiveness, success and well-being.
Please get in touch if you think we could be part of your next step.

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