

# Get Up - Get Dressed - Get Moving

## *Benefits for Body and Mind*



- **Get Up**

Having a regular sleep routine has significant benefits in terms of our mental well-being and brain health. Getting up at a regular time each day, even if tired at first, regulates our sleep-wake cycle, helping us feel more alert during the day and sleepy at night.

- **Get Dressed**

Simple actions, like choosing and putting on our clothes, helps us start the day with a sense of purpose, choice and control. The other small choices we make afterwards about how to use our time can also make a big difference (e.g., doing a crossword, reading a book, calling someone for a chat). It's the little things that help by making each day different and meaningful, stimulating our minds, and helping our brains process and remember the days events.

- **Get Moving**

It's natural to avoid things that make us feel tired, afraid, or uncomfortable. None of us choose to have these feelings and this struggle is something we all experience at different times. Sometimes the thought of getting out of bed might feel like too much. When going through such mental battles, it is important that we respond to ourselves with the same kindness and encouragement that we would give to a friend. We must be aware of any critical or harsh thoughts about ourselves and try to nurture a compassionate response to ourselves and our struggle.