



# Making the Most Out of Your Day

A world of possibilities

While it may seem challenging to add new habits to your daily routine, making small steps towards positive change can have a significant impact on your productivity and success.

Now, we get it. You might be thinking, "I barely have time to brush my teeth in the morning, let alone start meditating and doing yoga." But trust us, taking just a few minutes to prioritise your own wellbeing can make a world of difference.

Think of it like this - you wouldn't skip filling up your car with fuel just because you're running late. Your body and mind are the same way - they both need fuel to function properly.

So, go ahead and make that time for yourself, prioritise your day and practice those good habits even if it means waking up a few minutes earlier.

Here are some ideas which can help your day start off right:

- Start your day with a healthy breakfast to kick-start your body and brain.  
Take a few minutes to stretch.
- Prioritise your most important tasks in the morning.
- Take breaks throughout the day.
- Stay hydrated!
- Practice gratitude by appreciating the different aspects of your life.
- Take moments to reflect on your accomplishments and lessons learned at the end of the day.

TSWS Support - Online Access

Website: [www.tsws-assist.co.uk](http://www.tsws-assist.co.uk)

Username: arches

Password: tenantsupport



**Talk to your Tenant Support & Wellbeing Service (TSWS), here for you, available around-the-clock.**

**Life & Progress**

Confidential, Free access for all Tenants

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