

Normal activity	Swap for...
Going to bed late.	<p>Setting an early bedtime for the night. Early nights are underrated and just being relaxed in bed can destress and get you ready for sleep. Even if you cannot sleep, winding down for the evening by having a bath, reading a book or meditating, can help remind your body that it is time for bed. Prioritising your sleep is incredibly important for your overall health.</p> <p>For more information and advice please visit Headspace.</p>
Eating takeaway or microwavable meals.	<p>Making homemade, delicious meals. For inspiration and simple recipes, visit BBC Simple Recipes</p> <p>Cooking and baking can be very therapeutic and fun!</p>
Looking at your screen until very late at night and picking up our phones first thing in the morning.	<p>Turning our phones off two hours before bed (if your phone is your alarm, then it might be worth investing in a small alarm clock).</p> <p>Studies have shown that screen stimulation before bed can disturb sleep, especially scrolling on social media last thing at night and first thing in the morning.</p> <p>Why not turn your phone off an two hours before bed and do some reading or have a bath and relax. In the morning, you could take an hour before you need to check your phone again.</p> <p>For more information please visit The Cleveland Clinic.</p>
Not drinking enough water throughout the day.	<p>Try making it a priority to drink 8 glasses of water throughout the day. It might be handy to invest in a water bottle, or every two hours, put a reminder on your phone to drink a glass.</p> <p>For more information, visit NHS website.</p>
Waking up and diving straight to work by answering emails or checking your phone etc	<p>Waking up early to stretch or meditate or go for a small walk.</p> <p>Studies have shown that it eases you into your day and helps to destress before you start work. Try leaving your phone off for an hour (or half an hour) after you wake up.</p> <p>For more information, please visit Health Line</p>
Feeling disconnected from friends, family and nature.	<p>Try meeting up with a friend or visiting some family for a social distanced activity or try signing up for a new class or activity that you have always wanted to try. Try Actif for ideas on activities you can join!</p> <p>Feeling disconnected from nature can also have a negative impact on our health and wellbeing. Why not try going for a walk around some of Carmarthenshire's most beautiful areas? For more information visit Discover Carmarthenshire.</p>