



# Developing Positive Lifestyle Habits

We all need good mental health and wellbeing – it's essential to living happy and healthy lives. Having good mental health can help us sleep better, feel better, enable us to do the things we want to do, and help us have more positive relationships with those around us. The reverse is also true: by developing positive lifestyle habits - sleep, diet, exercise - we can improve our mental wellbeing. Here are some apps which can help you do just that!

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Sleep is one of the most integral ways we can rest and recharge our minds but at times of uncertainty or anxiety, it is often the first thing to lose sync. Sleepio, is specifically designed for insomnia yet works for a wide range of sleep issues, because it is modelled after cognitive behavioural therapy. Fill out the sleep diary and work through your concerns with a virtual 'therapist', using lessons and mindfulness tools to help you drop off to a restful slumber.



Daylio enables you to keep a private diary without having to type a single line. Pick your mood and add activities you have been doing during the day. You can also add notes and keep an old school diary. Daylio is collecting recorded moods and activities in the statistics and calendar. This format will help you to understand your habits better. Keep track of your activities and create patterns to become more productive



Walk and run your way to 5k this Couch to 5k app designed to take total beginners from walking to running for 30 minutes in just 9 weeks. Millions of people have already started running with our simple Couch to 5k plan - so download it now, grab your trainers and get ready to become a runner. Presented in association with BBC Get Inspired, the app builds you up gradually with a mix of running and walking. All you have to do is choose one of our four famous trainers and let them guide and motivate you through each session.



The FREE Smart Recipe app from Change4Life is an easy way of helping you prepare tasty, healthier meals the whole family will love. We all love tasty food but it's not always easy to cook for the family if you're short on time and the kids are picky. Remembering ingredients and keeping track of portion sizes can be a hassle. But don't worry; our Meal Mixer will take care of that for you.

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Does sleep generally stress you out? Do you feel like you constantly don't get enough of it or, at least, your quality of sleep isn't that great? This app could seriously help. Tracking your sleep cycle throughout the night, based on movement and sound analysis, it works to wake you up when you are at your lightest sleep which means you'll be much less groggy and grumpy rising.



Streaks is a to-do list that helps you form good habits, and an essential app to hold you accountable to all your goals. The app allows you to track up to twelve tasks you want to complete each day and the goal is to build a streak of consecutive days. Whether it is going for a run, reading a chapter of a book or quitting smoking – Streaks can help you keep track of these tasks.

## Contact Us

Please feel free to email any suggestions about resources and support to:

[katebretherton@newlandsgirls.co.uk](mailto:katebretherton@newlandsgirls.co.uk)

## Acknowledgements

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