

# YOUR ROUTINE

WAKING UP

AM ROUTINE

WORKSPACE

GOALS

BREAKS

MEALS

END OF DAY

PM ROUTINE

MY NOTES

**WHAT OBSTACLES YOU WILL FACE?**

- people
- space
- motivation

**HOW WILL YOU OVERCOME THEM?**

- line manager
- rotas
- experiment

# YOUR RESOURCES

## KEEP ACTIVE

- [Nike Training Club App](#)
- [Yoga with Adrienne](#)
- [Fitness Blender](#)
- [Other Fitness Apps](#)

## BOOKS & READING

- [The Happiness Advantage](#)
- [Mindset](#)
- [The Chimp Paradox](#)
- [Good News Network \(website\)](#)

## PODCASTS

- [Action for Happiness](#)
- [Fearne Cotton Happy Place](#)
- [Heather McKee Bite Sized](#)
- [Frantic World](#)

## THINGS TO WATCH

- [The Good Life Ted X Talk](#)
- [Understanding Strengths](#)
- [Rick Hanson on Happiness](#)
- [10 Mindful Minutes](#)

## PEOPLE IN MY LIFE

## OTHER IDEAS

- [The ACT App](#)
- [Soundcloud Mindfulness](#)
- [Frantic World Resources](#)
- [The School of Life](#)

## INTERNAL COMPANY LINKS

- Managers
- Colleague
- EAP
- HR / People Team

## EXTERNAL HELP

- NHS • Freephone 111 •
- Rethink Advice • 03005000927
- Mind Infoline • 0300 123 3393
- Samaritans • 116 123