The 5 Ss – Making The Most Of Each Day



The research into wellbeing is very clear – there are some things you have to get right to thrive.

These fundamentals are known as the 'Five Ss': **Sleep, Start, Sustain, Stop** and **Socialise.** Find out what works for you and lock it in.

The 'Five Ss': Sleep, Start, Sustain, Stop, Socialise

Start



Plan out each day

Our brains love certainty so plan out each day with clear intentions of what lies ahead. Prioritise the things you can control. List out what needs to be done, make a plan about what to attack first and break down the work into achievable amounts so you're not overwhelmed.

Sustain



Manage your energy levels

Eat properly and hydrate to keep the body 'fueled up'. Schedule breaks during the day to recharge physically and mentally. Taking time to slow down like this re-focuses your thinking and makes you more productive. Think in ways that keep things in perspective and help boost your mood.

Stop



Switch off from work each day

Maximise your recovery time. Make sure you set aside some quality time each weekend to do other things you enjoy such as sport, hobbies or catching up with friends. You'll come back to work feeling fresher and more motivated.

Socialise



Have a social life outside work

Make sure you have a good support crew to help you unpack your day. If you keep every work challenge inside your own head, life soon becomes overwhelming, so don't bottle things up. Getting things off your chest with family and friends relieves stress. You can also help others doing it tough, simply by being a good listener.

Sleep



Get the right amount of sleep

Make sure you have the right quality and quantity of sleep before you start work. Most of us need seven to nine hours of sleep each day to give our bodies a chance to repair and re-energise for the next day. Without the right amount of sleep, you won't function at your best.