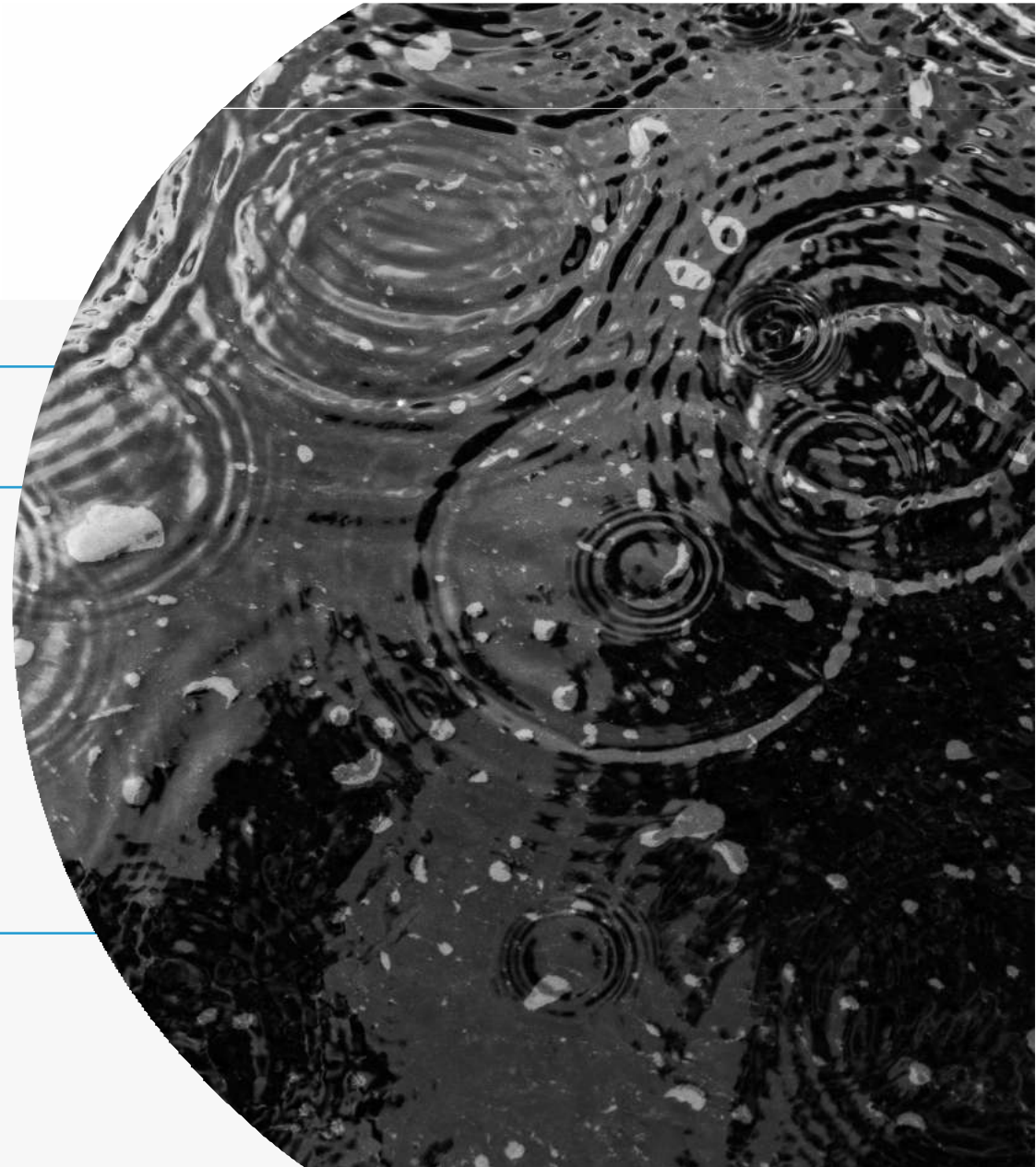




Presented by Magoo IT & The City of Bayswater

Wellness

Apps and Online Tools



What is Wellness?

Wellness is an active process of making choices to create a healthy, happy, content and fulfilling life.

Emotional wellness maintains control of thoughts, feelings, and behaviors to be able to cope with life's challenges. It can keep problems in perspective and help to bounce back from setbacks.

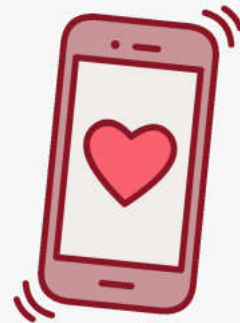
Physical wellness while always important, is especially important as we age because regular exercise and proper nutrition can help prevent a variety of ailments.



1. Social Connectedness

Quantity

How often you socialize is very important. Try to connect with someone more frequently. Even a brief interaction may make a difference in how you feel.



Quality

The quality of relationships you develop with people can make a difference. It's best to avoid toxic relationships or those that violate your personal boundaries.



Facebook

The Meetup logo, which is the word "meetup" written in a red, lowercase, cursive font.

Meet people, make friends, find support, grow a business, and explore interests

Even 20 or 30 minutes of daily exercise can have a positive impact on your overall sense of well-being and help improve your mood.



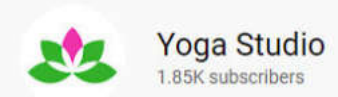
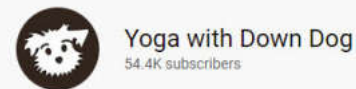
2. Exercise Regularly



"These New Habits Are Here To Stay" | MyFitnessPal
<https://www.youtube.com/watch?v=ag5zhimpCdc>



Google search 'best yoga apps', Youtube search the app you found:





4. Get a Quality Sleep

If you're having trouble sleeping, you know it can affect your mood and physical health. Consider your sleep hygiene. Include quiet and calm activities before going to bed, and wake up at the same time every day – these are simple ways you can begin your journey towards becoming a successful sleeper.



Sleep Cycle

Let your phone analyze your sleep and wake you up with a gentle alarm in the lightest sleep phase – the natural way to wake up feeling rested. Free with Paid Upgrade available. iPhone & Android

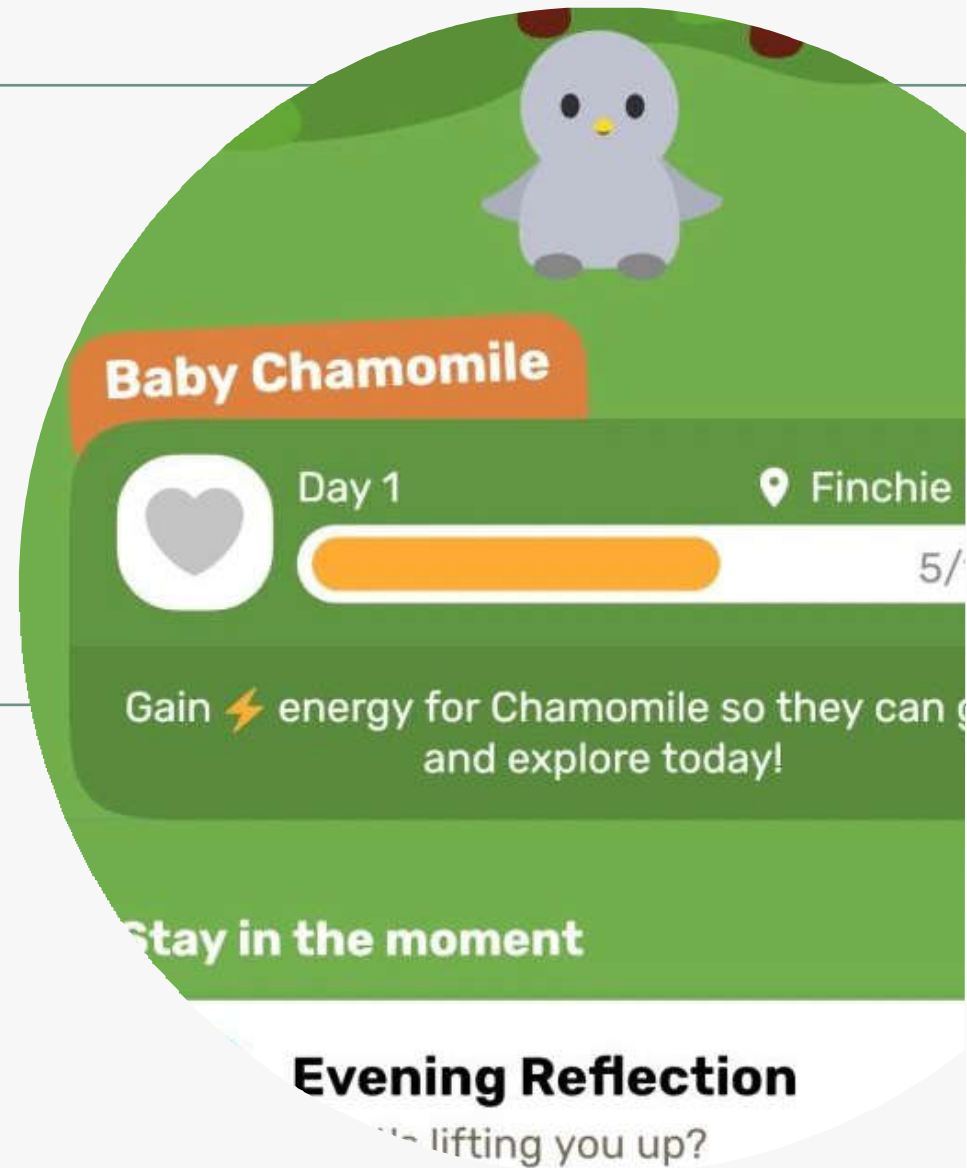


Make Simple and Healthy Choices

Start with small changes within each dimension and take it one day at a time – you don't have to run a marathon or go on a restrictive diet to implement wellness into your everyday life!



Your new self care best friend
<https://www.youtube.com/watch?v=aehTxkh0xxE>

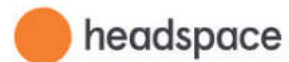


5. Practice Mindfulness and/or Meditation



Again?

Being mindful means being aware of your thoughts, feelings, and bodily sensations in your day-to-day. Practicing mindfulness is good for the body and mind, helps with focus and also changes your mindset.



The 6 Best Hypnosis Apps of 2022

Best Overall: [Hypnobox](#)

Best For Relaxation: [Relax and Sleep Well Hypnosis](#)

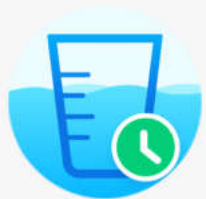
Best for Mood: [Harmony Hypnosis Meditation](#)

Best for Weight Loss: [Lose Weight Hypnosis](#)

Best for Stress Relief: [Djgipill](#)

Best for Anxiety: [Anxiety Free](#)

6. Drink Water



**Drink
Water
Reminder**



1 Best Hydration Apps

- 1.1 Daily Water Tracker Reminder
- 1.2 Water Drink Reminder
- 1.3 Plant Nanny
- 1.4 Hydro Coach
- 1.5 Water Time
- 1.6 Aqualert
- 1.7 Leap Fitness Drink Water Reminder
- 1.8 My Water Balance
- 1.9 Drink Water Tracker Reminder
- 1.10 Water Minder

7. Set Goals, Build & Break Habits



The Best Habit Tracking Apps in 2019

<https://www.youtube.com/watch?v=491oCCVMa04&t=615s>





**Skin care as self
care & mindfulness**

Self-care Practices Look Different for Everyone

For some, it can mean staying still while for some it can mean being active. The main idea is to engage in an activity that recharges or energizes you.

8. Pay It Forward



<https://www.bayswater.wa.gov.au/community/community-services-and-programs/volunteering>

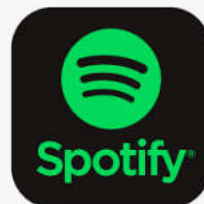


<https://www.volunteeringwa.org.au>



9. Boost Endorphins (Self Care)

- ✓ Laughter
- ✓ Company of Friends
- ✓ Watch a Movie
- ✓ Exercise
- ✓ Intimacy/Sex
- ✓ Good Music
- ✓ Create Art



You've got to be kidding me!

<https://www.youtube.com/watch?v=nGeKSICQkPw>

10. Relationships with loved ones



Smiling Mind - so much more than mindfulness

[https://www.youtube.com/results?](https://www.youtube.com/results?search_query=smiling+mind-so+much+more)

[search_query=smiling+mind-so+much+more](https://www.youtube.com/results?search_query=smiling+mind-so+much+more)



I need someone to talk to about my problems

[https://www.youtube.com/results?](https://www.youtube.com/results?search_query=i+need+someone+to+talk+to+about+my-problems)

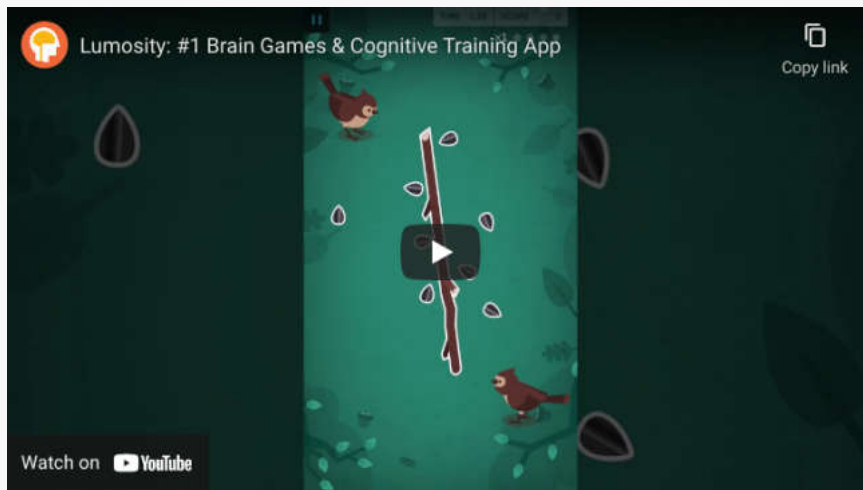
[search_query=i+need+someone+to+talk+to+about+my-problems](https://www.youtube.com/results?search_query=i+need+someone+to+talk+to+about+my-problems)



11. Stimulate your mind

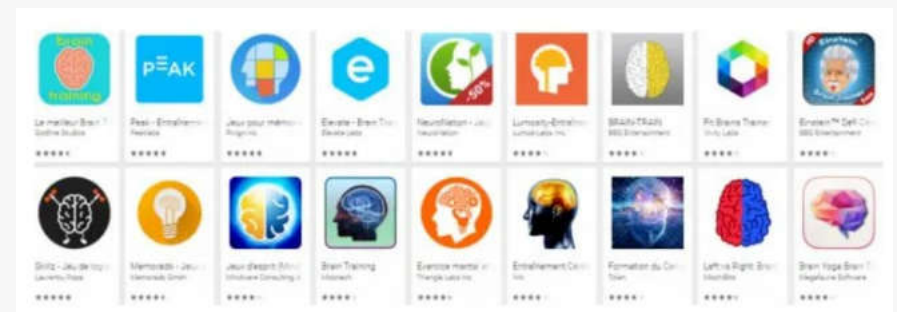
Create cognitive excess

TED Ideas worth spreading



Lumosity: #1 Brain Games & Cognitive Training App

<https://www.youtube.com/shorts/qyqDjzFO-hY>



WELLBEING MEDICAL ATHLETE HAPPINESS TRAINING RELAXATION CARE SCIENCE
HEALTHY MAINTENANCE LIFESTYLE ENVIRONMENT ENJOYMENT RELAXED
HEALTHCARE RUNNING SPORT MIND EXERCISE DIETING GYM HEALTHCARE
ACTIVITY MOTION FIT ENJOYMENT RELAXED MENTAL SELF-CARE FIT
DIET EVERYD EXERCISE MAINTENANCE MUSCLE CARE CHEERFUL
FITNESS RELAXATION HAPPY INFORMATION WELLNESS ENJOYMENT
SCIENCE

WELLNESS

ENJOYMENT SCIENCE HYGIENE MEDICAL LIFESTYLE CARE MENTAL FITNESS
HEALTHY FIT ATHLETE PHYSICAL MENTAL ENERGY NUTRITION HEALTHCARE MEDICINE
HEALTHCARE ENERGY MEDICAL SPORT NUTRITION HEALTHCARE CARE HEALTHCARE MENTAL
SPORT HEALTHY SPORT





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