



# TC and Me: Six steps to improve personal wellbeing

Busy, modern lifestyles and unpredictable environmental factors can make it a challenge to maintain good health and wellbeing. From building healthy relationships with family, friends and colleagues, to understanding the importance of physical health, mental health and work-life balance, there are six steps worth considering. **When it feels like there's not enough hours in the day, remember that little changes can make a world of difference.**



To find out more visit  
[www.thomascarroll.co.uk/TCandMe](http://www.thomascarroll.co.uk/TCandMe)

 @thomascarrollgp  
#TCandMe

