

Your Wellbeing Essentials

A woman with long dark hair and a young girl with blonde hair in two buns are sitting at a white desk. They are both smiling and looking down at their notebooks. The woman is holding a blue pen and writing, while the girl is holding a purple pen. There are several colorful pens on the desk in the foreground. The background is a softly lit room with a white sofa and a plant.

S.T.A.N.D.

Too often we push aside our time to self-care due to time restraints, financial commitments, lack of energy or we just may not feel it is important enough. When we look at wellbeing, we are all on a continuum, or sliding scale. Some of us may have optimal wellbeing, we are thriving, growing, excelling on a day-to-day basis both physically and mentally, whereas others may have poor wellbeing and are struggling both physically and mentally. As life circumstances change, so too will our wellbeing; it is a sliding scale.



S.T.A.N.D.

Currently, you may be concerned about looking after your wellbeing when your normal routine has been disrupted. Here, we recognise five essential factors which evidence shows are important to support, nurture and develop your wellbeing. They can all be achieved without a gym, spa or meeting up with friends and family in restaurants and other familiar social settings.

We have simplified these into an easy to remember mnemonic: **S.T.A.N.D.**



Sleep

- Sleep is just as essential as food and water for survival, and everyone needs it. Having good sleep hygiene or habits is essential for life
- Sleep provides time to allow the body to repair itself and our brains to consolidate our memories and process information
- It affects every single type of tissue and system in our body, including problem solving, attention, immune function, growth and functioning of our organs. Research shows that healthy sleep is a vital component of a flourishing life



Sleep

Top Tip: With a disruption to our routine, we may fall out of a healthy sleep routine. Try to maintain your normal routine by going to bed at the same time and waking at the same time, even on weekends. Or take the time to develop a new routine; aim to go to bed earlier, helping you feel more refreshed the following day.



Togetherness

- Take time to do what we often do not get time to do such as socialising in new ways. Human beings are social creatures. We have travelled, hunted and thrived together in social groups
- Connections and friendships offer a number of mental health benefits including increased feeling of belonging, purpose, increased levels of happiness, reduced stress levels and improved self-worth and confidence. They also improve our physical health



Togetherness

- Studies have shown that the lack of social connection is a greater detriment to health than obesity and high blood pressure. Strong social connections lead to an increased chance of longevity. Togetherness generates a positive feedback loop of social, emotional and physical wellbeing

Top Tip: Plan who you will connect with today. Social distancing has made us re-think how we connect with people. Arrange a virtual board game night with family/friends or call someone you have been meaning to, but time has been in the way.



Togetherness

T – can also stand for TIME – time to do the things you also say you have not got the time to do!

TIME to talk to family and friends

TIME to get outside

TIME to be active and or exercise

TIME to eat better

TIME to learn a new skill

TIME to relax

TIME to sleep better



Activity

How much are you moving your body?

- Humans are meant to move and we have done so since our hunter-gathering days. You don't need to be a fitness fanatic to reap the benefits
- Research has shown that even a short 10-minute brisk walk increases our mental alertness, energy and positive mood
- Physical activity also has a profound effect on our mental wellbeing. It is the best antidepressant and anti-anxiety agent we have. It is better than any antidepressant medication, better than psychotherapy and better than both combined. It releases endorphins - powerful chemicals - which energise your spirits and make you feel good



Activity

How much are you moving your body?

- No matter what your age or fitness level, exercise is another tool to feel better

Top Tip: If you are working from home, take the opportunity to get up and move a bit more. Set reminders in your calendar to move around house, climb the stairs several times a day, or even set aside time during your lunch break to get out for a walk. Be creative; when watching TV get up and move or march on the spot during commercial breaks.



Nutrition

- As the saying goes, we are what we eat, and every nutrient has a big impact on our physical and mental wellbeing
- The fuel our body needs to help with movement, detoxification, mood, hormones and brain chemicals is provided by healthy nutritious choices
- Eating a well-balanced and nutritious diet can contribute to decreased stress and anxiety, a boost in energy and mood and a lower risk of disease
- Food should be used to help fuel our body on a daily basis; not feed our emotions. A healthy diet is a fundamental



Nutrition

Top Tip: If you find yourself too frequently visiting the fridge/cupboard while at home, plan your shopping list and minimise the number of sugary snacks you have in the house. A good rule of thumb is if you are not hungry enough to eat an apple then you are not hungry; it's an emotional hunger you are feeling.



Development

- Personal development is, at its simplest, the concept of you evolving as a person – improving yourself mentally, physically and spiritually
- It presents an opportunity for you to experience new things around you and allows you to grow as a human
- When we learn something new on a regular basis, we are building an infrastructure of brain connectivity. The more connections you have, the richer your thoughts
- Personal development is not short term, so learn something new every day to keep your life vital and exciting



Development

Top Tip: Learn something new whether it's a new skill or hobby. Your brain is a muscle like the rest of your body; if you don't use it then you lose it. Your personal development will drive the rest of your wellbeing to reach the goals in life that mean the most to you.



Summary

Focusing on these simple essentials should help you maintain a positive state of health and wellbeing. However, if you need any further advice, you can talk to one of our practitioners to guide you through what more you can do.



