

IMPROVING PHYSICAL'S MENTAL HEALTH

There is no surprise in hearing there are significant benefits in improving your physical and mental health. We are aware that if one or both of these areas are neglected, we will be challenged to feel balanced, motivated and capable in a consistent way. Most of us know the key elements and strategies that we can adopt and may at times have attempted. With all the competing demands in our lives, we often sacrifice our health and prioritise other aspects. How do we make this a more simple and sustainable commitment?

We have developed a 'suggested daily routine' that focuses on embracing regular tasks, including exercise, sleep, food and hydration and activities that can optimise health and wellbeing. It is easy to tailor this to your own preferences and substitute activities that have worked for you in the past, but the key is to put it all together and have a routine. Routines become habits after approximately 3 weeks, and then there is less need to think about what you should be doing - as it will be happening automatically.

SUGGESTED DAILY RITUAL



Wake (early) 1 hour before you need to go to work or elsewhere (time to

pace)



SLEEP 7 - 9 hours of sleep



POSITIVE

Start the day with



Switch off screens and wind down 1 hour before bedtime with 'low intensity' activities



STOP

PLAN

10 minutes to plan

your day and reset

priorities and

expectations

Stand up for 5 minutes every hour (stand up, stretch, refresh, re-set, review)

BREAK

APPROACH

Plan to do the 'ugly'

or harder jobs first -

don't let it simmer.

Approach versus

avoid

LUNCH Take 30 minutes for

lunch and ensure you rehydrate

ATTITUDE

1 minute to choose

your attitude or

motto for the day

(make it helpful and

empowering)

Relax

Take a mindfulness moment every 90 minutes (meditation, cup of tea, breathing)

FOOD

Eat 3 meals including 2 fruit and 5 vegetables and avoid refined sugar and saturated fat



CONNECT

Say hello and goodbye to your colleagues and household (connecting improves approachability)



WATER 2 litres of water each



EXERCISE

30 minutes of medium intensity exercise or physical activity which promotes the release of feel-good chemicals in your brain, like endorphins and serotonin.

THE BENEFITS

Some of the benefits of engaging in our suggested daily ritual include:

- Increased cardiovascular and immune system health
- Increased capacity to think strategically and creatively
- Increased mental health and resilience
- Reduced stress, tension and frustration
- Reduced number of mistakes
- Clear thinking and boundaries

1800 808 374

Increased self-belief

HELPFUL TIP

To ease into our daily routine, try selecting 3 things to start with. Each week you could add in another suggestion.

Have a friend join you on the journey to make it more enjoyable!





