

IMPROVING PHYSICAL & 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



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
- ◆ 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!

