

WELLBEING STRATEGIES FROM AROUND THE WORLD

As the world becomes better connected, it gives us the opportunity to explore new and wonderful things – new food, new music, and new tips for improving your wellbeing! Here is a collection of some interesting wellbeing strategies from around the world.

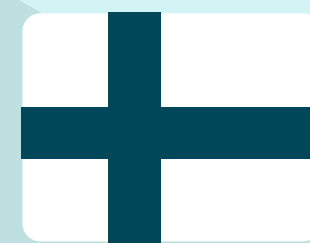
FOREST BATHING



'Shinrin-yoku' or forest bathing has been practised by the Japanese for decades. Relaxing and spending time in nature has been shown to be a cure-all and is linked to improved cardiovascular function, memory and accelerated recovery. It can also reduce depression and anxiety, and has even been linked to improved eyesight.

Do you struggle to get away on the weekend? The good news is that similar benefits have been found for simply heading to a park. Picnic anyone?

SAUNAS



With one sauna for every five people in Finland (that's over a million saunas!), having a steam is practically a national pastime.

Saunas have been known to improve circulation, however a recent study has also found that spending time in saunas can reduce blood pressure and the risk of cardiovascular disease. Better yet, the results improve the more frequently you steam – so what better excuse do you need to head to the sauna on the way home from work?

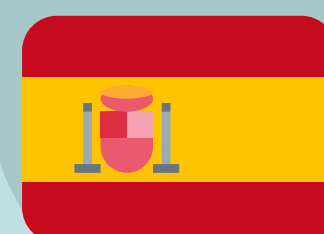
PEDAL POWER



The Dutch are the world's biggest cycling fans, with the average person pedalling 2.5 kilometres per day!

Research has found that cycling for thirty minutes, three times a week, not only reduces the risk of heart disease and diabetes, but also directly reduces mortality rates – preventing 6,500 deaths per year in the Netherlands! So for short distances, why not cycle instead?

SIESTAS



The Spanish siesta is nothing new, but it seems napping may be better for us than we could have anticipated. Spanish researchers in 2012 found that a nap after lunch is not only good for your heart, but also improves alertness and memory. This is backed by a NASA study which found that their pilots saw a 34% increase in efficiency after a 26 minutes nap.

Take note nappers, benefits were only found when naps were a part of a regular routine and were short (no more than 30 minutes).

