

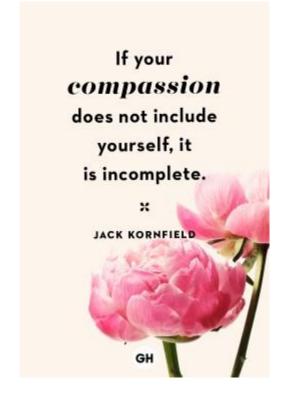


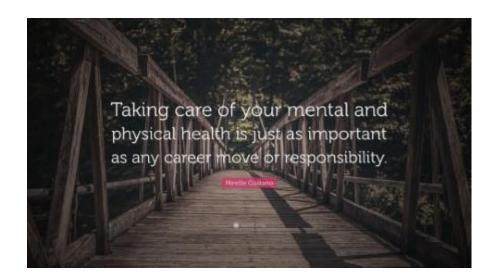


Mindful Educate others Noticing your feelings Talking about your feelings Anxiety Listening

Educating yourself Awareness Learning coping skills Therapy

Helping Health







Happy Well-being Wednesday, I hope this email finds you mentally, emotionally, and physically well as all 3 are intrinsically linked to overall wellbeing.

Today's snippet, I'm sharing an overview of areas that create positive wellbeing and staying healthy.

Maintaining good health doesn't happen by accident. It requires work, smart lifestyle choices, and the occasional checkup and test.

In relation to what we put in our bodies, a healthy diet needs to be rich in fibre, whole grains, fresh fruits and vegetables, "good" or unsaturated fats, and omega-3 fatty acids. These dietary components turn down inflammation, which can damage tissue, joints, artery walls, and organs.

What we do with our bodies is also crucial, as physical activity is also necessary for good health. It can greatly reduce your risk of heart disease, stroke, type 2 diabetes, breast and colon cancer, depression, and falls. Physical activity improves sleep and endurance. Aim for 150 minutes of moderate intensity exercise every week, such as brisk walking.

Finding ways to reduce stress is another strategy that can help you stay healthy, given the connection between stress and a variety of mental health disorders and burnout. With wellbeing and burnout, we need to start with what you have and consider stripping away what's unhelpful, unwielding, untrustworthy or unachievable.

There are many ways to bust stress. Try, meditation, mindfulness, yoga, humour, playing on weekends, listening to music, watching movies that mirror your situations to release emotions, and taking holidays (breaks) to rest and recharge.

Connection with others is so important for health and well-being too. Friends and family can prevent isolation and loneliness and give you a chance to offer needed companionship. Friends and family can also increase your sense of belonging and purpose whilst boosting your happiness chemicals and reducing stress. For further insight, check out this TED Talks video: Live to be healthy and happy https://lnkd.in/e5BpfGen

Overall, improving and protecting our mental health and well-being can be broken down into small, manageable chunks to help stop us feeling overwhelmed and be better equipped to cope with all that life brings of its ups and downs.

So please make sure you take the time to look after yourself because there's only one you!

#wellbeing #takethetime #health101 #mentalhealthmatters #only1you #wednesdayswisdom