



## Wellness Newsletter

*Helping you stay healthy, focused and motivated*

### SAMPLE WELLNESS NEWSLETTER

We want you to stay fit and healthy in 2023, both physically and emotionally, so we've lined up a panel of health and wellbeing experts to bring you practical tips and advice on how to start the new year in the best possible way.

- **One step at a time** - Making small, incremental changes to improve your health and wellbeing
- **The eight Pillars of Health and Wellbeing** - Take a multi-dimensional approach to health





## We are all creatures of habit

If you objectively observe your daily routines, you will notice that to a great extent we are all creatures of habit, and these habits shape our lives and influence our overall health. If we have the willpower, we can, with a bit of effort, banish unsupportive habits or improve supportive lifestyles. Of course, there will always be other habits which are a bit more complex and difficult to change.

There will be small things that you do or do not do on a daily basis, which you might not recognise as habits, that are affecting your overall health. For instance, it could be overindulging in coffee to keep you going throughout the day, not adequately hydrating, snacking on the wrong foods, putting too much salt on your food, reaching for that glass of wine at the same time each night or nibbling on chocolate as your 'treat'. It could be something that you do for long periods of time without noticing, like sitting with a favoured poor posture

at your computer, such as slumping, crossing your legs, resting your feet on the base of the chair, or peering forward straining your neck muscles. Stop and think about your posture right now as you're reading this. Is your posture really supporting you towards good health, or are you putting strain on your muscles and joints by sitting in this way?

Over a week or two, maybe these 'small' things won't matter very much. Over time, however, these small habits such as poor posture add up, day by day, week by week, taking their toll on your health in a far more significant way than you think. Making yourself aware of these unhealthy habits is the first step. Why not work on one or two of these to start with, before moving your focus on to improving others. Focus on what's really behind what triggers and drives your poor habits.





## The power of incremental change

It is important to understand that significantly improving your health and wellbeing doesn't necessarily require you to make big, sweeping changes to your lifestyle. It's the little, incremental changes you make (and stick to) that, over time, will make the real difference!

So, for example, if you know that you don't drink enough water throughout the day, why not try to improve your hydration habit by committing to drinking a glass of water alongside your cup of tea/coffee each time you make a cuppa. Doing just that, say three or four times a day, will significantly increase your water intake. Making it a habit will positively contribute to your overall health and wellbeing – after all, every biological process in your body needs water!

*Inspire yourself towards making small, incremental positive changes in lifestyle habits. Try and set yourself a goal that isn't too far in the future, say two weeks, and stick to your chosen incremental change or changes. Observe how making these small change(s), over time, improves your general health and wellbeing, and make these positive changes become a new permanent habit going forward!*

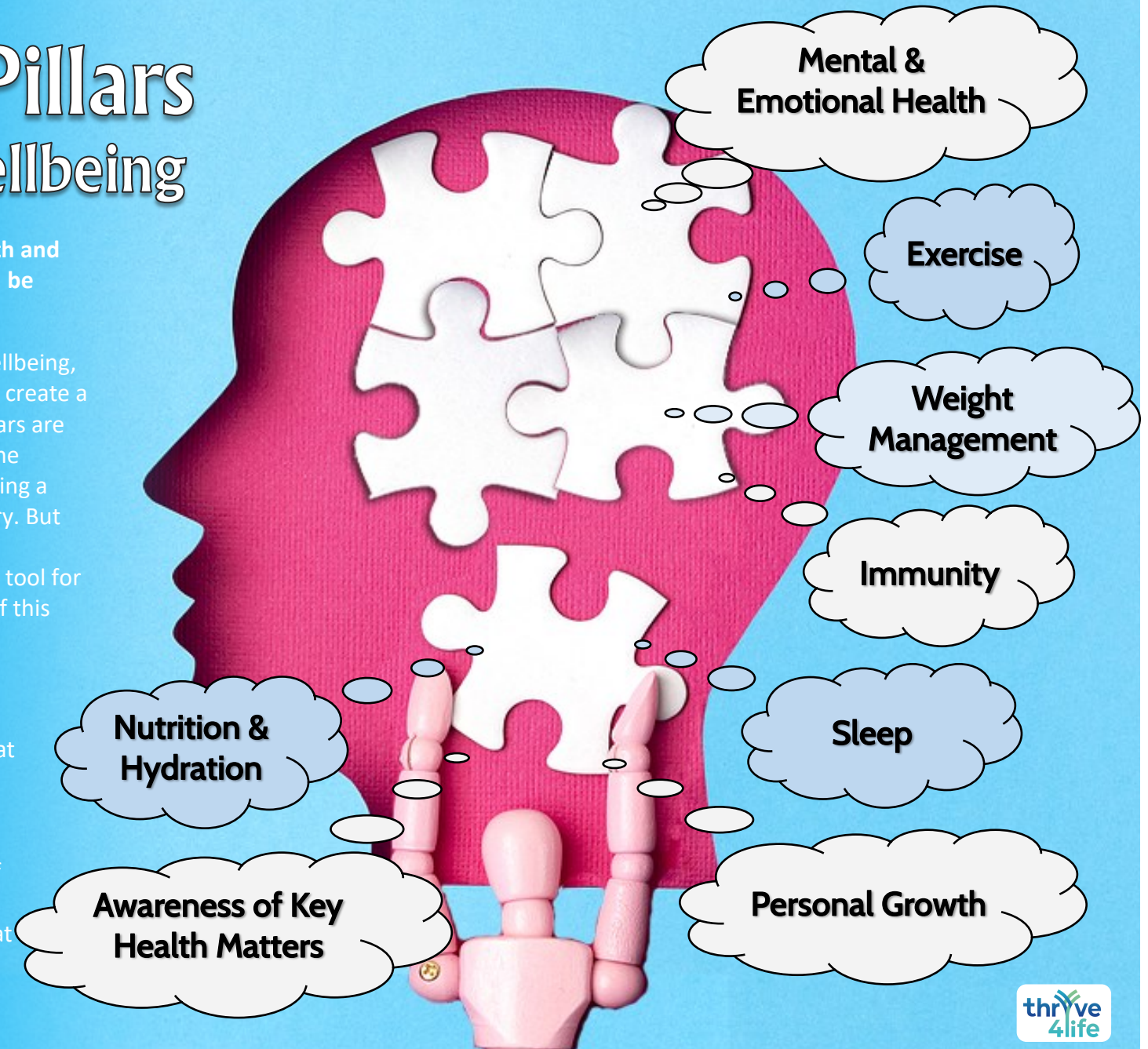
Focus on the effective and the attainable. The beauty of taking this approach means the pressure is off! Your big 'dream goals' will reduce into bite-sized pieces, which will make them real and achievable. Once you get the hang of it, and start seeing and feeling the results, you can add more and more incremental changes... the possibilities for areas of progress are endless!

# The Eight Pillars of Health & Wellbeing

When it comes to looking after our health and wellbeing, taking a holistic approach can be highly beneficial.

There are 8 key “Pillars” of health and wellbeing, so to speak. All of these work together to create a foundation for general wellness. All 8 Pillars are equally important, and if one is lacking, the others can suffer as well. Working on having a balance in all of these 8 Pillars is necessary. But what are the 8 Pillars, how do they work together, and how can you use them as a tool for catalysing positive change? To the right of this page, you will see the 8 Pillars listed.

You will notice that these Pillars incorporate wide-ranging aspects of our lives, highlighting the myriad of forces that shape our health and wellbeing. While things like exercise, nutrition and mental health may seem obvious, people often neglect the ways that sleep, the health of our immune system, and our sense of personal growth, shape the way we feel at home and at work. It is important to always keep this holistic vision in mind.





# A multi-dimensional approach to managing Health and Wellbeing

In attempting to improve our health and wellbeing, it is common for people to take a one-dimensional approach. For example, making a promise to exercise more, or focusing solely on improving your diet.

Earlier on, we recommended a more gentle approach to change rather than the 'all or nothing' approach familiar to many. We proposed that you consider taking small, incremental steps and build up from there as this is a more effective and successful route to achieving long-term positive lifestyle changes.

An important step when beginning your journey of incremental change is to understand that health and wellbeing are multi-dimensional, and that these different dimensions are interrelated and often work synergistically helping each other.

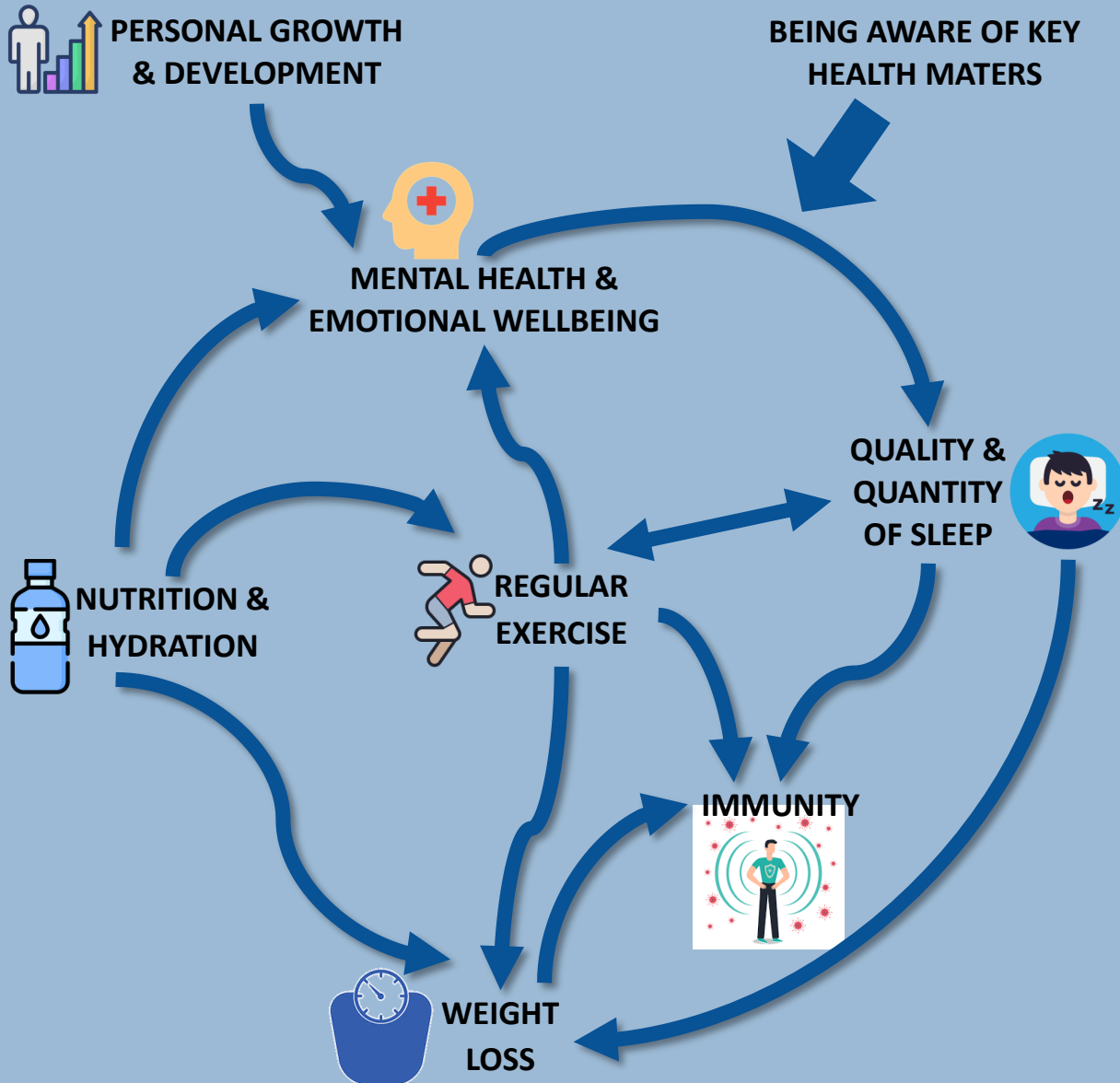
Compare caring for your body with maintaining a car. This isn't a perfect analogy of course, as you can't fairly compare a mechanical machine with the human body, but for the sake of simplicity it will do!



Firstly, you need to ensure that you give your car the right fuel on a regular basis. Of course, fuel is not the only thing that it needs to keep running perfectly. It also requires the oil to be checked regularly, the coolant kept topped up, tyres changed, windshield wipers replaced, and various other check-ups and maintenance.

Similarly, if you were to put poor quality fuel (food) in your body and neglect the other important areas of 'body maintenance', then you are going to end up with an unreliable, poorly performing 'machine'!

# Inter-connectivity of the Pillars



Here are just a few examples of how the different 'Pillars of Health & Wellbeing' affect each other. So, working on one Pillar will support another!

## Exercise impacts sleep

Exercise contributes to more sound and restful sleep, and sleep will help you exercise.

## How sleep benefits your immunity

Quality sleep is critically important for cell repair and the healthy functioning of the immune system.

Quality sleep improves immune cells, known as T cells, which are a type of immune cells that fight against intracellular pathogens.

## The strong relationship between sleep and mental wellbeing

Sleep and mental & emotional wellbeing are strongly related - poor sleep can increase the risk of having poor mental health, and reciprocally poor mental health can make it more difficult to sleep.

## Sleep benefits weight loss

Ghrelin and Leptin are the two critical hormones involved in controlling your weight. When you don't get adequate sleep the body makes more ghrelin (hunger hormone) and less leptin (hormone which signals fullness), leaving you hungry and increasing your appetite.

## Weight and immunity

Obesity causes a state of chronic inflammation within the body, which causes your immune system to become compromised.

## Nutrition affects mental wellbeing

Eating a well-balanced diet, rich in vegetables and nutrients, positively supports both our physical and mental health.