

Top 10 Tips for Creating Wellness in your life

1 Breathe Deeply.

- Practice at least twice per day taking full breaths.
- Breathe in through nose – 4 seconds in, hold for 5 seconds, breathe out slowly for 8 seconds. Have your hands on your abdomen, close your eyes, feel the rise and fall of your breath.
- Shift your state with breathing, especially when you feel tense or stressed.

2 Hydrate

- Drink 1 litre of water to 30kgs of your body weight every day. Start the day with water at room temperature. It is absorbed better at room temperature.
- Hydrating will keep your blood at the right consistency as it keeps circulating.
- When you feel thirsty you are already de-hydrated
- Avoid diuretic drinks, they are very acid. You need a glass of water to neutralise the impact of V or Red Bull. Remember there is 11 teaspoons of sugar in large bottle of coke.
- Put sea salt in your water bottles. Our systems need salt to facilitate hydration.

3 Eat right

- Eat regularly, when hungry and eat slowly.
- Include protein, unprocessed food, and unrefined carbohydrates.
- Manage high and low GI food via resource such as www.GINewsblogspot.com
- Eliminate the blood sugar roller coaster; hypo glycaemia energy dips are responsible for weight gain and high cholesterol.
- Avoid simple processed carbohydrates long gaps between meals, skipping breakfast, and less caffeine.
- Know that acid stores in joints and becomes arthritis plus hunger may actually be thirst

4. Detox

- 1 week every 6 months.
- Try no bread or dairy for a day each week
- Lethargy, weight gain, cellulite, bad breath, and muscle aches for some people can be caused by diet and mostly wheat and dairy products.

5. Use it or lose it.

- Have a maintenance plan for your joints and muscles plus your brain health.
- Exercise regularly, even 10-15 minutes at a time. It creates feel good chemicals, energises, and you operate better.
- Exercise increases your energy when stressed as it metabolises the cortisol and adrenalin chemicals which improves mood.

.6 Get the right sleep

- Good quality sleep essential as supports happiness, memory.
- Get 6-8 hours of uninterrupted sleep.
- REM cycle happens after 1 hour of sleep for 20 minutes. It produces noradrenalin and serotonin which are critical for brain clarity. We need 5 -7 repeats of REM cycle
- Be asleep before 10pm as the best quality REM cycles are between 10-12pm.

7. Be a human being, not a human doing

- Tune in, notice in the body where the tension is.
- Build in moments of recovery during the day with techniques for transitioning, boundaries between different chunks of work or meetings.
- Break every 60 minutes.
- Have quality time alone.

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8. Spend time with people.

- Stay connected to people to maintain 'social wellness'

9. Intellectual Wellness

- Make time to be creative- have a creative outlet.
- Learn to be curious and finds new things to learn – things, ideas, skills that interest you.
- Spend time appreciating and thinking about a wide range of issues, not just focused on the same ideas all the time

10. Spiritual Wellness

- Maintain your dreams and set goals to make them real.
- Get clear about what give you meaning and purpose and happiness in your life – and set strategies to 'be' and do those things.

See www.pivotpartners.biz for more free resources and high impact programs.