

3 Your Health Matters

Health matters

If you don't take care of yourself - who will?

The keys to good health are:

- ♥ Rest and relaxation.
- ♥ Leisure and exercise.
- ♥ Nutrition.
- ♥ Support.
- ♥ Beliefs.
- ♥ Achieving.

Rest and relaxation

Allows you to:

- ✎ Build energy for the day ahead.
- ✎ Increase resistance to illness.
- ✎ Handle stress and anxiety.

Tick the habits you have:

- ☐ Relaxing before going to Bed.
- ☐ Get a good night's sleep.
- ☐ Short period of relaxation during the day.
- ☐ Reading a magazine or book.
- ☐ Listening to relaxing music.

Anything else?

- ☐ .
- ☐ .
- ☐ .
- ☐ .

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Leisure and exercise

The safety zone that stops you from being overloaded by your commitments eg, home duties-family-work etc:

☺ It takes **you away** from life's responsibilities.

☺ Gives you space-to do your thing.

☺ Refreshes you.

☺ Makes you feel good!

Exercise (aerobic) for 30 minutes three times a week (or more) is a proven method for improving fitness, general wellbeing and reducing stress.
(Best to get a medical check up if you haven't exercised for some time)

You need to plan activities in advance otherwise it wont happen!

☺ What fun things would you like to do?

Leisure and exercise	When: day-time	With whom - where

Notes

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Nutrition:

What did you eat today was it all OK??

A well balanced diet will help defend your body against stress

This includes:

- ♥ Regular eating patterns-especially breakfast.
- ♥ Low fat, sugar and salt foods.
- ♥ The less processed the better.
- ♥ Set aside time to enjoy meals
- ♥ Drink plenty of water

If you have a tendency to use:

- ☹ Alcohol.
- ☹ Caffeine.
- ☹ Junk food
- ☹ Cigarettes-etc.

These products **stimulate rather than calm** during times of stress and your body will be more susceptible to their negative effects and side effects.

You do have choices more or less!

Moderation and balance will improve your physical and mental health.

What could you choose to do more or less of ?

I choose to do; MORE	I choose to do; LESS

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Support:

People support each other in two ways by:

- 👥 Providing information
- 👥 Providing emotional support

Most of you support comes from obtaining information. Asking people to provide information is low risk and relatively easy.

How and when to discuss your feelings is important, however it need not stop you for seeking information.

For example:

👤 I am seeking a career in xxxxxx. - Could you tell me about what would be required to succeed?

👤 I am seeking xxxxx position with your organisation - Could you tell me what skills I would need?

What extra information do you need –Who can support you

Information you need	People/Organisations to contact

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Beliefs and Achieving:

What you truly believe with emotion is what you will achieve.

You beliefs result from:

-  Your past experiences.
-  Responses to past experiences.
-  Results of your past actions.

Beliefs determine:

-  Your self image.
-  What you tell yourself.
-  How you act.
-  What you achieve.

Positive beliefs enable you achieve what you want to do - Negative beliefs limit your progress.

Positive beliefs:

-  You have control over you thoughts feelings and behaviour.
-  When face with difficulties you draw on strengths reserves.
-  Focusing on what you can control.

Negative beliefs:

-  When you feel threatened and vulnerable.
-  You think there is a possibility of harm coming to you.
-  Prevent you from learning.
-  Prevent you Getting what you want.

For example:

Positive beliefs	Negative beliefs
I am very employable.	I can't change.
There must be a solution.	People don't like me.
I'll be Ok I can cope.	Things will get worse.
I have something to contribute.	I Can't learn new skills.
I can find a new way.	

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What do you believe?

- ▣ List the beliefs that are stopping you from getting what you need

Negative Beliefs (limiting)

The key to achieving what you want is to focus only on your positive beliefs.

- ▣ List your beliefs that will get you where you want to go:

Positive Beliefs

Notes