

## 5 ways to feel better & live more

- EAT BETTER - NOURISH**  
Feed your gut, more plants  
Protect your brain, reduce sugar  
Support the brain, good fats  
EAT WELL, FEEL GOOD  
EAT AT THE RIGHT TIME
- BE ACTIVE**  
Move More  
Have Fun  
Make it regular  
Join a group
- SLEEP BETTER**  
Regular routine  
Morning light  
Reduce screens later in the day
- SOOTHE - CALM**  
Use your breath  
Use your senses  
Ground yourself  
Connect to nature  
Allow the difficult
- LOVE - CONNECTION**  
What matters?  
Be kind, to yourself and to others  
Practice gratitude  
Learn something new, change your mind  
Look out and give

Getting to know yourself allows us to change our self in order to give of ourselves

## 5 TIPS FOR BETTER SLEEP

### EASY TIPS TO IMPROVE YOUR SLEEP QUALITY

- BE CONSISTENT**  
GO TO BED AT THE SAME TIME AND GET UP AT THE SAME TIME EVERY DAY, AROUND NAPPING DURING THE DAY
- ENVIRONMENT**  
MAKE YOUR BEDROOM QUIET AND DARK, IN THE MORNING (ORANGE EXPOSURE) TO NATURAL LIGHT TO BENEFIT WAKING
- LIMIT SCREENS**  
TURN OFF THE ELECTRONICS AT LEAST AN HOUR OR TWO BEFORE BED
- DIET**  
A LARGE MEAL BEFORE BED CAN DISRUPT YOUR SLEEP AND SO CAN Caffeine, Nicotine and Alcohol
- MEDITATION**  
CREATE A RELAXING MEDITATION ROUTINE TO REDUCE MUSCLE TENSION AND CALM YOUR MIND

SLEEP NEEDS VARY - TYPICALLY 7-9 HOURS OF SLEEP PER NIGHT FOR ADULTS. YOU SHOULD FEEL WELL RESTED ON WAKING.

## 5 TIPS TOWARDS HEALTHY HABITS

there are decades of science and theory around behaviour change that we can learn from, to make change easier and more effective, if you are looking to change, you can increase your chance of success with the five actions below

- what are your habits now? notice**  
Notice patterns about what you are doing, how often, for how long, when, what you think you are doing, then start problem solving
- Ask yourself what will I gain? Your positive label**  
With your intention to what you will gain if you make the change (rather than what you are losing out on)  
What you will be doing, feeling, notice the words you use, about yourself and change the limiting labels, cultures will label, you can't do it
- picture the change visualise**  
See yourself differently, what will change how they, what will it feel like, how you experience
- Where is your tribe? Find support**  
Building a group of people around you have similar goals, makes you an easier target, change your behaviour in person or online

www.ucl.ac.uk/behaviour-change/centre-behaviour-change

## 5 WAYS TO MOVE MORE (be more hunter gatherer)

- 01 First step**  
Keep moving: lots of light background activity, stand more and walk a lot
- 02 Second step**  
Intervals: short intermittent bursts of moderate to high activity interspersed with rest 2-3 times a week
- 03 Third step**  
build strength and flexibility-use your body weight and stretch regularly
- 04 Fourth step**  
exercise outdoors whenever you can to expose your skin to light and because green spaces are good for us
- 05 Fifth step**  
Move with others. We are social creatures and exercising with others is a good way to make sure we do it at all.

## 5 ways to calm and settle

this helps us soothe our body/mind, which in turn reduces inflammation which is important to our overall health

- 1 TAKE A BREATH**  
try this something breathe in for 4 counts, hold for 4 counts, breathe out for 4 counts, hold for 4 counts
- 2 EXPRESS YOURSELF**  
get your feelings out but don't share your feelings out, write a journal, sing, dance, improvise, breathe it out, move it out
- 3 USE YOUR SENSES**  
5 things you can see  
4 things you can hear  
3 things you can touch  
2 things you can smell  
1 thing you can taste
- 4 USE YOUR BODY**  
Some things to try:  
and breathe between exercises  
move your body - dance furiously  
get far & wide  
spin your torso with cold water  
squeeze each fingertip gently  
ground yourself: enjoy your attention  
through your body, from your feet to the top of your head
- 5 MAKE A SOOTHING KIT**  
what will you add to yours? Use all your senses  
perhaps a smell, a pebble, a feather, a pretty paper, a tea bag, a glass, essential oil, a poem, a song, a photograph  
Carry it with you and use it regularly

## HEALTHY RELATIONSHIPS

"We are happy when we have family, we are happy when we have friends, and almost all the other things we think make us happy are actually just ways of getting more family and friends." Daniel Gilbert, Harvard

- COMMUNICATION**  
use words that matter  
focus on the positive  
have good things before any negative  
generous listening  
listen to learn  
make regular time  
make eye contact
- SPENDING TIME TOGETHER**  
we build bonds of trust and friendship when we spend time and do things together. Try something new and meet new people.
- FORGIVING AND LEARNING**  
we all make mistakes and we can all forgive, mistakes and each other. A good life is full of meaning and learning. We grow wise and we suffer this way. Learn to disagree respectfully.
- MUTUAL RESPECT**  
enjoy our diversity and our difference  
cultural humility  
know that you do not know it all  
learn to disagree agreeably, gently and with respect  
Mistakes matter



**principles for eating well**

- Eat food (real food made with real ingredients you can recognise)
- Mainly plants- eat the rainbow & seasons
- Not too much and not too fast
- Drink water
- Be mindful when you eat- eat when you are hungry and within a window
- Grow, Cook, Eat, and Share with others as often as you can and always around a table
- Enjoy and be grateful

