

Other Healthy Habits

‘Feel Good Tools’

1. **Playlists** - Create a feel good playlist in your phone or tablet that you can listen to at any time. Listening to music can help to change your physical and psychological state. So if you are feeling tired, overwhelmed, stressed, you can stick on your feel good play list. Choose music that you can move to, dance to, even sing to, so that it moves your body and mind. This releases any pent up emotions and leaves you instantly feeling better.
2. **Take a Moment** – If you are feeling a little overwhelmed or stressed, consciously choose to hit the pause button for 7 minutes. Set a timer on your watch / phone for 7 minutes and go and do something completely different for this time. This will reduce the stress emotion and leave you feeling calmer and ready to re-focus.
3. **Drink** - Have a few minutes break and drink something, preferably without caffeine in it! Take the time to enjoy the drink, how it tastes, how it smells, the temperature, the texture. Thoroughly investigate it.
4. **Get Fruity** - Enjoy some fruit while taking a few minutes out. Fruits are good for our nourishment so know that you are filling your body with energy while focusing on the fruit. Become present whilst you eat this piece of fruit. How does it look, feel, smell, taste? What is the texture in your hand? What is the texture in your mouth?
5. **Nourish your body** - studies have shown that when you choose healthier, more nutritious foods consistently it can reduce stress. Have breakfast, eat often, and stay hydrated. Avoid high GI simple carbohydrates foods like cereal, sandwiches, pastas, crisps and other sugary snacks, drink water and fruit teas rather than teas/coffees, include protein in all of your meals, eat more fruit / vegetables and take a good quality multi-vitamin.
6. **Move Regularly** - Moving and exercising on a regular basis brings great benefits to the mind and body.... even if it's just a walk for an hour each morning! Bring daily movement into your life.
7. **Get Out in Nature** - Any time spent in nature is well spent. Spending time in nature allows us to drop our defences and let the stress disappear into the atmosphere. It helps us to disengage

from negative thinking, allowing us to be focused in the present moment and gives our mind a rest. Open up your senses – listen, smell, touch, feel the nature around you. You can include in this gardening which also puts you at one with nature.

8. Find and Partake in a Hobby - Find something that really takes your interest, a hobby of some sort. This will give you something to go to when you need to relax.

9. Give and Kindness - Contributing outside of yourself and your circle brings immense rewards through fulfilment. Fulfilment is a natural remedy to stress. For example - give someone a genuine compliment. This can be to someone you know or a stranger. Tell someone they have beautiful eyes, or a gorgeous laugh, maybe you like their hair colour or the top they are wearing, the colour really suits them. Whatever beauty you notice in another, tell them.

10. Appreciate - Gratitude and appreciation are powerful allies to have when you want to reduce and remove stress. Cultivate your own gratitude list and become grateful for the smallest things in life.

11. Be You and be interested in you - So many hide themselves away, not living to who they really are, instead living to please others. Who are you and what do you love to do? Bring more of this into your life.

12. Take up Yoga - Yoga is a great stress reliever when practiced regularly. Consider taking a class locally or even on YouTube!

13. Laugh and have fun – Sometimes, we take life too seriously. Laughter really is one of the best stress relievers. Watch a funny film, enjoy a board game, dance around and be silly, listen to jokes or watch funny videos in times of stress!

14. Consider Commitments and learn to say NO - Living a full and busy life can seem like a good thing but sometimes being busy constantly can feel stressful and we just need time out to feel good again. Consider which commitments you could do without and let them go for a while. Learn to say no to demands on your time. So many people think that they always have to say yes and then get stressed and overwhelmed with the amount they have to do.... it's ok to say no.

15. Stop Comparing - The comparison trap is a dangerous thing, it draws you in to constantly comparing yourself to others (have you noticed how we tend to compare ourselves to those in

a better position than us!). When we start comparing ourselves only to the person we were yesterday we free ourselves of trying to be like others.

16. Use Imagery and Imagination and Create a Vision Board - Vision Boards are an amazing tool to help you to become clear on what you want and they unleash your imagination. Grab some magazines, cut out words and pictures that you like and resonate with what you want to achieve and stick them on a large piece of card. Place your finished vision board where you will see it every day. Seeing your vision board every day will inspire you to keep going forwards.

17. Be Accepting - Accepting that you cannot change those things which are not within your control is a great way to reduce stress. Wishing that things were different when you don't have the option to change these only wastes time and energy.

18. Sleep – Tiredness means that you cannot focus on things properly. You are less able concentrate, you get upset, angry, frustrated easily, which all results in you feeling stressed! Create a regular sleep pattern, where you go to bed at a similar time each night, go to sleep and you wake up at a regular time each time. Switch off the phone, television, computer at least 30 minutes before bed and even listen to a relaxation audio or program to settle you down at night so that you can drift off and get some well needed rest.

19. Leave your Phone Alone – Waking up and going straight to check your phone, emails, messages, social media etc., stimulates our nervous system and takes our body straight into a state of stress – fight or flight response. Instead, wake up and engage in positive healthy habits like the morning routine suggested within this package to intentionally create a more relaxed start to your day. Throughout your day, also have short periods of time away from digital devices.

20. Do Meaningful Things – Schedule in downtime and make sure to do something that is meaningful to you. This gives us a boost in feel good happy hormones. It fills us up and leaves us feeling happier, calmer and more relaxed

21. Be Amazed - Look around you and be amazed at what the world has to offer. Bask in the beauty of the world, in nature, in technology, in the simple pleasures that life has to offer us. Noticing and being amazed by the things around us brings us a sense of joy and appreciation.

22. Live with Purpose - When you know what the purpose of the task you are doing is, or even what the purpose of your life is, you create more energy and more motivation. Discover your purpose!

23. Be Different - There are so many people on the world these days that are completely stressed out, make the conscious decision right now that you **WILL NOT** be one of them anymore. You have all the tools now within this course to live a happier and productive life that feels good for you.