



**LIVIN<sup>®</sup>**

# ***IT AIN'T WEAK TO SPEAK***

HIT US UP HERE AT  
**INFO@LIVIN.ORG**  
& WE CAN PROVIDE YOU  
WITH SOME ADDITIONAL  
STRATEGIES & POINT YOU  
IN THE RIGHT DIRECTION.

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     - @livinorg

**LIVINWELL**

# **TIPS & TRICKS**

# YOU TIME



You're allowed to be a bit selfish. In fact, we encourage you to prioritise yourself from time to time! Prioritising your own health is not only good for YOU, it also makes you better placed to help others. Set aside time each and every day to practice self-care. Even if it is just a few minutes, or as long as an hour or two, do something that makes you feel good about you.

## BREATHING

Feeling stressed or anxious? Time to chill with some controlled breathing! When we become stressed, worried, anxious, panicky our breathing rate tends to increase, which causes our heart rate to increase and then our thoughts can become more chaotic. Controlling your breathing rate can reverse this whole cycle and help you to feel calmer and more in control.

- 1 Breathe in slowly through your nose, allowing your chest & lower belly to rise as you fill your lungs
- 2 Pause
- 3 Now breathe out slowly through your mouth (or your nose, if that feels more natural)
- 4 Practice this and continue this process until you feel calmer

## HOW DO YOU DO CONTROLLED BREATHING?

The aim is to slow your breathing down to about 6-7 breaths per minute. **Congratulations, you've just learnt how to calm your nervous system.**

## EXERCISE

*Feeling a bit average?*

Exercise is so good not only for your physical health, but your mental health too. Even if you are not a huge fan of exercise, a short burst of cardiovascular activity (simply 15 minutes) can help relieve stress and frustration, and help you to look and feel better about yourself.

## SLEEP

Getting to sleep and/or staying asleep can be a pain in the butt sometimes. However, getting a good night's sleep is very important; it helps you feel energised, focussed and motivated. Developing a sleeping routine can help you sleep much better. Try the following:

- 1 Go to bed around the same time each day. Wake up around the same time each day. Routine helps heaps!
- 2 Avoid caffeine after lunchtime
- 3 Avoid electronic devices (in particular blue light) like your phone and laptop immediately before bed
- 4 If you go to bed, but it's one of those nights where falling asleep doesn't seem likely, get out of bed and do something relaxing rather than lying in bed, tossing and turning, becoming more and more frustrated.

# NUTRITION & MENTAL HEALTH.

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with your sleeping patterns, energy levels, and your general health and wellbeing.

## EAT MORE



Fresh fruit & vegetables



More salad  
YES! You can make friends with salad



Organic foods & meals made from scratch



Wholegrain cereals, nuts, beans, lentils

**For those looking for a bit more detail. Eat more:**

- Salmon (rich in Omega-3)
- Broccoli (high in potassium, folate and Vitamin C)
- Oysters (high in zinc)
- Berries (rich in Vitamin C and other anti-oxidants)
- Chia seeds (enormous amount of Vitamin C)

## EAT LESS

- Sugary foods - these may cause a nice little initial high/ surge in energy that soon wears off and can leave you feeling tired, low, meh!
- Chips and crisps.

## HAPPY CHOWING!

- Chocolate - though, please remember in moderation is OKAY!
- Ready meals.
- Takeaway.
- Moderate your alcohol consumption!!

## GET OUT AND HAVE SOME FUN!

Social relationships are really important to your general wellbeing. In fact, social support, human connection is the single best predictor of resilience! Sure, it is absolutely okay to take time out for yourself - sitting quietly and reading a book, couch time and a Netflix binge - but friends can provide support when you're having a tough time. Close relationships can add meaning and purpose to your life. If you're not feeling up to going out, even a phone call, email, text message or Facebook message can help us feel connected to friends and family. Try it, the next time you're not feeling so flash, send a family member or friend a nice text message, pay someone a compliment and observe how it makes you feel - no doubt a little bit better about yourself!