Resilience Training

Health

The 4th Domain

HEALTH

Your health affects your resilience and wellbeing, and in turn resilience affects your ability to maintain a healthy lifestyle.

Psychological resilience improves health by restoring natural equilibrium in your heart rate, breathing and immune system.

These are negatively affected by stress due to high levels of adrenaline and cortisol. These are known as the Stress Hormones.

- Protect yourself against disease.
- Speed up recovery from illness; and
- Help yourself live longer

Over the next week

For each day in the next week, **prioritise getting quality sleep.** First, reduce factors that might affect your sleep:

- **Too much light.** Action – eliminate all sources of light in your bedroom at night.
- **Caffeine.** Action – stick to one caffeinated drink per day at the start of the day.
- **Stress and a racing mind.** Action –try the 4-7-8 Breathing Exercise to fall asleep.
- **Too much to do.** Action – get back to it tomorrow and prioritise getting quality sleep today.
- **Noise.** Action – eliminate sources of noise or get some earplugs.
- **Sleep medication.** Action – avoid medication and work on the real problem.

Monday: Write down how you slept last night and how it has affected your performance and mood today.

Tuesday to Friday: When this reminder pops up, take note of how you are responding to changed sleep habits and how it affects your performance and mood during the day.

If you have trouble falling asleep, try the 4-7-8 technique:

1. **Breathe in through your nose to the count of four**
2. **Hold your breath to the count of seven**
3. **Slowly breathe out through your mouth to the count of eight**
4. **Repeat until asleep**

Over the next week

Monday through to Friday: When this reminder pops up (starting with right now), lock in time today to exercise. Even if it's just a 10-minute walk during lunch.

If you are new to exercising, start small with a 10 minute walk each day for the next week. Pay attention afterwards on how you feel and if it's something you want to continue doing, keeping in mind the long-term benefits to both your body and your mind.

If you're more familiar with exercise, aim for about 20 minutes of exercise. Bonus point for going to the gym, classes, or more vigorous exercise.

Experiment and see where you can fit exercise into your day so you can keep doing it consistently.

When you've gone through all five days, consider if this is something you want to keep doing as a boost to your physical and mental health.

Over the next week

Monday through to Friday: Keep a **food journal.**

When the reminder pops up, write down what you ate in the last 24 hours. Be careful to also include all the snacks and drinks in-between meals. Start by writing down now what you had to eat and drink in the last 24 hours.

Look at the journal at the end of the week and check if they are the kind of foods that will help you get the body and health you want. If not, consider making some long-term changes by following the rules below.

Avoid

- High-GI carbohydrates including breads, pasta, sugars, white potatoes, and most baked goods.
- Sugar combined with fats including ice cream, chips, cookies, doughnuts, and chocolate.

Food Journal

Monday

Am

Noon

Pm

Tuesday

Am

Noon

Pm

Wednesday

Am

Noon

Pm

Thursday

Am

Noon

Pm

Friday

Am

Noon

Pm

Saturday

Am

Noon

Pm

Sunday

Am

Noon

Pm

Four Simple Guidelines

1. **Drink more water (Alkaline)**
2. **Eat more vegetables!**
3. **Whole foods**
4. **Prepare your own meals.**

Tip: 2.7 litres of good healthy fluids/day is desirable.

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