

Physical Wellbeing: Simple Self-Care Strategies

Objective of this series of webinars:

“To understand the specific challenge for apprentices, and how to best support them to continue to thrive”

Taking care of our physical wellbeing isn't only important for health, fitness and aesthetic goals, but also for our mental health, energy and performance.

3 Principles

1

Principle of +1

What could you do to move you one step forwards? (Progress, not perfection)

2

Pareto Principle

80% of your results will come from doing just 20% of all the things that you could do.

3

Be Specific

Define your intentions in terms of What, When & Where.

DASH for physical wellbeing

DIET

- 1) Monitor sugar intake and limit to 30g a day
- 2) Plan in 5-10 portions of fruit and veg
- 3) Omega 3 fats from chia seeds, oily fish, walnuts, soybeans etc.

ACTIVITY

- 1) Stand up and move for minimum 5 minutes every hour
- 2) Track steps and set a daily target of 5-10,000
- 3) Exercise daily (stretch, walk, run, HIIT etc.)

SLEEP

- 1) Screen curfew 30-60 minutes before going to bed
- 2) Monitor caffeine intake (coffee, tea energy drinks)
- 3) Gratitude journal

HYDRATION

- 1) Keep bottle or glass with you while you work
- 2) Track how much you drink
- 3) Water as the gold standard (avoid too many soft drinks and juices)

For more information about how we can support your apprentices directly through our series of online training programs and webinars, please contact mike@genhealthyminds.co.uk