BEACON 2.0 Playbook for Nuture Lessons 1 - 3 Healthy Habits





#### "ONE SHOULD EAT TO LIVE, NOT LIVE TO EAT."

Benjamin Franklin

It's easy to take for granted how specific foods influence your energy and mood during a typical day. Yet when scientists explore the relationship between diet and mental health, it is clear that certain types of food increase or decrease your energy in a given day.

Fatty foods, for example, can make you lethargic and moody. One experiment found that people who consume more trans fatty acids have significantly greater levels of aggression. They are also more irritable. In fact the consumption of trans and saturated fats over time has also been shown to increase the risk of being diagnosed with depression by up to 48 per cent.

The truth is each time you decide what to eat or drink, it subtly shapes your days and interactions with others. Fortunately, eating the right foods can turn your mood in the right direction. Research suggests that on days when you eat more fruits and vegetables, you will feel calmer, happier, and more energetic than normal.

Tom Rath, in his book **"Eat, Move, Sleep"** makes the following suggestions:

• Keep score - There are a few good and bad ingredients in most meals. No matter how hard you try, you will eat some foods that are not ideal. But do a little accounting in your head. Ask yourself if what you are about to eat is a net gain or a net loss, based on what you know about all the ingredients. If you develop a habit of asking this question, you will make better decisions in the moment and be aware of how you're tracking across the day.

- **Minimise Sugar** Sugar manipulates our brains so we consume larger amounts over time. Yet you have a responsibility to defend yourself given one recent report aptly described sugar as "candy for cancer cells." Start by cutting back on added sugar. Study nutritional labels and look for packaged product with less than 10g of sugar in a single serving.
- Judge Food By It's Colour Generally speaking, produce with dark and vibrant colors is your best bet. Broccoli, spinach, kale, bok choy, celery, cucumbers, capsicum, zucchini, and other dark leafy greens are net positives for your health. Also look to red or blue fruits and vegetables as good nutritional sources.
- **Buy Use It Or Lose It** Foods that do not last for years on a shelf are usually healthier for you. The most influential eating decisions happen at the grocery store, so try to ask yourself how quickly what's going in your basket will spoil.

Set your sights on foods that are good for your near-term energy and long-term health. Find foods with less fat, fewer carbohydrates, and as little added sugar as possible. Then keep servings small and indulgences rare, you will have less guilt, more enjoyment, and better health.

Acknowledgment; Co creation of content with Michelle McQuaid

## WHAT HAVE YOU EATEN IN THE LAST 24 HOURS?

Write down what you've eaten and drunk in the last 24 hours – be honest - this is only for your own reflection.

What difference do you think it could make if you ate differently? Could you have more energy?



### CAN YOU EAT IN WAYS THAT HELP YOU THRIVE?

REDUCE SUGAR - Identify the sugar content in your favorite meal or snack. If it's more than 10g, find a replacement. Pick one food or drink you sweeten regularly — and consume it without the sugar for a week. Replace juice, soda, and sugary beverages with water, tea, coffee, or other unsweetened drinks. PLAN AHEAD, SNACK WELL - Make sure you have healthy snacks on hand. Replace chips, crackers, and snack bars with nuts, seeds, apples, celery, and carrots. If you can't resist the unhealthy snack, take a handful and leave the bag or box behind.

NET GAIN OR NET LOSS? - Ask yourself if the next food you put in your mouth is a net gain or a net loss. Repeat throughout the day. With each bite, consider how it affects your body.

INCREASE PROTEIN/REDUCE CARBS - Select one food to eat today with a balanced (1 to 1) ratio of carbs to protein. Avoid foods above a ratio of 5 to 1. GO GREEN - Never go a full day without eating something green. Have at least one cup of broccoli or another green vegetable. Every time you do the shopping, load up your trolley with fruits and vegetables with vibrant colours.

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#### "A BEAR, HOWEVER HARD HE TRIES, GROWS TUBBY WITHOUT EXERCISE."

Winnie The Pooh

On average, we now spend more time sitting down (9.3 hours than sleeping in a given day. Sitting is the most underrated health threat of modern times. This subtle epidemic is eroding our health. On a global level, inactivity now kills more people than smoking with studies finding that sitting more than six hours a day greatly increases your risk of an early death.

"Sitting disease" also takes a toll in the moment. As soon as you sit down, electrical activity in your leg muscles shuts off. The number of calories you burn drops to one per minute. Enzyme production, which helps break down fat, drops by 90 per cent. After two hours of sitting, your good cholesterol drops by 20 per cent.

As a result, watching your diet and exercising three times a week is no longer enough to offset many hours of sitting. Instead being active throughout the day is what keeps you healthy.

Simply standing in place increases your energy more than sitting. Walking increases energy levels by about 150 per cent. Taking the stairs instead of the elevator increases energy by more than 200 per cent. Instead of viewing a long walk as something you don't have time for, think of it as an opportunity to get in some extra activity that will make you healthier.

Tom Rath, in his book **"Eat, Move, Sleep"** suggests the following approaches to get more movement in your days:

- Every 20 minutes move for 2 minutes When you have no choice but to sit for several hours a day, at least break it up. Even two minutes of leisurely walking every 20 minutes is enough to stabilise your blood sugar levels and taking regular breaks has been found to improve your creativity and productivity.
- **Exercise early** Even 20 minutes of moderate activity could significantly improve your mood for the next 12 hours. So, while working out in the evening is better than no activity at all, you essentially sleep through and miss most of the boost in your mood. Exercising before you eat breakfast, instead of after, could also burn additional fat and improve glucose tolerance.
- **Get 10,000 steps** Based on the latest research, 10,000 steps per day is a good target for overall activity. On the other end of the continuum, people who walk fewer than 5,500 steps are considered sedentary. When people are assigned to wear a pedometer as part of randomised controlled trials, overall activity levels go up by 27 per cent.

How much should you exercise? The scientific answers to this question often conflict with one another, yet there is a simple answer for most of us: a little more than you are exercising today. Start small. Some activity is always better than none.

## CAN YOU MOVE IN WAYS THAT HELP YOU THRIVE?

BUDDY UP - Identify one person who will check in regularly and hold you accountable for staying active. This could be a friend, coach, or personal trainer. Buddy up and getting MOVING together. CREATE FUN OPPORTUNITIES TO MOVE EACH DAY -Have a standing or walking meeting. Get up and move every time 20 Mins, dance, play fun movement games with the kids

START SMALL, BUT GET MOVING - Try a new microactivity today, like taking the stairs or parking far away from the door. Identify one easy way to add activity around work, home or neighborhood: walking, running, biking, exercise machines, workout videos, yoga, or Pilates. Try the free app "7 "minute workout 60

USE MOVEMENT TO INCREASE CREATIVITY - When your brain is filled with new information to remember, or when you need a burst of creativity, go for a walk or get moving. MOTIVATE YOURSELF WITH MEANING - WHY DOES THIS MATTER FOR ME? - Pick one deeply personal motivation for moving more. Find a way to remind yourself every day with a photo, note, or quote.

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## HOW MUCH HAVE YOU MOVED INTHE LAST 24 HOURS?

Write down your answers to the following – this is for your own information only:

- On average, how many hours do you sit for each day? How much do you MOVE each day?
- What does a typical week's exercise look like for you?

If you were to move a little bit more tomorrow, than you did today, what would you start doing? What are the small ways you could start to incorporate more movement into your day?

What difference could this make for you?



#### "SLEEP IS THE BEST MEDITATION."

Dali Lama

One less hour of sleep does not equal an extra hour of achievement or enjoyment. The exact opposite occurs. For example, one study found that losing 90 minutes of sleep reduces daytime alertness by nearly one-third. And according to one scientist who has studied this extensively, four hours of sleep loss produces as much impairment as a six-pack of beer. The reality is when you lose an hour of sleep, it decreases your wellbeing, productivity, health, and ability to think. Yet people continue to sacrifice sleep before all else.

If you care about the quality of your work and interactions with your peers, you need to give sleep the priority it deserves. Not only does sleep provide extra brainpower for the next day, it influences your ability to make sense of what you learned the day before. Studies have found while you are asleep, your brain goes back through the day's events and selects the most pertinent knowledge. These key memories are then reinforced and encoded for long-term storage.

Researchers suggest 95 per cent of us need somewhere between seven and nine hours of sleep per night. With roughly two-thirds of people reporting they don't get enough sleep each night, Tom Rath, author of **"Eat, Move, Sleep"** suggests trying to establish a bedtime routine with the following rituals:

• **Turn off technology** - Keep artificial light before bedtime from ruining your sleep. Exposure to light in the hours before you go to sleep suppresses melatonin levels. Lower melatonin levels make it hard to fall asleep, decrease sleep quality, and could even increase the risk of high blood pressure and diabetes.

- **Cool Down** If a room is too warm, your body clock will think it is time to wake up, regardless of the time. A slightly cooler room than the temperature you're used to during the day can help you get a good night's sleep.
- Keep To Schedule Your body's 24-hour clock, called your circadian rhythm, regulates your sleeping and waking cycles. One easy way to keep your clock on track is to try and wake up and go to sleep at the same time each day.

It's also worth being aware that poor sleep quality is nearly twice as common among those who are least satisfied with their jobs. So try to find ways – like using your strengths – to improve your sense of satisfaction at work.

If you sleep less, you eat more. You remember less. You get sick more often. You look bad. And poor sleep also leads to high blood pressure, missed workouts, irritability, poor decision making, and greatly impaired well-being. Prioritise eight hours of high-quality sleep ahead of all else. It is not an expense.

For a free, tailored 30 day plan to improve the way eat, move and and sleep visit Tom's website **www.eatmovesleep.org.** 

## CAN YOU SLEEP IN WAYS THAT HELP YOU THRIVE?

CHOOSE SLEEP - Prioritize eight hours of sleep ahead of all else. You'll be more likely to have a good workout, get more done, and treat your loved ones better. Remember, every extra hour of sleep is a positive investment not an expense. TRACK YOUR PROGRESS -As you make adjustments for better sleep, measure your progress. Note the time you get into bed and the time you wake up. Then rate your sleep quality on a 1-10 scale. Also record what kind of day you had.

IF SLEEP EVADES YOU GET UP Sleep deprivation therapy -If you wake in the night and find it hard to get back to sleep, get out of bed and do not return until you feel sleepy. GRADUALLY INCRESE YOUR SLEEP Add sleep to your nightly schedule in 15-minute increments. Continue until you feel fully rested each morning. Aim for 8 hours.

CREATE GOOD SLEEP HYGIENCE - Create a routine so you don't eat, drink, or use electronics in the hour before you go to bed. Create a sleep window, the time at which you plan to go to bed and get up each morning. Limit caffeine and alcohol.

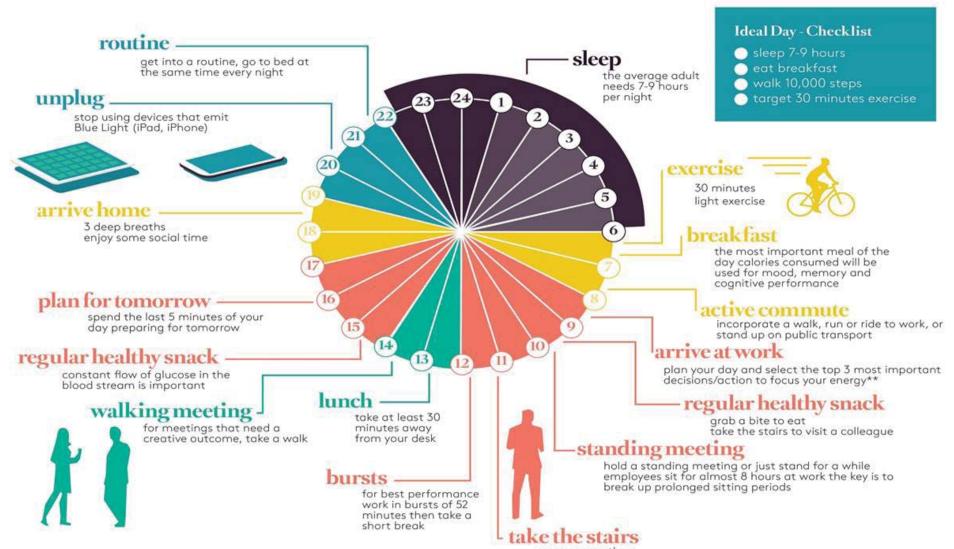
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## DO YOU HAVE A BEDTIME ROUTINE?

If there was one thing you could add to your bedtime routine to improve your sleep what would you be willing to try?

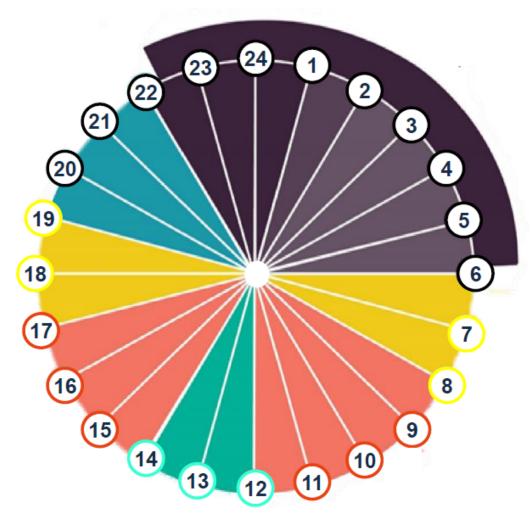




we know you have 20 things but completing your top three most important will make a difference more energy than standing in a lift

## What Could Your Ideal Day Look Like?

What could you do each day to help you thrive? Add 3 daily habits into the "day map" below that you could easily implement.



Acknowledgment; Content by Duncan Young

## Looking For Health Resources?

Eat, Move, Sleep - Tom Rath's website gives you a free 30 day wellbeing plan tailored to your needs and has an app to track it at

SleepCycle - This app tracks and analyzes your sleep patterns. Choose your wake up time, and the app will gently stir you from your slumber during your lightest phase of sleep to ensure that you wake up feeling rested, refreshed, and ready for the day ahead.

Moment - Can lock your technology devices at the times you choose to help your wind down at night.

Swap It Don't Stop It - shows you how to make smarter food choices from swapping sweets for nuts, to getting more exercise in your day, along with ways to shop smart, save calories and even how to join local exercise classes. You can track your progress and set alerts to be remind you when its time to make a swap.

Green Smoothies – lots of good green smoothie recipes you can use to get all the good foods you need in a day.

iStepLog - This app is like having a mini pedometer in your pocket. Launched by Australian charity 10,000 Steps, it keeps a tally of how much you move each day which you can sync to the website to keep track of your progress.

7 Minute Work Out – Scientifically-tested, high intensity work out with no equipment needed. Even seven minutes help but you can do multiple rounds for a more effective work out.

From Couch to 5k – Get your running shoes on! Over six weeks this app gets you running a little bit more every few days. An easy way to create a running habit.

Map My Run – Map how far you're running and track your times. Add coaching support to set goals around time, distance, and speed.

PocketYoga HD - Simple-to-follow illustrations to guide you through the yogi moves. Select from 27 different sessions, including various yoga practices. And don't miss the session that shows you how to burn fat while keeping your mind at rest.

Headspace – An introduction to meditation featuring a 10 session, 10 minute class. Includes progress reports, reminders and rewards. Introductory features are free.

Insight Timer - This app features more than 4,000 guided meditations from over 1,000 teachers—on topics like self-compassion, nature, and stress—plus talks and podcasts.

Breathe 2 Relax - Teaches you how to use your breath to fight stress, tension, and anxiety through belly breathing or diaphragmatic breathing. You rate stress levels before and after the exercises. It's free.

Muse Headband - This brain sensing headband gently guides your meditation through changing sounds of weather based on the real-time state of your brain. This allows you to obtain a deeper sense of focus and motivates you to build a highly rewarding practice.

# Heightening Health

Sleeping Well	Forgo Sleep Ins	Create Bedtime Routines	Toss The Turnings	<b>Turn Down The Heat</b>
	Try to maintain a consistent	Give yourself 30 – 45 minutes	Don't worry if you wake in the	Your bedroom should be 2 – 3
	schedule of sleeping and	to wind down before bed each	middle of the night, just rest	degrees cooler than the rest of
	waking each day.	night with a regular routine.	quietly and breathe deeply.	your house for sleep.
Eating Wisely	Plan Your Diet	Eat Small + Often	Track + Adjust	<b>Eat Lunch</b>
	Make eating decisions before	Your body needs to process	Is what your eating a net gain	At lunch time get up and move
	you get hungry by having good	energy on a regular basis, so	or a net loss when it comes to	away from your desk and take
	food choices on hand.	eat small and often.	your health?	10 minutes to eat.
Moving Regularly	Count Your Steps	Get Up Regularly	Start Early	Move At Home
	Grab an app or pedometer and	Every 60 – 90 minutes try to	20 minutes of moderate	Finding a way to exercise at
	try to complete 10,000 steps	get up and move for at least	activity in the morning	home, is likely to help you
	each day.	two minutes.	improves mood for 12 hours.	sustain an exercise program.
Mindfully Restore	Just Be	Mindfully Meditate	Create A Third Space	Mindful Breaks
	Each time you go to the	Start each day with two	As you go home reflect on	When your energy wanes, take
	bathroom take a moment to	minutes of mindfully watching	what you learned, breathe and	a few minutes to stretch,
	just breathe and be.	your breath.	set your intention for home.	breath and restore yourself.