

# Summer of Wellbeing

WET Training





You might be surprised to learn that summer can be a tough time to stay on track with wellbeing goals. We are not talking about craving a ‘beach body’, instead, we focus on a happy body and mind.

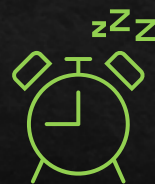
In general this means paying attention to:



What you eat



How you move your body



How much you sleep



How you deal with stress





## What you eat



### Make eating a positive experience

1. Acknowledge and honor your hunger – listen to your body
2. Start Small
3. Get rid of distractions
4. Engage with your food before, during and after your meal
5. Understand your emotions, don't eat because of them
6. Get rid of good and bad labels
7. Eat with others – share a meal/your food
8. Take your time
9. Stop before you feel full
10. Have fun – enjoy the process





How you move your body



## Pros and cons of different activities

Activity	Pros	Cons
Walking	<ul style="list-style-type: none"> <li>- Excellent beginner activity</li> <li>- Can be done almost anywhere</li> <li>- Minimal stress to joints</li> <li>- Develops and maintains aerobic fitness for most adults</li> </ul>	<ul style="list-style-type: none"> <li>- For the highly fit, may not be intense enough to reach target heart rate range</li> </ul>
Jogging/Running	<ul style="list-style-type: none"> <li>- Requires no special equipment except proper shoes</li> <li>- Can be done almost anywhere</li> </ul>	<ul style="list-style-type: none"> <li>- May stress joints</li> <li>- Safety issues when done on streets and uneven surfaces.</li> </ul>
Swimming	<ul style="list-style-type: none"> <li>- Excellent overall conditioner</li> <li>- Minimal stress to most joints</li> </ul>	<ul style="list-style-type: none"> <li>- Need access to a pool</li> </ul>
Bicycling/Stationary Cycling	<ul style="list-style-type: none"> <li>- Exercises large muscles in legs</li> <li>- Minimal stress to most joints</li> <li>- Can be done indoors</li> </ul>	<ul style="list-style-type: none"> <li>- Outdoor: safety issues</li> <li>- Indoor: need access to equipment</li> </ul>





# How much you sleep



## Take charge of your sleep

There are many options you can take to manage the circumstances that cause your sleeplessness and return to a more regular sleep schedule. Be aware that there may not be a single solution; rather, taking a broad look at all the factors in your life that may affect sleep is the best approach to returning to a state of balance.

**Develop healthy sleeping habits**

Try relaxation techniques

Do yoga or tai chi

**make changes in your daily lifestyle**

Consider Ayurvedic perspective – going to bed 9:30 – 10:00 and getting 8 hours sleep each night





# How you deal with stress

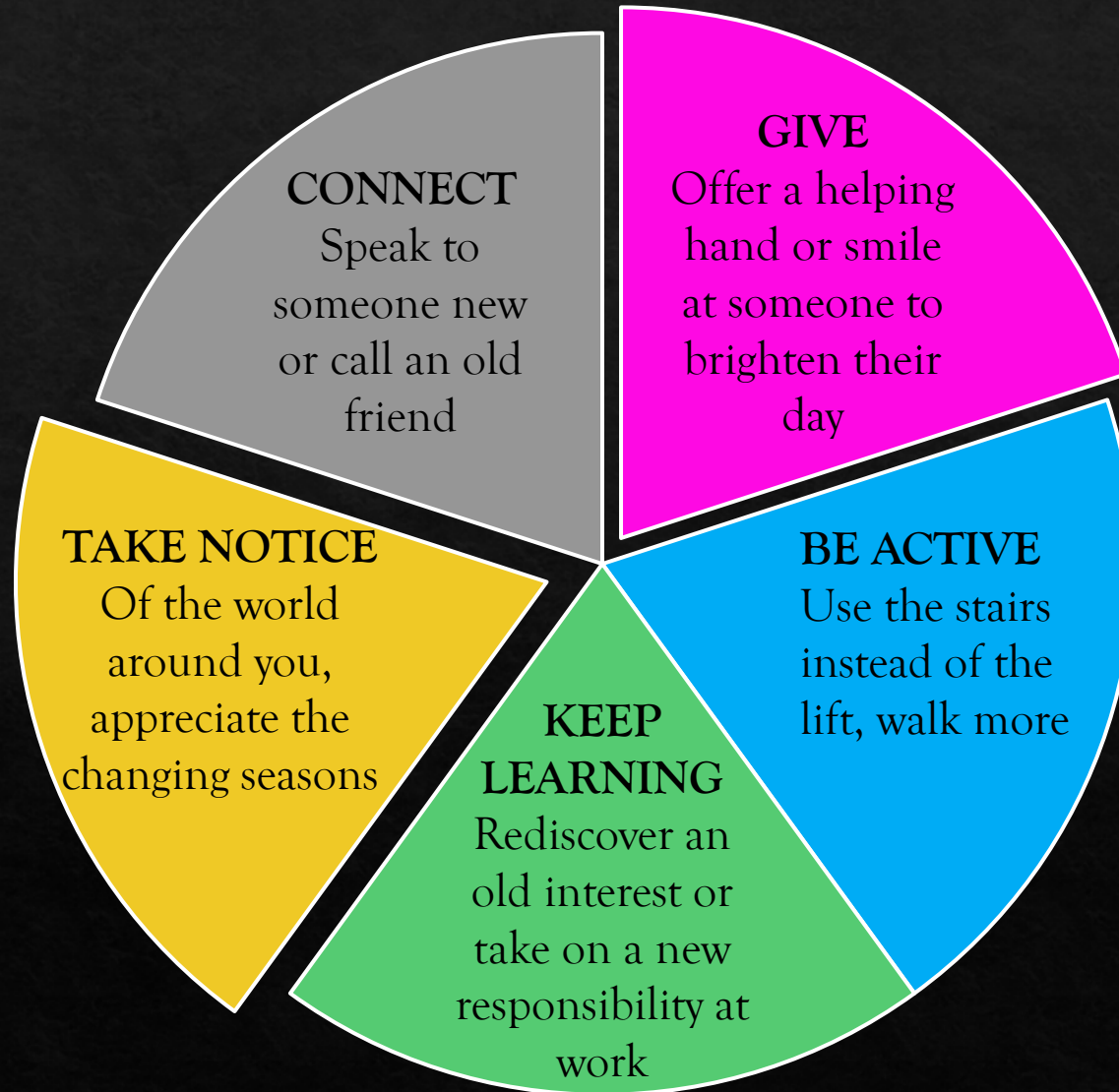


## Ease stress with mindfulness

Even if you go on vacation to a tropical destination, even if you plan on summer to be completely relaxing, there will undoubtedly be situations that cause stress. But that's not a problem. Rather than putting an expectation on the season to bring a sense of calm, cultivate it yourself.

Being in nature is one of the best ways to unwind from stress. Take a few minutes each day—maybe right when you wake up in the morning—to step outside and simply enjoy the outdoors as a child would. Drop thoughts of any plans for the day and simply notice the green of the grass and trees, the feeling of a breeze on your skin, and the sound of birds and other animals.

# 5 ways to help you feel good





# Our favourite ways to stay well in the summer months

01

Staying hydrated



We actually get dehydrated when we sleep, so it is important to make sure we drink a litre of water in the morning to hydrate ourselves from the night before.

02

Packing our plates with more raw vegetables



Raw vegetables are quick to prepare, packed full of enzymes, vitamins and minerals needed for good health and are full of water which help us to stay hydrated. You will likely have more energy, improved digestion and better skin.

03

Eat lunch outside in the sunshine

Natural sunlight triggers the body's response to produce vitamin D, which is essential for our bones, blood cells and immune system as well as lifting our mood and reducing stress. Remember to apply SPF to protect your skin, even if you are outside for a short time.





# Enjoy the sun... safely

Over-exposure to UV causes over 80% of all skin cancers – When UV levels reach 3 or above, use the five S's of Sun Safety:

1. **SLIP** on sun t-shirt and keep shoulders covered
2. **SLOP** on SPF 30+ broad spectrum UVA sunscreen
3. **SLAP** on a broad brimmed hat to shade your head
4. **SLIDE** on quality sunglasses to protect your eyes
5. **SHADE** from the sun, particularly between 11-3pm



Consult your doctor immediately if you develop any of the following signs:

If a mole changes shape, particularly getting an irregular outline

If a mole changes colour/getting darker, becoming patchy or multi-shaded

If an existing mole is getting **bigger** or a new mole is growing quickly

If a mole starts to **itch**, become **painful**, starting to **bleed** or becomes **crusty** and **inflamed**.

# Check your skin for change

Spotting skin cancer early could save your life.  
Check your skin regularly and seek immediate advice with any concerns.  
Look out for the ABCDE of melanoma:



**A = ASYMMETRY:** when one half of the mole doesn't match the other

**B = BORDER:** when the borders are irregular, ragged or blurred

**C = COLOUR:** when the colour varies throughout and/or has no uniform pigmentation

**D = DIAMETER:** when the diameter is greater than 6mm (but could be smaller)

**E = EVOLVING:** changes in the mole over variable time: weeks, months or years

responsibility at  
work