

## Session 3: Personal Wellness Profile

There are 6 areas that require our attention if we are to be at our best. When you get this right you are more relaxed and confident, mentally sharper with greater focus and overall, you are more successful.

Nutrition



Activity



Social



Time Out



Sleep



Outlets



### **Nutrition**

Fuel your body with what it needs. If your body is starved of nutrients, you'll be operating at a fraction of your capability.

### **Activity**

Being ACTIVE is the key. Whether it's walking, swimming, the gym, dancing or team sports. We are designed for motion which provides our brain and our body with the blood flow that they need to work well.

### **Social**

We're happier when we're connected to others and more depressed if we're isolated. Social withdrawal can be an early warning sign that stress is having an impact.

### **Time Out**

Taking a break makes a big difference to our day to day stress management. Always have something in the diary to look forward to as having something booked in helps boost our ability to deal with our immediate stress triggers.

### **Sleep**

We all have different sleep needs. What's important is to get consistent and regular sleep. Getting to bed when you're tired and getting up at the same time gives your body the most restful and rejuvenating sleep.

### **Outlets**

We all need something to take our minds off the day to day. Good outlets are activities that completely engage our bodies and minds. Yoga, meditation are popular examples as are hobbies like reading, gardening or cooking.

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### SCORE KEY

10 or 9	I am a master in this area and a role model for others!
8 or 7	I'm pretty good here, but I could be more consistent
6 or 5	I don't focus on this enough
4 or 3	This is a gap for me that requires immediate attention
2 or 1	Turning this around will be a life changer

6 Cylinders	Your Score ( /10)	Your ACTION plan
Nutrition		
Activity		
Social		
Time Out		
Sleep		
Outlets		