



QUICK GUIDE TO HOLISTIC WELLNESS

To work towards a happier, healthier mind, body and spirit there needs to be a balance between the demands of modern life and the physical, emotional, mental and spiritual needs of you as a person - this is true holistic health. The choices you can make on a daily basis contribute to your overall health and wellbeing.

BELOW ARE A FEW THINGS TO KEEP IN MIND.

- *Eat healthy a balanced diet and reduce the amount of processed food. Drink plenty of water and reduce caffeine and alcohol.*
- *Spend time outdoors and connect with nature. Make regular exercise part of your daily routine.*
- *Manage your stress levels and look for ways to make your life more organised and clear out clutter in your physical surroundings and in your mind.*
- *Learn to aid your wellbeing through deep, slow, rhythmic breathing. Slow your mind down - meditation and reflection are very powerful tools. Be true to yourself and but be open to new ideas and experiences. Make time for yourself every day to do something you enjoy to boost your sense of happiness. Get creative.*
- *Treat yourself with the kindness you would like others to treat you with. Interact with others every day and nurture your friendships.. Ensure you are getting a healthy amount of sleep, have a good sleep routine. Find something to be grateful for everyday.*



Disclaimer

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