



STRESS TIPS

- Write down your To Do list. Prioritise. Congratulate yourself on the stuff you got done. Don't worry about the stuff you didn't (because it is on your To Do list and you'll get to it when you can).
- Learn to Meditate. Helps to stop mind chatter, reduces blood pressure and all sorts of other proven benefits. If you don't know how, try a Vitali-Chi Relax class in your area (give details of any local ones you know about).
- Learn to say 'No'. There are only 168 hours in any one week.
- Know what you can change and what you **MUST** accept. Do not worry about things you **CANNOT** change.
- Get a good nights sleep. If you are not sleeping well, tackle that issue. Get help if needed. Sleep is important. It helps to repair brain cells and every other cell in the body.

DIET TIPS

- No carbs after 6pm (so that body will turn to stored fat for energy to get through the evening and night).
- Eat More Soup. The thicker the soup the better. The liquid in the soup 'tricks' your stomach into being full for longer, reducing 'must eat' messages to the brain.
- Try Intermittent Fasting. Don't eat for 12 or 16 hour periods. Some even try 20 hours. Start with 12 and see how you go. (So, for example, you have your last meal before 6pm, and then breakfast after 6am). Drink lots of water.
- Drink **MORE** Water and **LESS** alcohol.
- Try Food Combining. Try not to mix proteins and carbohydrates in the same meal. Works for some, not for others, but worth a try. (Body treats the digestion of proteins and carbohydrates differently).

EXERCISE TIPS

- Walk more often. Use the stairs (not the lift).
- Find a competitive sport you enjoy. Exercise does not seem like exercise when you're having fun (and trying to beat your opponent)
- Exercise with someone else. When you make a commitment to another person then it is harder to break.
- Stretch. (Yoga and Pilates will help if you prefer classes). Stretching improves posture and helps reduce or manage stress.
- Go further than yesterday. Whenever starting any exercise regime, do what you can on the first day. The trick is then to go further on the second day (and so on). Effectively beating your personal best every day.