

Seven Steps

TO YOUR
PERSONAL

Wellness
&
Recovery

COACHING
COURSE

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Step 1 - Nutrition and Hydration

In this lesson we're going to look at Nutrition and Hydration...and how feeding your body the right food and liquids is crucial to your health and wellness

WHY – you are what you eat! If you eat well you'll feel well and if you eat badly it can affect you badly. Its that simple!

WHAT – you're going to look at different food types and the negatives and positives of eating them as well as the benefits of staying hydrated.

HOW - There is a worksheet for you to complete all of this information which is unique to you so please print it and complete it and begin to identify changes you might need to make to have a more balanced diet.

B/C – You have the mindset to put this daily discipline into practise now and see how you are able to go from feeling irritable and hungry to satisfied and calm.

Food is fuel. When you are unwell your body needs energy in the form of nutritious meals and drinks.

'Balanced is best'. To have a balanced diet you should eat carbohydrates, protein and fats. This gives your body a steady flow of energy.

Complex carbs release energy slowly and sustain you longer. Complex carbs are found in wholemeal bread, fruit and vegetables wholemeal pasta and wholegrain rice. They give a steady flow of energy.

Simple carbs release energy quickly and can be found in cereal sweets and crisps as well as cakes and biscuits alcohol and sugary drinks. Unfortunately, there is little nutritional value in simplex carbs its good to eat them before exercise...remember food is fuel!

As a result, simplex carbs cause sugar rushes when your energy spikes quickly and sugar crashes when your energy drops quickly and this can be problematic for you.

A diet high in sugary food can make you shaky, dizzy, tired, irritable and hungry.

You might recognise some symptoms of having a high simplex carb diet, it is not fun! The solution is to try to eats fewer simplex carbs to avoid the crashes and their symptoms and instead to eat more complex carbs which give you energy for longer and affect your mood less. I used to get so hangry at lunch and dinnertime!

Protein is good for you which rebuilds muscle and tissue and it's good to eat after exercise to do exactly that.

Step 1 - Nutrition and Hydration

Protein can be found in meat eggs fish and dairy products such as milk cheese yoghurt and butter. Protein is found in red meat which when you're feeling really tired or if you have anemia particularly at specific times in the month having red meat can really pick you up. Lean meat like chicken and Turkey are very good sources of protein and some people don't want to eat too much red meat.

For dairy products I personally choose to have full fat protein products because more chemicals are added 2 half fat all low fat.

Remember, it's good to eat protein after exercise to repair your muscle tissue...because food is fuel!

Healthy fats feed the brain for longer and can be found in foods like avocado nuts cream and butter and by having full fat rather than low fat this can allow you to feel fuller for longer and less tempted to reach for simple carbs which have poor nutritional value whereas healthy fats have good nutritional value.

Unhealthy fats are found in high calorific food such as takeaways and pre-packaged meals therefore it's far more beneficial 2 cook your meals from fresh. I actually love to cook now, but everything is simple and in under 30 mins!

Hydration is crucial for your health and you should drink 8 glasses of water a day. Hydration is really important for brain function and drinking sufficient water each day is vital for your vital organs!

Fortunately, you can obtain water and nutrition from smoothies, juices, tea, coffee and infusions. Also, smoothies and juices are a brilliant way to eat healthily because they can be filled with fruit and vegetables, herbs and spices. Tea and coffee and infusions can be helpful to fight off infection because of the heat and keep your immune system boosted.

When you have healthy nutritious meals and stay hydrated you will be energised, sleep well, have improved thinking and feel calmer.

So, which choice are you going to make?...are you going to fuel your body in a way that makes it irritable and angry which can even be detrimental to your health or are you going to fuel your body with a steady flow of energy throughout the day from your balanced and nutritious meals and drinks that lead to feeling energized, clear thinking and feeling calm?

Daily Tips for you to embrace:

- Eat 3 balanced meals a day*
- Eat at similar times*
- Plan your meals*
- Stay hydrated*

Step 2 - Exercise and Breathing

In this lesson we're going to look at exercise and breathing and their massive benefits

WHY – taking small daily steps to move helps you build strength and stamina and consequently improves your breathing

WHAT – you're going to look at different types of exercise you can start with and build up as you get stronger and stronger

HOW - There is a worksheet for you to complete all this information which is unique to you so please print it and complete it and begin to plan which days you do which exercise

B/C – Daily exercise is important for your mind, body and spirit and maintaining will help your recovery and build your confidence the stronger and healthier you become. If you don't exercise you may feel lower because exercise encourages endorphins to flow around your body, improving your mood and beating the blues! It can also be sociable too which can be just what you need when you're going through your tough times!

Ok so this quote Movement is Medicine is one of the most encouraging reminders you can have!

Your body was made to move, and I know I know sometimes you are so fatigued it is the very last thing you can think of doing. So where do you start? Well my friend the key is small steps. The thing is your body has a muscle memory and your body can remember what it has done and increase its abilities little by little until your small steps are big steps!

You will have that 'feel good factor, from the endorphins and serotonin your body releases during and after exercise. It's worth noting it doesn't sadly kick in before you exercise, so you must rely on your growth mindset and your daily disciplines you plan into your week.

Movement is medicine because it alleviates aches and pains and anxiety, fatigue and depression...it is proven! So, try to exercise daily which reawakens and rebuilds your body and remember start with small steps, don't overdo it at first because you might put yourself off, thinking it's too difficult. Just do what you can to begin, and little by little you will build up your strength, stamina and muscle which will make it easier the more you do it.

And that brings me nicely to this point that's you should try to put a variety of strength stamina and muscle building exercises in two your weekly planner. You this will give you optimal results and actually if you were to begin with walking and continue walking every day or three times a week for the rest of your life you would build up your strength stamina and muscle power so if that's an option for you go for it.

Let's have a look at summer exercise options and their benefits to you.

Step 2 - Exercise and Breathing

The first is daily walking outside this gives you fresh air and 20 minutes outside a day is a natural way to boost vitamin D in your body and walking alone can be helpful for having some time out or time to listen to your favourite music or an interesting podcast and it's also a form of mindfulness if you observe the sensations within you and around you too this can be really healing and you can also listen to meditation music or meditation talks which are very calming for your mind, body and spirit.

You can also walk with others ask family or friends to join you this can be a lovely way to connect and sometimes even talk through things without sitting face to face and feeling awkward and it's a wonderful way to take in the beauty of the creation around you.

Going to the gym and being inducted properly can be a great first step to getting fit again because your personal trainer will provide you with a personal plan which is tailor made to help you improve in your strength stamina and muscles. Having a gym routine can be a helpful way for you to have structure and keep to a plan. Also, gym classes can be a great way for you to make new friends support networks on many people also dealing with recovery so you may find a wonderful support network. Gym classes often repeated exercises to music which use the brain and improve memory which will be great for your brain power.

Now, swimming this will be great for you for a number of reasons first of all it is great if you have any injuries because in the water when you are afloat there is no impact on your body. Also, swimming can be a freeing experience you can use it to metaphorically wash away your problems on it can be very freeing play on mind.

When your swimming backwards and forwards it can be a good time to allow your mind to really relax and sometimes things you are worried about will disappear and answers you've been looking for will come to you because your mind becomes more relaxed. Swimming can also be social experience and water aerobics can be really good fun I urge you to give that a try. And finally, swimming is it is one form of exercise that increases your strength stamina and muscle.

Running is a big one you might have a block about running just like I did it reminded me of school days getting frostbite on my legs and having them fingers and toes which I really didn't enjoy.

I recommend running and starting with small steps because before long you will build up your capabilities and surprise yourself and this will really boost your confidence. Running alone is great because you can choose when you want to run or walk or both if you're doing high intensity interval training which is called hiit for short and you can follow apps like the Nike running club all you can track on Fitbit which will give you a real sense of achievement also running is known to be a great stress reliever and you might like to do it straight after work and remember when the nights get darker and colder that's always the treadmill at your gym.

Step 2 - Exercise and Breathing

The treadmill can be really boring but if you create your favourite playlist with music that pumps you up you will actually have an amazing experience this must be why some people do you get addicted to running. Also running with someone else can be helpful when you need sparing on and it's another social activity which is great for your spirit. There are running groups 2 many are held in parks called park run and there is also the couch to 5K programme which is step by step coaching to get you 2 running 5 kilometres without stopping. But remember if you need to you can always stop you are in control just don't give up it can be mind over matter and also remember running is completely free and something you can do when you want to.

Body conditioning, Pilates and dance particularly focus on breathing and they are strengthening and lengthening! You learn to elongate your body in these forms of exercise and you really have to focus your mind which helps you forget everything else during your session, its amazing! They are often accompanied by music too and with some calming meditation at the end all of which helps to bring healing and happiness to your mind body and spirit and that's why I personally love these forms of exercise!

You can do these forms of exercise in your own home too all you need is a bit of space for a mat or to jump around and some music of course and this is absolutely free again! You can follow online YouTube classes for free which is especially good if you want to stay at home and are having a bit of a rough or lazy day. Moving your body around even just a little is like a little bit of medicine for your body remember!

Exercise is beneficial for your mind body and spirit and hopefully you can see that clearly and you'll feel encouraged to plan exercise into your week and begin to enjoy it rather than see it as a chore or necessity. If you don't feel motivated just remember these things about exercise...

- For your mind. exercise regulates breathing reducing stress and anxiety*
- For your body, exercise lowers your bpm and heart rate and increases your fitness levels*
- For your spirit, exercise, music and socialising lifts the spirits!*

My friend, before long it will become second nature if you keep it up I promise, practice makes perfect! And decide what works for you, is it 3 times a week or daily but try to mix it up and keep it fun, mindful and flexible. Don't beat yourself up if you miss anything...just forget about it and try again the next day!

And the bonus is increased strength and stamina allowing you to carry out our daily tasks with more ease. Remember movement is medicine and you were made to move!

Step 3 - Sleep and Rest

In this lesson we will look at Sleep and Rest which supports your fitness and recovery

In this lesson we're going to look at sleep and rest and how it impacts your health and your life!

WHY – sleep and rest is essential for your recovery and it helps your body heal!

WHAT – you're going to look at how much sleep and rest you need and why exactly you need it

HOW – You're going to choose your sleep routine and changes you need to make to stay committed to it.

B/C – Sleep and rest restore, rejuvenates and repairs your body and so you need to make sure you prioritise your sleep otherwise you won't be functioning properly and functioning can already be difficult enough right? Good sleep and rest allows your body and brain to function properly so lets make sure you start getting enough!

I love this quote early to bed and early to rise makes a person healthy wealthy and wise. many successful people rise early and go to bed early to ensure they have sufficient energy during the day and to lead an effective and empowered life. You can too!

And as the saying goes health is wealth meaning if we you are healthy you are able to provide for yourselves and for others and sleep is one of the most important elements of your health. Without it you can really suffer and the impact off a bad night's sleep and insomnia can be devastating. One tip is to make your bedroom a relaxing haven with pillows, scented candles, calming music or reading a book before you sleep, choose what works for you but make it relaxing and this will make it easier for you to fall sleep.

So you might ask why is sleep really so important well for you my friend it is crucial because you have a health issue and need more sleep done the average person because your body is working harder to recover. Your body will recover and heal faster with 8-9 hours of sleep a night and remember you should be turning off all your electronic devices at least one hour before bed!

During the day and after work you are likely to feel really tired because your brain and body is working hard to recover so you'll find 20 minutes to one hour power naps work wonders! You must decide you regular sleeping times. On work nights I go to bed between 9 and 10pm and rise between 7 and 8am. I live by these recommendations!

You must create an effective sleep routine and stick to it. And regular sleeping times make all the difference to you the following day. Begin a regular sleeping pattern and you will notice the difference immediately.

Step 3 - Sleep and Rest

And like me you may start to wake earlier in the morning but you will find that you're more alert and can concentrate better. It's also it's a brilliant time to start your meditation, stretches and prayer time and go out for early walk or run which is so invigorating first thing in the morning!

Sleep rejuvenate your mind body and spirit, It is the perfect way to protect your mental physical and emotional health and keep them all well balanced. Please don't underestimate how much your body needs you to sleep well every night for you to have good health. If you don't sleep well you will soon become sick and tired of feeling sick and tired, I've been there!

For your mind a good sleep improves your brain function and cognitive skills and reduces stress and anxiety. After a good night's sleep you will be able to think more clearly, your memory and speech will be better and retaining information and making sense of things will be far easier too. I'm sure you know how awful it can be after a poor night's sleep trying to remember things not to mention how irritable you can feel.

For your body A good sleep regenerates the cells in your body and your brain, all the physical healing your body needs takes place at night. Because of your health condition it is essential that your body and brain can rejuvenates overnight and also with the exercise you're now doing it's extra important that you give your body enough sleep to recover between sessions and for you to get stronger.

Without enough sleep your body and brain will not repair itself to its full capacity so get enough sleep to ensure it does!

For your spirit good sleep stabilises your emotions and lifts your spirits. I'm sure you've noticed when you wake up in the morning and feel great after a good night's sleep and equally how after a bad night's sleep or a late night you wake up and immediately feel rotten. So let's focus on stabilising your emotions and lifting your spirits with good sleep because life is already challenging for you so let's do everything to make you as happy and healthy as possible.

Do you see how important sleep is for you now? Of course you do so what is your new bed routine going to be what time are you going to start winding down having a relaxing bath lighting any candles and actually turning off the light for you too get your beauty sleep? And finally what changes do you need to make to get to bed early on time do you have family commitments to consider do you need to arrange things with your family to make sure you can prioritise your sleep?

Remember health is wealth and the happier and healthier you feel the more productive you will be leading to a life of recovery and you can make that happen quicker with a good sleep and rest.

Step 4- Relationships and Support

In this lesson we're going to look at the positive relationships and support and boundaries too that you need in your life to live well.

WHY – relationships have a big impact on your wellness and therefore recovery so its important you are spending time with the right people

WHAT – you're going to look at how you need to be surrounded by supportive people and how letting go of unsupportive people is actually the best choice you can make for yourself

HOW – You're going to decide who you want to spend time with and what boundaries you need to have to ensure you can prioritise your wellness

B/C – Family and friends surprise you nicely and its important you build and maintain these relationships. Spending time with people or worrying about family and friends who aren't showing the support you hoped for is painful but it happens and by focussing all your energy on positive relationships you will be empowered and in control of who you choose to give your time and energy to.

You win some you lose some! You've heard this expression before but you would never imagine that this would refer to people you thought were your best friends or closest family when you go through your health trial you may lose some relationships but the good news is you may gain some!

Some people will be by your side supporting you every step of the way checking up on you asking if there's anything you need and you know they mean it and they are there for you at the drop of a hat.

Some other people will go missing they won't pick up the phone they won't check on you they won't seem to worry about how you doing. I think there can be a few reasons for this. 1 is that they may only know you in one particular environment like having dinner and drinks which they can continue with but you can't. Another reason maybe that they don't know how to handle your news and your situation and the changes you face. Also, they might have things going on in their own life you are not aware of and finally maybe they are just self-centred people where the world revolves around them. Either way it's great that you have people by your side and it does hurt that some people are not by your side.

So, what do you do, you might ask? Well, I believe its best to focus on the positives and not the negatives in times like this because you need to live a life as stress-free as possible and entering into conversations with these people might cause disagreements which could be more painful for you.

Of course the choice is yours and you should follow your own instincts, but I want you to avoid any further pain which can cause you more stress.

Step 4- Relationships and Support

So from my experience I've learned positive relationships are essential to your wellness and recovery and so my recommendation is you cherish and build your relationships with these people.

And in-line with that I've learned unsupportive relationships are detrimental to your wellness and recovery and therefore its wise to limit time with these people and accept the loss or lack of interest. It might not be permanent either, and people aren't perfect ourselves included but for your own sake try not to dwell on it and look at who you're gaining instead and keep focusing on your healing, that's most important for now.

You can make choices too and you can choose to surround yourself with people who bring you joy rather than people who drain you. Relationships are huge factor for your wellness and you must define your boundaries which are crucial for your recovery.

Your boundaries help everyone when you prioritise what you do and don't want it becomes easier to live your life by them, for example if you need to go to bed at 10:00 o'clock you might need to leave your friend's house at 8:30 not at 9:30 like you used to. You need to state boundaries clearly by simply saying I have to go, or I need to eat now or I have to rest.

You don't have to be aggressive or enter into any conflict and when you maintain your boundaries and repeat them they are not only becoming a daily discipline or a new routine for the life you are redesigning for yourself but also your friends and family will see clearly how are you are choosing to live now and they will respect that.

Engage with people who are positive, supportive, like-minded and have your wellbeing at heart this is key for your wellness and recovery and where you should focus your energy, not on mending the old but on building the new.

Who are you going to make more time for and what activities can you plan together and add into your schedule? Did you notice I didn't ask who are you going to avoid, no because you just need to focus on the positive and let the rest go, things will happen naturally over time.

You can step back from friendships temporarily, by stepping back quietly the right people will step forward into your life. Stating your needs gives you more control after all you need to prioritise your own happiness, health and healing.

When you resume friendships you will be stronger. Those people will probably re-enter your life but they will most likely meet a stronger version of you who can say no without feeling guilty!

So yes my lovely you win some you lose some but now you know the benefits of focussing on the good and letting go of the rest. Enjoy your new and improved relationships!

Step 5- Career and Purpose

In this lesson we're going to look at your career and purpose and your needs too

WHY – being aligned with your chosen career and true purpose is hugely important for your health.

WHAT – you're going to look at what can improve at work and what opportunities you have to follow your true calling.

HOW – You're going to assess if you need any more support at work or if you are going to align yourself with your true purpose.

B/C – your health condition might be causing you to reevaluate your career or purpose which can bring a big breakthrough to your health. We spend hours in the workplace and if we aren't aligned with it that can be damaging. Being content with your work does will do wonders for you.

Everything happens for a reason. Being confronted with life-changing situations can be the greatest catalyst for change! Do you need to make some big changes in your career or find your true purpose?

Alternatively could it be your health condition is forcing you to look at other work options? You might love your job and have a good income but please remember that you can find another job but you can't find another body, so listen to it while you can and bear in mind that wise old saying that 'prevention is better than cure'. Ask yourself, do you need to consider giving your body a break, before it breaks you?

Is it time for your to pause? Being confronted with life-changing health challenges might force you to stop or pause for a while and make some positive changes and some healthy choices. Your health is your priority and you can only put other things before it for so long.

So, assess your role and if you are happy...

Can you adapt your hours or role?

Can you have a quiet space?

Can you take a career break?

Write down...How will you create a work environment that will...

Allow you to be healthy?

Allow you to be happy?

Step 5- Career and Purpose

Top tips at work if you're happy to stay in your career:

- inform people*
- don't suffer in silence*
- be guilt free*
- you are not damaged goods*

Assess your career and if you are not happy...

- is it time to make a change?*
- is it time to do what you enjoy?*
- is it time to get aligned to your purpose?*

So, might this actually be the perfect time to discover what your real purpose is and find a new future role?

Sometimes what seems like a setback to you can be the start of your break-through, maybe things do happen for a reason and your situation is allowing you to assess your purpose.

Evaluate your career and ask yourself...

What is your purpose?

How are you going to align with it?

Remember everything happens for a reason and what you thought was meant for the breaking of you, might actually be for the making of you!

Having time to pause might be a blessing in disguise.

Step 6- Spirituality and Self-Belief

In this lesson we're going to look at your spirituality and self-belief and gaining strength

WHY – during this time it is so important you have extra strength from above or from within to keep you going through the particularly difficult times.

WHAT – you're going to look at what you're really thinking, how you can help heal yourself and ask God to do the rest and who you are becoming through your health trial.

HOW – You're going to look at daily disciplines of prayer and meditation and connection and how you practise these.

B/C – your health condition can easily cause you to question, feel fearful and want to give up but by connecting to a higher power and believing in yourself too you will find extra power and strength to have victory and freedom from any fears your health condition brings you. You will see there's a purpose and you can come through this stronger.

I understand that with you going through a life changing health condition you have probably asked 'why me?' I think that all faiths encourage us to look for a higher power and this faith can be healing in itself. For me personally, with a Christian faith I believe I drew my strength from God during particularly dark times.

And Be Still and know that I am god was the perfect answer to my question 'why me?'

During these times its easy to become fearful and anxious but its also the perfect time to for you to reconnect with your chosen power and find inner peace with your own, preferred practices of prayer or meditation.

Do what You can to heal your life and ask God to heal what you can't. I would ask constantly for extra strength and every time I took Holy Communion at the cross I asked for Jesus to heal me. I was always doing my part too and hoped and prayed God would do His.

Do what You can to heal your life and ask God to heal what you can't. I would ask constantly for extra strength and every time I took Holy Communion at the cross I asked for Jesus to heal me. I was always doing my part too and hoped and prayed God would do His.

During these times reconnect with your chosen power and find inner peace through your own preferred practices of prayer or meditation.

Daily Disciplines – read your scriptures, comforting quotes and books, pray for healing and forgiveness, play soothing music. Make these part of your day first thing or last thing at night, but make them a priority.

Step 6- Spirituality and Self-Belief

These Daily Disciplines are helpful regardless of whatever faith you do or don't practice. Meditation can be simply sitting crossed legged on a mat or lying down and doing simple breathing in and out, or it can be calming your mind of any thoughts or it can be repeating a particular scripture or word to yourself.

Stretching to calming music first thing in the morning can be extremely good for your mind body and spirit, it's like slowly and kindly reawakening your body every morning.

I do this – I begin reading my daily reading with a cup of tea on my mat then I begin to breathe in and out and then stretch my body to begin the day on the best note possible. A body scan can be great at the end of the day, where lying down you relax each area of your body from your head to your toes, its lovely to music too.

You can get free apps to help you do all of these and there are free YouTube sessions too.

There is a purpose for your pain – all faiths seem to point to this conclusion and very often it is to help you to see things differently. Pain from your struggle might cause you to have a simple life, to reconnect with God or to reconnect with others and the result could be that you slow down and don't burn out anymore but instead you prioritise the most important things in your life.

Who are you becoming in your pain and in your health trial?

*You are gaining strength, you are finding peace, you are healing, you are being still!
You will also realise how much stronger you are than you thought and you will recognise that you can overcome anything the future throws at you.*

After all, you are a victorious warrior who can survive anything!

You know, The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. What if this was the purpose of your pain, to allow you to grow stronger and to be transformed.

Living with these characteristics and living with an improved way of life, simpler and filled with good things and good people.

Would you still ask why me? Or would you say 'me please?'

You are getting there my lovely, you are seeing the light and you are well on your way, now lets look at the final step for you and find out which hobbies bring you wellbeing!

Step 7- Hobbies and Wellbeing

In this lesson we're going to look at the hobbies and activities you love and how they bring you joy and contentment

WHY – during this time it is so important you include this form of self-care into your life because when you do what you love it helps your health, happiness and healing!

WHAT – you're going to look at which hobbies and activities bring you both a sense of excitement and a sense of peace and which you can do with others and which you can do alone, all of them will benefit you.

HOW – you're going to choose which hobbies and activities you're going to add into your weekly schedule and you're going to prioritise this without feeling any guilt. This is your time to put yourself first!

B/C – Doing what you love with the people you love is a perfect way to maintain good health, it is like a tonic for the soul! It can feel a little overwhelming at first but building it up slowly means you're avoiding becoming more isolated and depressed and doing things for others when you don't have the energy to. Your hobbies help you get your life back on track and then in time you'll return to your former self and be ready and willing to serve others again, when you are recovered and ready to.

You can't pour from an empty cup! So before you start please stop feeling guilty? Putting your hobbies and activities as a priority is a form of self care it enhances your wellbeing and it is necessary for you. If you aren't filled up you can't fill others up properly either! (remember that half empty/full glass scenario...well what if the vessel was actually empty?! Even worse right.)

You may used to have done duties that you just can't face doing for the time being, maybe serving at church, helping friends and family in certain ways but now it is time for others to give you time to fill your cup again. If you fully rest and recover first, then you can return to those things once you've healed and you might be bigger and better than ever!

One of the greatest parts of your wellness and recovery is doing things you love with the people you love! It is that simple, it will revive you, refresh you and restore you! You are unique in your preferences, desires and gifts and when you reconnect with what sparks joy in your life you will feel like a different person!

This is self care and involving yourself with hobbies and activities you enjoy with people you care for will massively improve your mind body and spirit.

So lovely, what hobbies and activities are you going to do? Think straight away about the things you love are naturally talented at or find fun and make you feel good and write them down.

Step 7- Hobbies and Wellbeing

If you can't think of anything really take time to consider what you enjoyed doing when you were young, it can be so easy for us to forget because life gets in the way but you'll know what makes you have a sense of wellbeing. For me its singing!

You might also be thinking that you can't do what you used to do so you're not going to bother because its too hard but you have to focus on what you can do not what you can't do. So, if you can't run marathons anymore can you walk for 10 minutes every day? You'll still enjoy the fresh air and the beauty outside. If you can't sing in a choir anymore can you sing a song or two everyday? I'm sure you can...if there's a will there's a way!

Its important you stay as closely connected as you can to what brings joy to you.

Practicing these things does wonders for your wellness.

So, plan activities that ignite you, that are energising and uplifting in a healthy way and also plan activities that calm you, that destress you and that you can do when you're tired and alone, but that still bring you a sense of fulfilment.

So have a think...what are these things for you?

Activities with others bring you connection and joy. Its good to connect with others, to naturally sync with others which is why activities like dancing and singing are so appealing to many people because you come together as one which is a great bonding experience and is know to increase healing!

Activities alone allow you to be mindful and peaceful and this is a good to destress and to bring greater calm into your life. To do things alone that bring you contentment is a great way to relax and to be independent and its helpful for you to have a balance of things that bring you joy, with others as well as things that bring you peace, alone.

So hopefully you already know which hobbies and activities you're going to bring back into your life or continue to do if you're already doing things that bring you happiness. Here are some ideas which can be done outdoors or indoors and with others or alone. Have a look and find some extra inspiration and then pop some into your weekly schedule.

So, what activities are you going to plan into your weekly schedule?

Remember they help your wellbeing and are so important for your overall wellness and recovery.

The effects can be more powerful than medicine.

Step 1 Nutrition and Hydration

What time are you going to eat each day?

When are you going to plan and prepare your meals?

What are you going to continue to do for your healthy diet?

What are you going to avoid doing for your healthy diet?

What are you going to drink each day to stay hydrated?



Nutrition and Hydration Planner



	Breakfast	Lunch	Dinner
M			
T			
W			
T			
F			
S			
S			

Step 2 - Exercise and Breathing

What exercise will you do, that you enjoy?

What exercise are you going to try?

Which exercise will you do with others?

Which exercise will you do alone?

When will you do it each week and for how many minutes?

Remember: 'Small Steps' and make a playlist to listen to!



Exercise and Breathing Planner



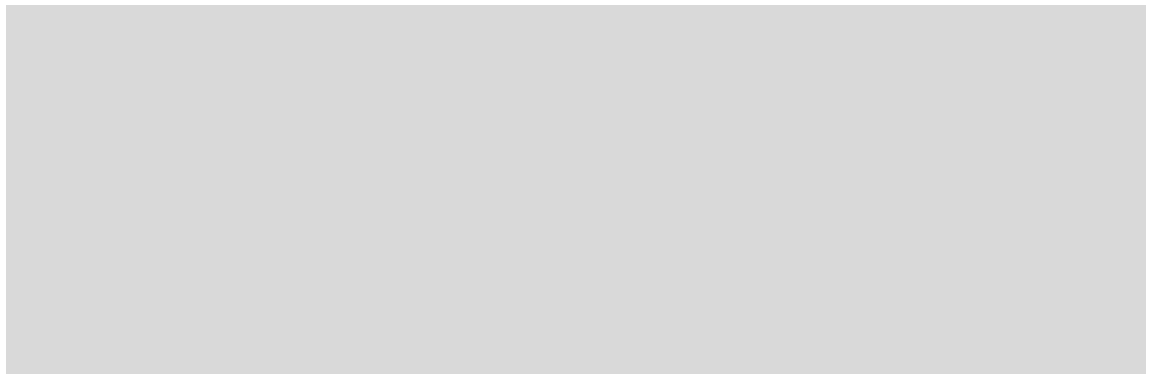
	Morning	Afternoon	Evening
M			
T			
W			
T			
F			
S			
S			

Step 3 - Sleep and Rest

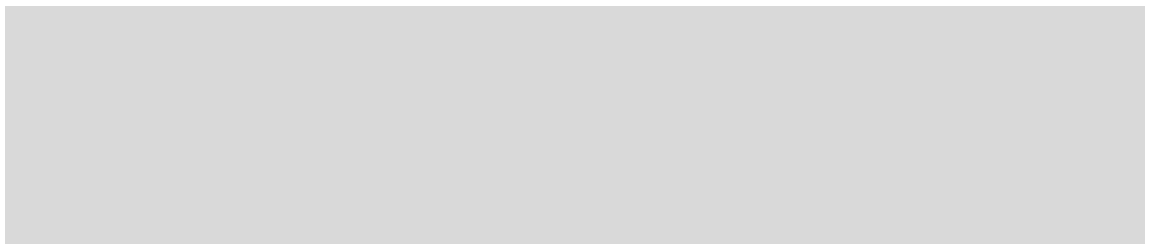
What does your current bedtime routine look like?



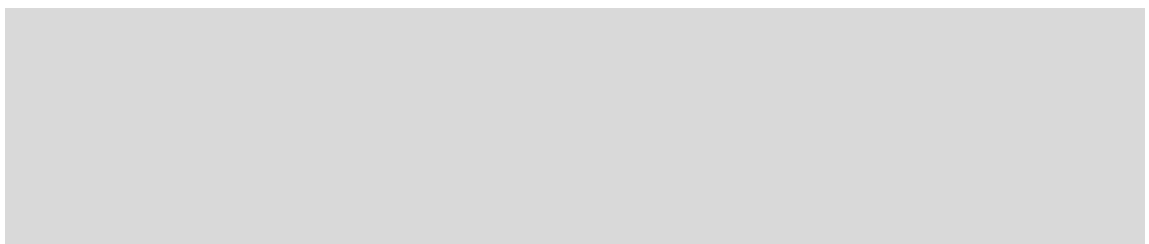
What does your new bedtime routine look like?



What changes do you need to make?



How do you think you'll benefit from having good sleep?





Sleep and Rest Planner



	AM	Rest	PM
M			
T			
W			
T			
F			
S			
S			

Step 4 - Relationships and Support

Who are you going to make more time for?

What activities can you plan together?

Where can you add time into your schedule for connecting?

Do you need to step back from any friendships temporarily?



Relationships and Support Planner



M

T

W

T

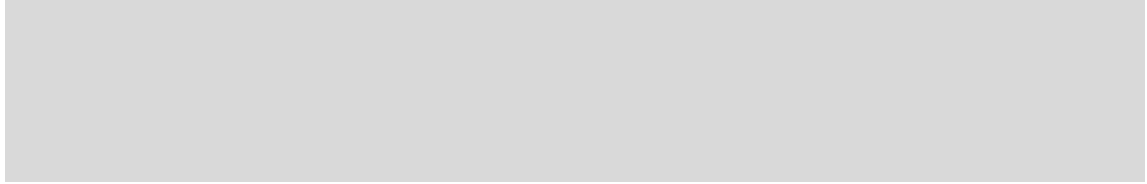
F

S

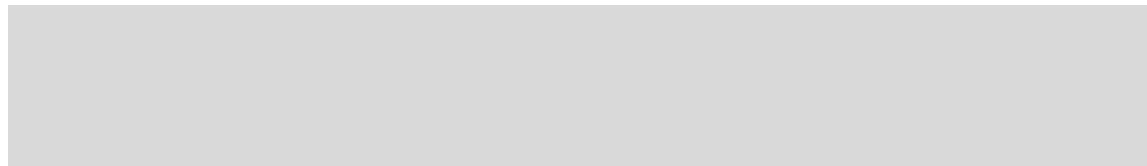
S

Step 5 - Career and Purpose

Can you adapt your hours or role?



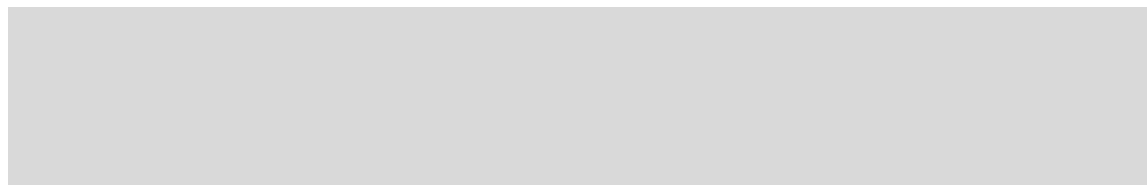
Can you have use of a quiet space?



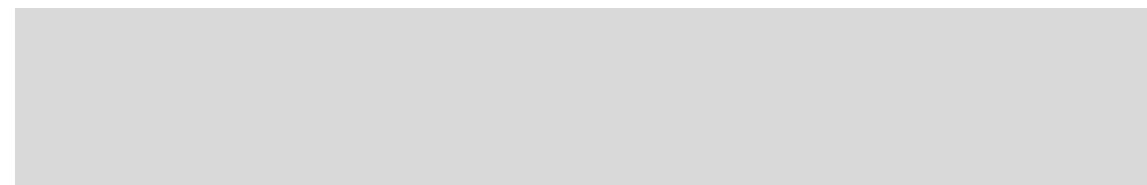
Can you take a career break / change of role?



How will you create a healthy working environment?



How will you create a happy working environment?

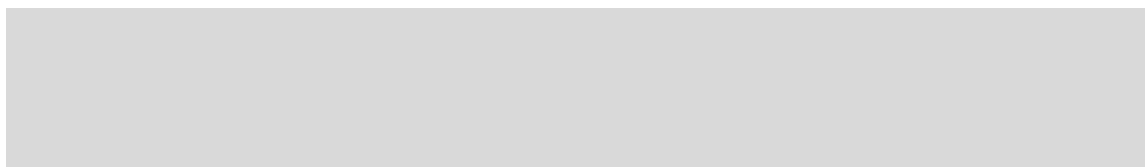


Step 5 - Career and Purpose

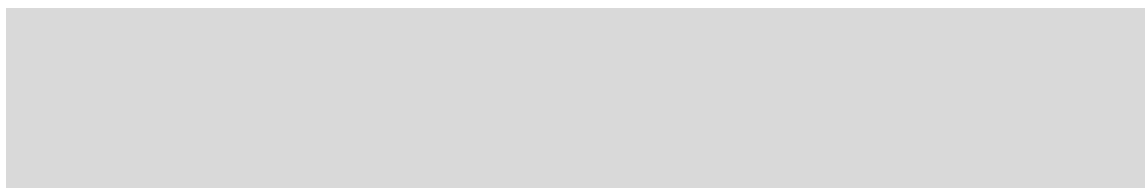
Is it time to make a change?



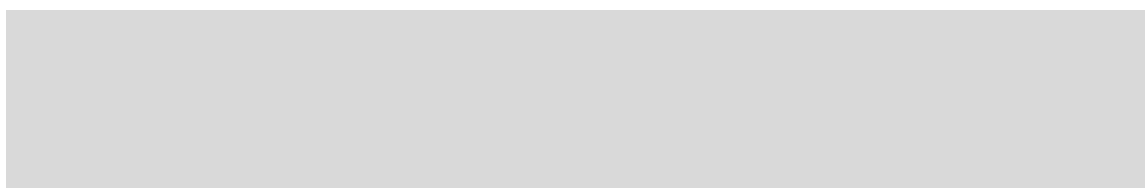
If so, why?



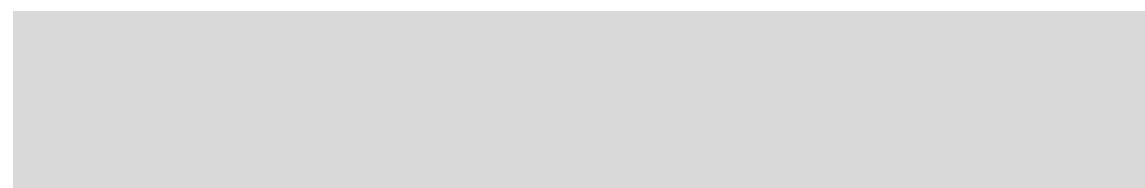
What do you really enjoy and feel most confident doing?



What do you believe your true purpose is?



How are you going to align with it?





Career and Purpose Planner



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

Step 6 - Spirituality and Self-Belief

What would you like to read and when?

What do you want to pray or ask for, where and when?

Where will you enjoy meditating and when?

Where and when will you stretch to awaken your body?

What parts of your body will benefit from a body scan?

Make a playlist of meditations and calm music!



Spirituality and Self-Belief Planner



M

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W

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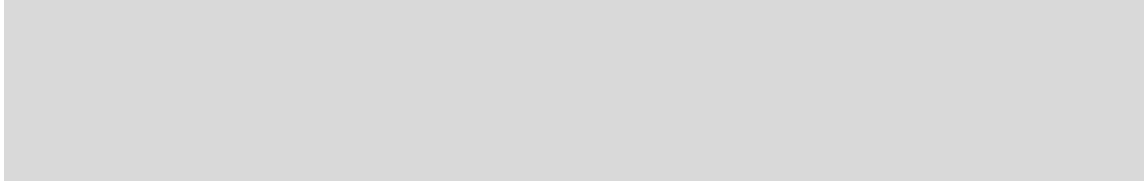
S

S

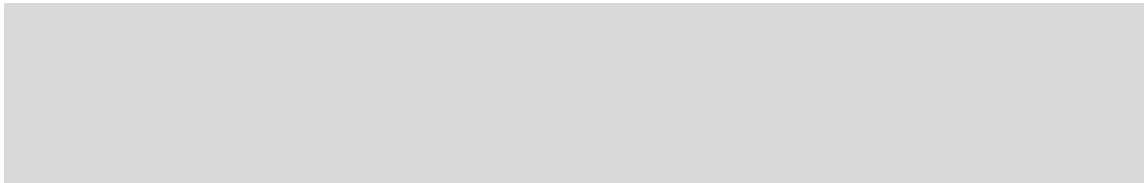
*The fruit of the Spirit is love-joy-peace-patience-kindness
goodness-faithfulness-gentleness and self-control*

Step 7 - Hobbies and Wellbeing

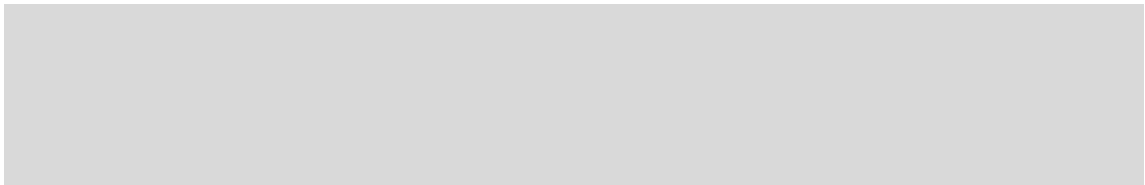
Do you need to take a break from any activities you're doing?



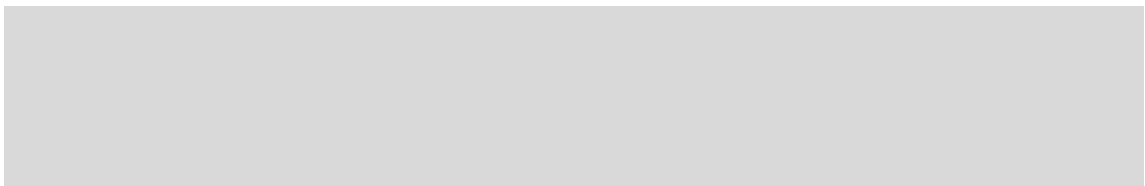
Which hobbies and activities do you enjoy?



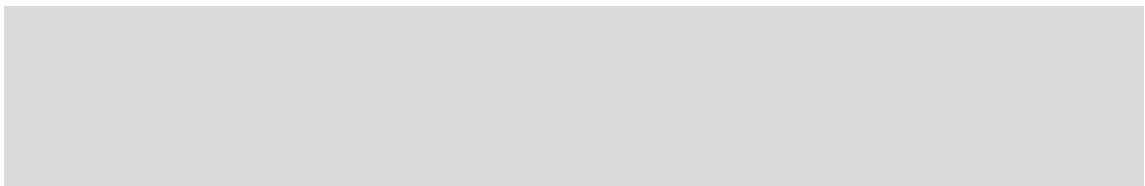
Which come naturally to you?



Which hobbies and activities did you enjoy as a child?



Which can you do a little of, if you can't do it all?



Step 7 - Hobbies and Wellbeing

Which hobbies and activities ignite you?

Which hobbies and activities calm you?

Which do you like to do with others?

Which do you like to do alone?

How do you feel, think or act after doing these activities?



Hobbies and Wellbeing Planner



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S

Fill up your cup!