

The Lifestyle Wheel

Take small steps- Focus on what's already going well- Change takes time, be patient.

Nutrition

- Drink plenty, preferably water, black coffee or (herbal) tea,
- Eat 3 filling meals a day and avoid snacking
- Eat at least 250g (9oz) of green vegetables and 2 pieces of fruit daily
- Eat unprocessed foods as much as possible (Perhaps: Limit processed foods)
- Eat more plant based foods and less animal based foods
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Connection

- Connect to people that give or bring you energy
- Spend time with your loved ones
- Fulfilment: What moves you? What makes you happy?
- Join a club or start working as a volunteer.
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Substances

- Alcohol: drink as little as possible
- Smoking: seek help to quit
- Recreational drugs: use as little as possible, consider quitting
- Medication: know what it is prescribed for and take according to instructions
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Exercise

- Exercise as much as possible throughout the day, each added 10 minutes is beneficial
- Do simple strength exercises such as squats regularly
- Consider exercising with a buddy
- Aim for 30-60 minutes a day
- Avoid sitting still too much
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Relaxation

- Do a (short) breathing or meditation exercise regularly
- Pick a hobby, sports or activity
- Go into nature, for example in a park, garden or forest
- Be aware of how often and how long you look at a screen (smartphone, etc.) in a day
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Sleep

- Maintain a regular sleep pattern
- Sleep in a cool, well ventilated, dark room
- Avoid coffee, alcohol and heavy meals right before bedtime
- Create a ritual in which not to look at a screen for the last hour, for example, reading
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