

TRY A DIFFERENT WAY TO GET THROUGH YOUR DAY

Why struggle through the day when you could bound through with loads of energy and enthusiasm. To do this, you may need to approach your day in a slightly different way. Here are some ideas to get you started:

1. Get enough sleep

There is no chemical substitution for sleep. Most people don't get enough sleep. You need 7—8 hours to feel refreshed and ready for the day. Sleep deprivation is one reason why so many people are cranky!

2. Be cheerful.

You can use the power of your mind to lift your mood. The thoughts you think, the beliefs you hold and even the words you speak all combine to give a situation meaning.

- ▶ Tear up your blame list and leave the "Happiness Waiting Room".
- ▶ Limit criticising and complaining.
- ▶ Use positive language: *"I can handle it."*
"Now that this has happened, how can we make the best of things?"
- ▶ How are you today? *"Fantastic"* *"Turbo-charged"*
"On top of the world - It's less crowded there"



3. Manage your time.

There is never enough time to do everything that's important.

- ▶ Decide priorities to make **time for you**.
- ▶ Before you agree to do something, ask yourself if you have (a) time (b) energy (c) desire (d) skills.
- ▶ Learn to say "No".
- ▶ Try to get help (paid/unpaid) with your domestic load.

4. Take breaks.

Working through scheduled breaks can put you in a low mood and make you a pain in the neck to work with!

- ▶ Leave your work area. Just 5-10 minutes of brisk walking can boost your energy for 60-90 minutes and can also reduce the urge to snack.

5. Eat the right food.

You can improve alertness by eating protein and you can induce a calming effect by eating foods high in carbohydrate. (Too many carbohydrates and they become sleep inducing!)

- ▶ Don't skip breakfast. Try for protein (eggs, fish, baked beans etc.) and slow-digesting carbohydrates. Rolled oats or oat-rich muesli is perfect. (Take it with you if you are rushed.)
- ▶ For a mid-morning snack try fresh fruit, nuts or natural yoghurt.
- ▶ Include some protein for lunch to increase mental alertness in the afternoon. Fish, chicken with salad, beans, nuts, soy, eggs etc. (Avoid the starchy foods – pasta, potatoes, bread and sugar.)
- ▶ If you've had a good lunch, your afternoon snack can be carbohydrates – a combination of slow and fast-digesting.
- ▶ **Drink 8 glasses of water a day.**



6. Remember to breathe

When we're angry, afraid or upset our breathing can become rapid and shallow. Whenever you feel tense:

- ▶ Take a deep breath and concentrate on making it deeper, slower, quieter and more regular. Do this for a few breath cycles and notice how relaxed you feel. (*Excellent CD Guide "Breathing – the master key to self healing."* www.drweil.com)

7. Use mood lifters

- ▶ Give yourself a wave and a smile in the mirror.
 - ▶ Twirl, sing, hum, whistle.
 - ▶ Connect with nature – take a walk outside.
 - ▶ Make someone's day.
 - ▶ Be grateful – use our "Six of the Best" as a guide.
 - ▶ Give your work area a lift – living plants, colours, stronger light, ventilation, posters, aromatherapy etc.
 - ▶ A few minutes of a DVD.
 - ▶ Pray.
 - ▶ Dance.
 - ▶ Have a nap.
- "Of all the forms of courage, the ability to laugh is the most profoundly therapeutic."* (G. Livingstone)

Stress First Aid

Breathe

Talk it down

Reassure

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