



Resilience in challenging times

Session 2



Recap



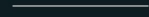
WOOP



Healthy habits



Nutrition





New habits



Your WHY



What's my why?



WOOP

4 step technique

Wish

Become a wingsuit hero

Outcome

Start skydiving... a lot. You're going to need 200 plus jumps in 18 months

Obstacle

Self-doubt, procrastination, going out with friends, too tired for skydiving practice

Plan

Schedule for and anticipate the internal obstacles, visualise them in advance

Example 2



WOOP

4 step technique

Wish

Quality time with loved ones

Outcome

Greater connection, gratitude, appreciation, sense of belonging

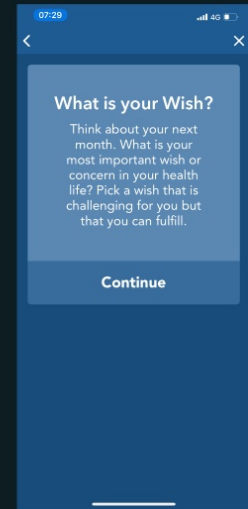
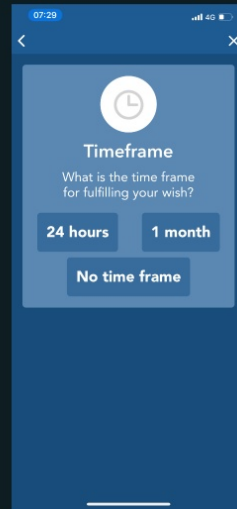
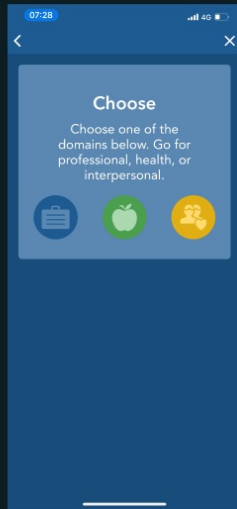
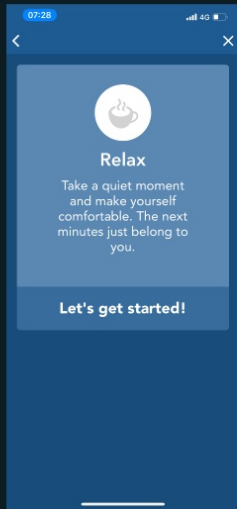
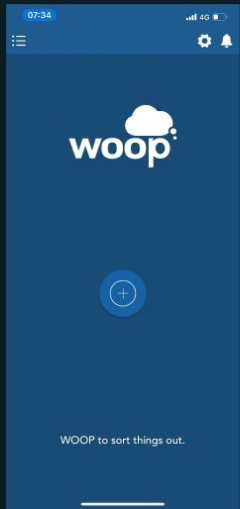
Obstacle

Social distancing, time, work, technology challenges

Plan

Schedule for and anticipate the internal obstacles, visualise them in advance

App



Forming a habit



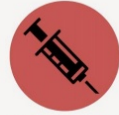
What are the benefits of exercise on physical health?



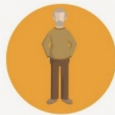
Reduced risk
cardiovascular disease



Strengthens bones
and muscles



50% lower risk
of type 2 diabetes



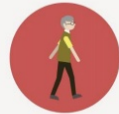
Helps to
control weight



Improves
sleep



Improves energy
levels



30% lower risk
of dementia



Prevents
cognitive decline

What are the benefits of exercise on mental health?



Reduce stress levels

Exercise can help to reduce
your cortisol levels



Improves social well being

Whilst exercising you
might meet new
people and develop
more friendships



Reduced anxiety

When you exercise your brain
releases endorphins which can
help to calm you down



Increased self esteem

As you become faster,
fitter and stronger you
start to improve your
self confidence



Reduced risk of depression

Exercise can help to improve
your mood



Boost Brainpower

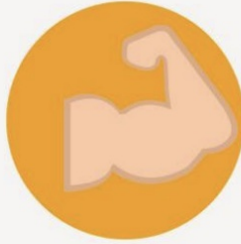
Exercise can help to
improve cognitive
functioning including
decision making and
learning

Statistics from PHYSICAL ACTIVITY STATISTICS, 2015 BRITISH HEART FOUNDATION

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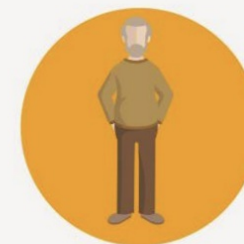
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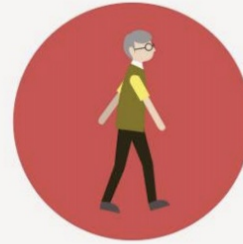
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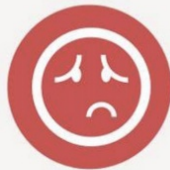
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Sleep

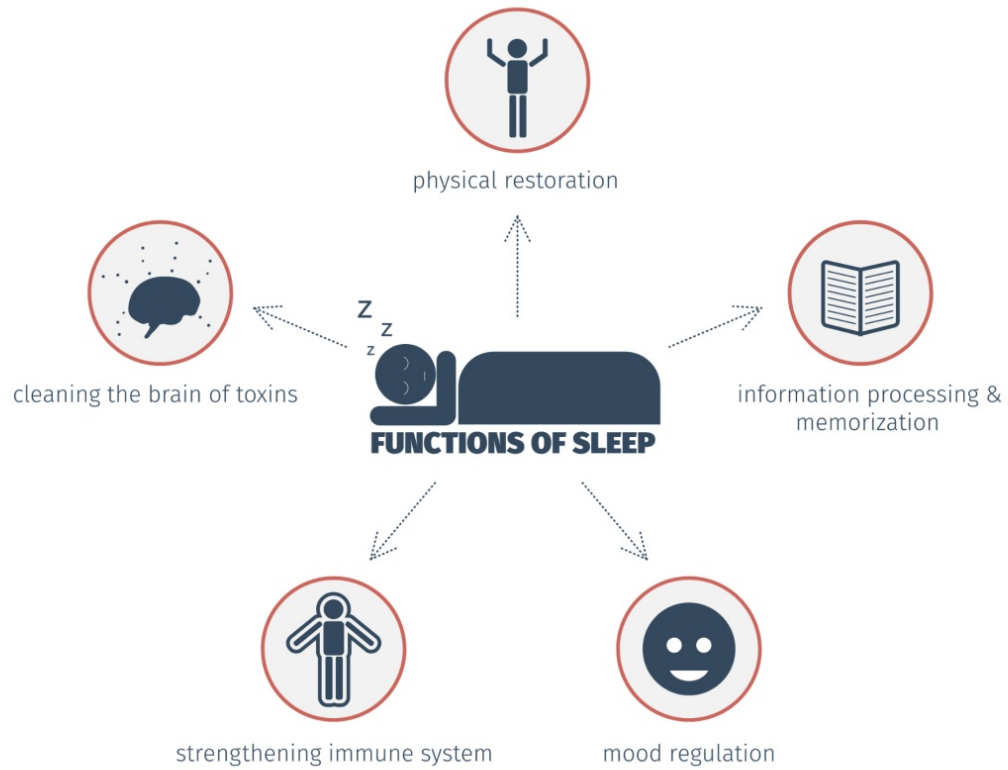


- ### 7 STEPS TO BETTER SLEEP
- #### SLEEP HYGIENE
- 1 Allow enough time for sleep
 - 2 Make your bedroom a peaceful, tidy environment
 - 3 Get a regular schedule
 - 4 Avoid heavy meals, alcohol, caffeine before sleep
 - 5 Avoid exercising 3 hours before sleep
 - 6 Avoid TV beds and other media-furniture
 - 7 Avoid bright light for two hours before bed
-



Video

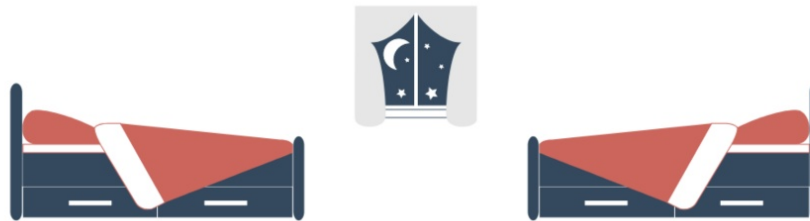
WHY IS SLEEP IMPORTANT?



7 STEPS TO BETTER SLEEP

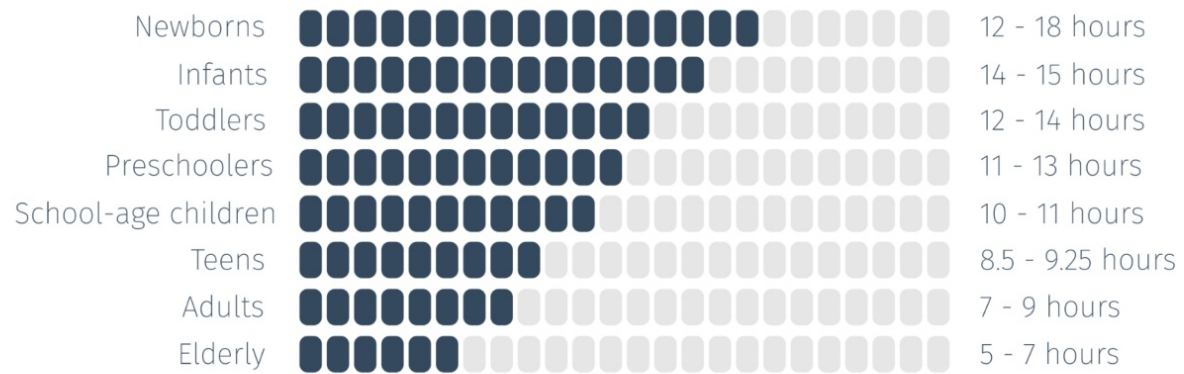
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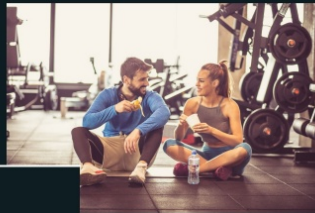
HOW MUCH SLEEP DO WE REALLY NEED ?



You are what you eat

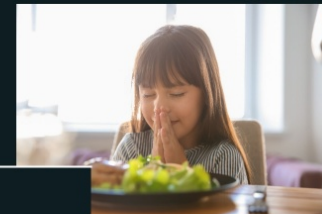
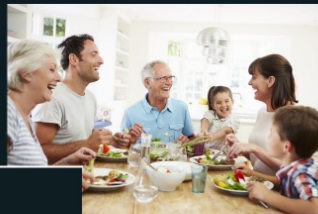
Physical

Emotional



Social

Spiritual



Meals

Breakfast



Lunch



Dinner



Video