







# The Energy Equation

## Brain and Body

<b>Hydration</b> 	<b>Sleep</b> 	<b>Mindfulness</b> 
<p>Improves mood Reduces pain sensitivity Increases cognitive skills and aids memory</p> <p>No agreed recommended daily amount. Drink water in the afternoon in place of eating</p>	<p>Regular sleep strengthens the immune system. Aids retention of information. Helps regularise mood.</p> <p>Adults require 6-8 hours of daily sleep, on a continuum. Get up when you wake up. Have a sleep routine</p>	<p>Breathing exercises/ mindfulness/meditation alleviates stress and anxiety. Improves attention and increases compassion.</p> <p>One-minute meditation. Four-corner breathing. Double inhale.</p>
<b>Exercise</b> 	<b>Food</b> 	<b>Mindset</b> 
<p>Regulates weight Regulates mood Improves cognition</p> <p>Thirty minutes daily or forty-five minutes five times a week. Walk, swim, cycle, lift weights, hike, learn martial arts or dance</p>	<p>You are what you eat</p> <p>Moderate sugar, alcohol and caffeine.</p> <p>Increase intake of nuts, berries, garlic, olive oil and oily fish. Take vitamins, especially vitamin D</p>	<p>Increases ability to handle stress and manage change. Promotes ability of self and others to learn and develop</p> <p>Avoid fixed, negative and closed thinking patterns. Be open to feedback, embrace challenge and be willing to fail.</p>
<p>What are you doing well?</p>		
<p>What do you need to build on?</p>		