

## 2 FEEL OKAY

After the Back 2 Basic webinar you probably felt the urge to change a few things to feel okay again, but where to start? If you couldn't join the webinar, watch the replay for extra inspiration to change your habits.

We all think change is hard, but it isn't if you focus on the first steps. These babysteps are to get started. They are easy to do and won't take extra time. They will make you feel better and motivate you to continue.

### TREAT YOURSELF AS A CAR



You live in this beautiful device we call body. If you want to feel okay at least treat yourself as your car:

- use the right fuel
- keep moving
- shift (to a lower) gear
- take good & loving care

## 2 FEEL MORE THAN OKAY

### TAKE 10



Listen to the signs of your body. Take 10 at least 4 times a day: when you wake up, at lunch time, after work and before going to sleep. Sit still, tune in, what is it you need? Find ways to fulfill them.

*Tip: Take 10 with 'headspace'*

### TRAIN THE MIND



**FOCUS** on **FACTS** NOT on (negative) **FANTASY**, if you think rubbish you will feel rubbish. Train to:

- be mindful, focus on what you are doing
- focus on what you are grateful for
- calm your stress system with slow breathing: inhale nose 4s, hold 6s and exhale mouth 7s
- start intermittent fasting with your phone

*You are what you eat, that goes for brainfood to.*

### RE-CHARGE



Never use your spare battery. The best advice is not to drop under a 5,5 of total energy before you go to sleep. In order to do this you have to recharge enough throughout the day.

To discover your drains & gains, keep score of your energy level for a while after each activity during the day.

**Rest and refresh:** Go to bed at a regular time each day and practise good habits to get better sleep. Sleep restores both your mind and body. Allow yourself some unfocused time each day to refresh, let your mind wander, go daydream. It's okay to add 'do nothing' to your to-do list!

Useful apps:

Headspace | Shutapp | Befocussed | Ommetje | Daily | Bloom | Yoga | iHappy Me | Energy Boost

