



Your Relationship with The Four Elements of Well-being

Your relationship with different aspects of your health is shaped by what you are consuming: the information you are getting will shape your beliefs, which in turn changes your behaviour.



Eat

- Have you planned your meals for a week ahead? A simple plan can ensure you don't skip meals and don't forget to keep it healthy. Take 5 minutes now to write down what you'd like to eat and when.
- Do you eat mindfully? This can mean cooking from scratch, eating without any devices or distractions, and sharing the meal experience with someone else.
- How often do you try something new? An exotic ingredient, a new type of world cuisine or something handmade such as baking? Find something that excites you and put it into the week's plan!



Think

- Simply hit pause, right now. Pause for a moment and assess what's happening in the 24 hours you're in.
- Even if a full-on meditation doesn't feel right, close your eyes and sit quietly with nothing but your breath for a while. Try it for a minute, or 5 minutes, and see how you feel afterwards.
- Look ahead and plan some healthy punctuations in the calendar. Start with your holiday or Paid Time Off – you deserve it!

Share your well-being experiences with
[#eatsweatthinkconnect](https://twitter.com/eatsweatthinkconnect)

Focusing on your all-round well-being means looking at the whole relationship with Eat Sweat Think Connect. We call it 'beliefs, behaviours, reality'. Your beliefs change your behaviours, your behaviours change your reality. Keep this checklist somewhere visible so you can shape your beliefs, your behaviours and your reality.



Sweat

- Pinpoint your motivation for a period of time, whether that's your Sweat goal for today, tomorrow or the week ahead. Knowing your 'why' gives you a foundation to start moving from, if you're ever struggling to begin.
- Are you starting or already on a particular exercise plan? Bring more people in on your journey and be each other's accountability partners.
- If you don't have the time or motivation to do a whole exercise session today, just get up and go for a walk. It doesn't matter how long it lasts – forget the targets and goals and enjoy the stroll.



Connect

- Connect with yourself by recognising what you've achieved. Write down a few things that you've done really well recently and are proud of.
- Send a message of warmth and kindness to someone as soon as you read this.
- Connect to something that you see as greater than yourself. It could be going out and finding the nearest nature to where you are, or simply decluttering your home.