



International
Wellbeing Insights
People, Culture & Wellbeing



Stress Management Society
from distress to de-stress

'The 5 Essentials for Good Health'

World Health Organisation 75th Anniversary

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PHILIPS



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INTRODUCTION

Basic rituals are essential habits that help us maintain our physical and mental well-being. These habits include hydration, regular exercise, healthy eating, social connection, and quality sleep.

Despite the importance of these habits for maintaining optimal health, people often deprioritise their health and let these habits slip. According to a survey by the American Psychological Association, the top reasons for not maintaining healthy habits include lack of willpower (33%), stress (27%), and being too busy (20%) (APA, 2015).

However, research has shown that basic rituals are critical for maintaining optimal health and well-being, and the brain plays a crucial role in regulating these habits. From a neuroscience perspective, our brain is highly responsive to our environment and behaviours, and our daily habits can either positively or negatively affect brain function and cognitive performance (Diamond & Ling, 2016).

For example, dehydration can impair cognitive performance, attention, and memory (Popkin et al., 2010). Regular exercise has been linked to improved neuroplasticity, increased blood flow to the brain, and the growth of new neurons and neural connections (Cotman et al., 2007). A healthy diet that is rich in nutrients, such as vitamins, minerals, and antioxidants, can support healthy brain cells and neural connections, while an unhealthy diet high in sugar and saturated fats has been associated with cognitive decline, depression, and anxiety (Jacka et al., 2017).

Social isolation and loneliness have been linked to an increased risk of cognitive decline, depression, and anxiety, while social connection and interaction have been shown to stimulate the growth of new neurons and neural connections in the brain (Cacioppo et al., 2010).

Finally, sleep is essential for cognitive performance, memory consolidation, and optimal brain function, and lack of sleep has been linked to a range of negative health outcomes, including increased risk of obesity, diabetes, cardiovascular disease, and mood disorders (Walker, 2017).



Throughout this workshop, we will explore practical tips and strategies for prioritising these basic rituals and integrating them into daily routines. We will discuss the evidence-based benefits of each habit, and how they can positively impact brain function and cognitive performance.

We will provide practical tips for increasing water intake, such as carrying a water bottle and setting reminders to drink water throughout the day. We will discuss the benefits of regular exercise and outdoor activity for brain health, and provide tips for incorporating physical activity into daily routines, even for those with busy schedules.

Basic rituals are essential habits that support optimal brain and cognitive function. Despite the challenges and barriers that may deprioritise our health and let these habits slip, we can take practical steps to prioritise these habits and integrate them into daily routines. Through this workshop, we will explore evidence-based strategies for prioritising basic rituals, and how they can be integrated into a holistic approach to health and wellness. By making these habits a priority, we can improve our overall health and well-being, and support optimal brain function and cognitive performance.

LIFESTYLE BALANCE EXERCISE

Knowledge is power...only if you apply it or take action

This is about lifestyle balance; as a starting point, think about the different areas of your life and give them a score.

Rate on a scale: Zero being poor, 10 being Excellent

HOW DO YOU RATE YOURSELF OUT OF 10 ON THE FOLLOWING SKILLS/ STATEMENTS?

WATER

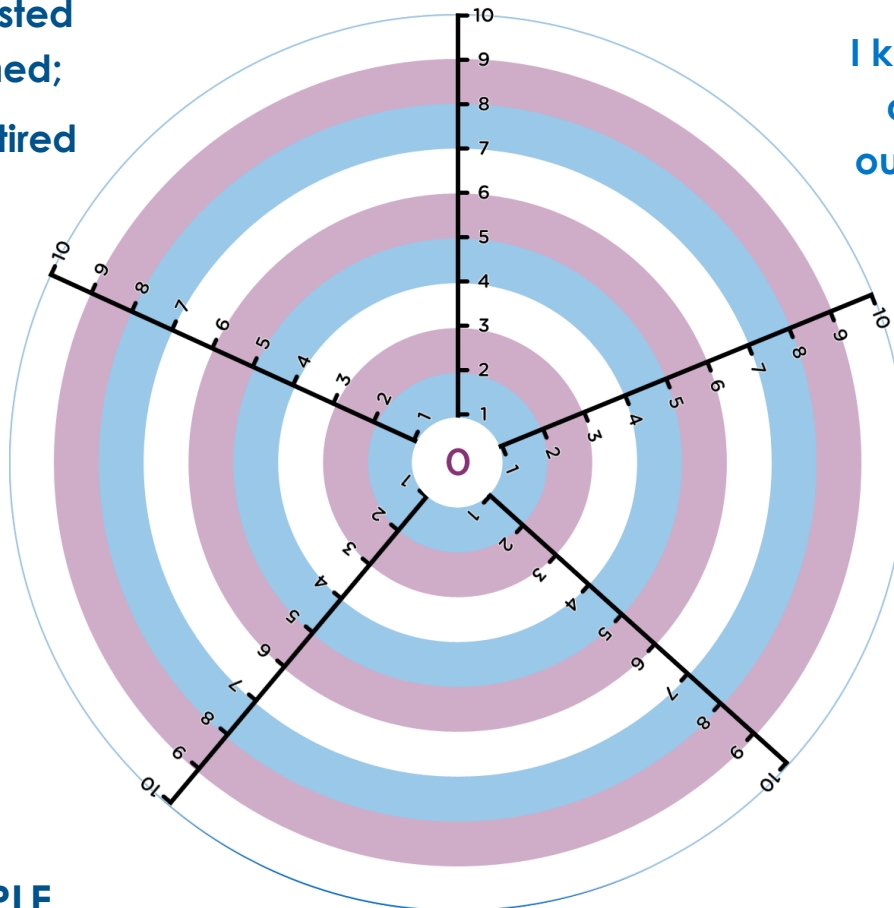
I drink enough to keep my mind and body sharp

SLEEP

I am fully rested and refreshed;
I rarely feel tired

OUTDOORS & EXERCISE

I keep my body active: I am outside for long periods



PEOPLE

I keep connected to a variety of friends and family that I can rely on and who can rely on me

DIET

I keep my body fed well with lots of fresh food

THE FIVE DAILY ESSENTIALS

WATER

AT LEAST 2 LITRES PER DAY

SLEEP
RESET, RESTORE AND REPAIR

OUTDOORS & EXERCISE
GET OUTDOORS, GET SOME LIGHT

PEOPLE
HEALTHY CONNECTIONS
MAKE HEALTHY MIND, BODY
& SOUL

DIET
EATING CLEAN FEELS CLEAN



WATER

WATER INTAKE AFFECTS OUR BODY, MOOD AND COGNITIVE FUNCTION. YOU SHOULD BE DRINKING ENOUGH WHERE YOU DON'T EVER FEEL THIRSTY.

OUTDOORS AND EXERCISE

SUNLIGHT IN YOUR EYES AS SOON AS YOU CAN AFTER WAKING UP LEADS TO ELEVATED MOOD, IMMUNE FUNCTION AND FOCUS ALL DAY AND BETTER SLEEP AT NIGHT.

DIET

A DIET THAT IS PACKED WITH NATURAL FRESH PRODUCE HELPS TO LOWER THE RISK OF MANY CHRONIC DISORDERS LIKE CANCER, OBESITY, CARDIOVASCULAR PROBLEMS AND DIABETES. EATING CLEAN FEELS CLEAN.

PEOPLE

WE ARE A HERD SPECIES. SOME OF LIKE TO BE IN THE MIDDLE OF THE HERD, SOME ON THE OUTSKIRTS, WHILST SOME OF US PREFER TO KNOW IT'S THERE IF WE NEED IT!

SLEEP

SLEEP HAS MASSIVE BENEFITS ON OUR PHYSICAL, MENTAL AND EMOTIONAL HEALTH. WE RESTORE, REPAIR, AND PROCESS DURING SLEEP.

Source; Andrew Huberman PhD



FOOD, WATER AND MOVEMENT

OUR BODIES ARE BIOLOGICAL MACHINES THAT THRIVE ON BEING TREATED WELL WITH CONSISTENCY. WE OFTEN TREAT A PET BETTER THAN WE TREAT OURSELVES. WE WOULDN'T DEHYDRATE, STARVE OR ISOLATE A CAT OR A DOG, YET WE CAN OFTEN FIND OURSELVES THIRSTY, EATING POOR QUALITY FOOD AND LIVING A MUNDANE AND SEDENTARY LIFESTYLE.

WHERE DO YOU THINK YOU COULD TAKE SOME ACTION TO BE A LITTLE KINDER TO YOURSELF?

ASSESS THE QUALITY OF YOUR FOOD, WATER AND MOVEMENT	Y	N
DO YOU HAVE A HEALTHY BALANCED DIET?	Y	N
DO YOU EAT BREAKFAST?	Y	N
DO YOU STOP TO EAT THREE REGULAR MEALS A DAY?	Y	N
DO YOU AT LEAST EAT FIVE PORTIONS OF FRUIT & VEGETABLES PER DAY?	Y	N
DO YOU EAT RED MEAT LESS THAN TWICE PER WEEK?	Y	N
DO YOU EAT TAKEAWAY FOOD LESS THAN ONCE PER WEEK?	Y	N
DO YOU EAT FRESHLY-PREPARED MEALS MORE THAN READY MEALS?	Y	N
DO YOU STOP TO EAT LUNCH AWAY FROM WORK OR INTERRUPTIONS?	Y	N
DO YOU <u>NEVER</u> FEEL THIRSTY?	Y	N
DO YOU DRINK MORE THAN 2 LITRES OF WATER A DAY?	Y	N
DO YOU HAVE A WATER BOTTLE THAT YOU HAVE WITH YOU?	Y	N
DO YOU DRINK LESS THAN THREE CUPS OF CAFFEINATED LIQUID PER DAY?	Y	N
DO YOU DRINK LESS THAN 1 UNIT OF ALCOHOL PER DAY?	Y	N
IS YOUR URINE A VERY PALE OR CLEAR COLOUR?	Y	N
DO YOU GET OUTSIDE FOR AT LEAST 45 MINUTES A DAY?	Y	N
DO YOU GET YOUR 10,000 STEPS PER DAY?	Y	N
DO YOU EXERCISE TO THE POINT OF PERSPIRATION AT LEAST THREE TIMES PER WEEK?	Y	N
DO YOU DO SOMETHING FOR FUN, JUST FOR YOU, AT LEAST ONCE A WEEK?	Y	N
DO YOU CHECK-IN WITH PEOPLE WHO MAKE YOU FEEL GOOD AT LEAST 3 TIMES A WEEK?	Y	N
TOTAL		

SLEEP

SLEEP IS THE ROCKSTAR OF WELLNESS YET IS MASSIVELY UNDERRATED. WE OFTEN DEPRIORITISE SLEEP DUE PROFESSIONAL AND/OR PERSONAL PRESSURES WHICH THEN HAS A DOMINO EFFECT ON OUR PHYSICAL, MENTAL AND EMOTIONAL WELLBEING.

THIS SURVEY WILL ASK YOU A SERIES OF QUESTIONS TO UNPACK SOME OF THE BEHAVIOURS THAT CAN OFTEN LEAD TO POOR SLEEP PATTERNS.

THE OBJECTIVE OF THIS EXERCISE IS NOT TO BE COMPARED AGAINST A SCALE OR RECEIVE A SCORE BUT TO THINK ABOUT AREAS WHERE YOU COULD INTRODUCE A SLEEP HYGIENE HABIT.

ASSESS YOUR SLEEP HYGIENE	AGREE	DISAGREE
I KEEP A CONSISTENT BEDTIME AT LEAST FOUR TIMES A WEEK	Y	N
I RELAX BEFORE MY BEDTIME	Y	N
I SPEND THE LAST 45-60 MINUTES OF MY DAY FREE FROM WATCHING TV, BEING ON THE PHONE OR USING A SCREEN	Y	N
THE BEDROOM IS CLEAR OF TV'S, PC'S AND MOBILES	Y	N
THE BEDROOM IS DARK	Y	N
I HAVE A PROCESS I FOLLOW TO WIND-DOWN BEFORE BED	Y	N
I CAN RECOGNISE WHEN I AM BOTHERED BY SOMETHING; I AM ABLE TO PROCESS THE DAY AND END THE THOUGHT-LOOPS	Y	N
I HAVE A QUIET AND CALM MIND WHILE TRYING TO FALL ASLEEP	Y	N
I FIND IT EASY TO GET TO SLEEP AND STAY ASLEEP	Y	N
I CAN FALL BACK TO SLEEP EASILY IF I WAKE UP IN THE MIDDLE OF THE NIGHT	Y	N
I GET AN AVERAGE OF 7-8 HOURS OF SLEEP AT LEAST FOUR TIMES A WEEK	Y	N
I DREAM OFTEN	Y	N
THERE ARE DAYS WHEN I CAN WAKE UP NATURALLY WITHOUT AN ALARM AND IT WON'T CAUSE PANIC OR DISRUPT MY DAY	Y	N
I HAVE A CONSISTENT WAKE-UP TIME (WITHIN 60 MINUTES), EVEN ON THE WEEKENDS	Y	N
MY SLEEP IS RESTFUL; I WAKE UP FEELING REFRESHED AT LEAST FOUR TIMES A WEEK	Y	N
TOTAL		

WHAT COULD YOU DO INSTEAD?

WATER

Water is essential for maintaining optimal brain and cognitive function. From a neuroscience perspective, the brain is highly dependent on water to regulate a range of physiological processes, including blood flow, oxygenation, and waste removal. Even mild dehydration can impair cognitive performance, attention, and memory. Adequate hydration is crucial for promoting optimal brain health, preventing cognitive decline, and reducing the risk of age-related brain diseases. Prioritising regular water intake throughout the day is crucial for maintaining overall health and optimal brain functioning.

1. Carry a reusable water bottle with you throughout the day, and sip on it regularly. [source](#)
2. Set a goal for how much water you want to drink each day, and track your progress with a water tracking app or journal. [source](#)
3. Infuse your water with flavour by adding slices of fruit, vegetables, or herbs. [source](#)
4. Drink a glass of water first thing in the morning to kick-start your hydration for the day. [source](#)
5. Sip on water before, during, and after exercise to stay hydrated. [source](#)
6. Drink water instead of sugary drinks, such as soda or sports drinks, to reduce your calorie intake. [source](#)
7. Choose water instead of alcoholic beverages when you're out at a social event. [source](#)
8. Keep a glass or bottle of water on your desk or in your workspace to remind you to drink throughout the day. [source](#)
9. Drink a glass of water before each meal to help you feel fuller and eat less. [source](#)
10. Choose sparkling water or club soda as a hydrating and low-calorie alternative to soda. [source](#)
11. Drink water with a slice of lemon or lime to add flavor and increase your vitamin C intake. [source](#)
12. Take a water bottle with you when you travel, and fill it up at water fountains or restaurants. [source](#)
13. Drink water when you feel hungry between meals, as thirst can often be mistaken for hunger. [source](#)
14. Drink a glass of water before and after taking a hot shower or bath to help regulate your body temperature. [source](#)
15. Choose water-rich foods, such as watermelon, cucumber, and celery, to help increase your water intake. [source](#)
16. Drink water throughout the day, rather than waiting until you feel thirsty, to stay properly hydrated. [source](#)
17. Sip, DON'T glug, your drinks after 7.00pm to avoid the dreaded 4.00am trip to the bathroom!
18. Drink water before, during, and after flights to prevent dehydration caused by the dry air on airplanes. [source](#)
19. Keep a pitcher or jug of water in the fridge, and pour yourself a glass whenever you need a refreshing drink. [source](#)
20. Set reminders on your phone or computer to prompt you to drink water at regular intervals throughout the day. [source](#)



WHAT COULD YOU DO INSTEAD?

OUTDOORS & EXERCISE

Outdoor light and exercise are crucial for maintaining optimal brain and cognitive function. From a neuroscience perspective, exposure to natural light helps regulate the body's internal clock and circadian rhythm, promoting healthy sleep-wake cycles and regulating hormone levels. Exercise is essential for promoting neuroplasticity, increasing blood flow to the brain, and promoting the growth of new neurons and neural connections. Regular outdoor exercise also helps reduce stress and improve mood, which can positively impact brain function. Prioritising regular outdoor exercise and exposure to natural light is crucial for maintaining overall health and optimal brain functioning.

1. Set a goal for how much physical activity you want to achieve each day, and track your progress with a fitness tracker or journal. [source](#)
2. Incorporate more movement into your daily routine, such as taking the stairs instead of the elevator or parking farther away from your destination. [source](#)
3. Try a new form of exercise, such as yoga, Pilates, or dancing. This can help keep your workouts interesting and challenge your body in new ways. [source](#)
4. Incorporate strength training exercises into your routine to improve your muscle tone and balance. [source](#)
5. Take frequent breaks from sitting or standing in the same position for long periods of time, and move around to stretch and increase blood flow. [source](#)
6. Walk or bike instead of driving when possible. This is a great way to increase your daily activity level and reduce your carbon footprint. [source](#)
7. Practice good posture throughout the day to improve your alignment and reduce strain on your muscles and joints. [source](#)
8. Stretch regularly to improve your flexibility and prevent injury. [source](#)
9. Take a fitness class, such as aerobics, Zumba, or kickboxing, to keep your workouts fun and challenging. [source](#)
10. Use resistance bands or weights to add resistance to your workouts and improve your strength. [source](#)
11. Get outside and enjoy nature, whether it's hiking, biking, or gardening. This is a great way to stay active and appreciate the beauty of the outdoors. [source](#)
12. Take a dance class, such as ballroom or salsa, to improve your coordination, balance, and agility. [source](#)
13. Use a stability ball instead of a chair at your desk to improve your posture and engage your core muscles. [source](#)
14. Practice deep breathing exercises to reduce stress and increase relaxation. [source](#)
15. Take a walk outside during your lunch break to get some fresh air and improve your mood. [source](#)
16. Use a foam roller to massage and stretch your muscles before and after exercise to prevent injury and soreness. [source](#)
17. Try aquatic exercise, such as swimming or water aerobics, to reduce joint impact and improve your cardiovascular health. [source](#)
18. Join a sports league, such as soccer or basketball, to improve your coordination, teamwork, and competitiveness. [source](#)
19. Practice balance exercises, such as standing on one foot or doing yoga poses, to improve your stability and reduce your risk of falls. [source](#)
20. Use a pedometer or fitness tracker to monitor your daily steps and motivate yourself to move more throughout the day. [source](#)

WHAT COULD YOU DO INSTEAD?

DIET

Diet plays a crucial role in our health and wellbeing, with our food choices directly impacting our brain and cognitive function. From a neuroscience perspective, the nutrients we consume are essential for maintaining healthy brain cells and neural connections, supporting memory, attention, and mood. A healthy diet that is rich in vitamins, minerals, antioxidants, and omega-3 fatty acids has been linked to a reduced risk of cognitive decline and age-related diseases, such as Alzheimer's and Parkinson's. On the other hand, an unhealthy diet that is high in sugar, saturated fats, and processed foods has been associated with impaired cognitive function, depression, and anxiety. Prioritising a healthy diet is crucial for promoting optimal brain health and cognitive function.

1. Eat a variety of fruits and vegetables every day. Aim for at least 5 servings per day. [source](#)
2. Choose whole grain foods over refined grains. Whole grains are high in fibre, vitamins, and minerals. [source](#)
3. Limit your intake of processed foods. Processed foods are often high in sugar, salt, and unhealthy fats. [source](#)
4. Choose lean sources of protein, such as chicken, fish, beans, and legumes. [source](#)
5. Incorporate healthy fats into your diet, such as olive oil, avocado, nuts, and seeds. [source](#)
6. Include sources of omega-3 fatty acids in your diet, such as fatty fish and flaxseed. [source](#)
7. Use herbs and spices to add flavour to your meals instead of salt. [source](#)
8. Choose whole, fresh foods over processed foods whenever possible. [source](#)
9. Plan your meals in advance to ensure that you have healthy options available. [source](#)
10. Eat slowly and mindfully, paying attention to your hunger and fullness cues. [source](#)
11. Try to eat meals at regular intervals throughout the day to maintain stable blood sugar levels. [source](#)
12. Limit your intake of high-calorie, low-nutrient foods, such as candy and potato chips. [source](#)
13. Consider using a food scale or measuring cups to help with portion control. [source](#)
14. Snack on healthy options, such as fresh fruit, vegetables with hummus, or nuts. [source](#)
15. Limit your intake of high-sugar foods, such as desserts and sweetened cereals. [source](#)
16. Read food labels to make informed choices about the foods you eat. [source](#)
17. Cook meals at home whenever possible, so you can control the ingredients and portion sizes. [source](#)
18. Choose non-starchy vegetables, such as broccoli and spinach, to help fill you up without adding too many calories. [source](#)
19. Limit your intake of alcohol, as it can add empty calories and affect your overall health. [source](#)
20. Include sources of probiotics in your diet, such as yogurt and kefir, to support gut health. [source](#)
21. Consult with a registered dietitian or nutritionist to develop a personalised and sustainable nutrition plan. [source](#)

WHAT COULD YOU DO INSTEAD?

PEOPLE

Staying connected to people is critical for maintaining optimal brain and cognitive function. From a neuroscience perspective, social interaction and connection are essential for promoting neuroplasticity, reducing cognitive decline, and improving mental health. The brain is highly responsive to social cues, and social interaction has been shown to stimulate the growth of new neurons and neural connections. Conversely, social isolation and loneliness have been linked to increased risk of cognitive decline, depression, and anxiety. Prioritising social interaction and staying connected to people is crucial for maintaining overall health and optimal brain functioning.

1. **Join a local group that shares your interests to meet new people and bond over shared passions.** [source](#)
2. **Volunteer for a cause you care about, it feels good to give back.** [source](#)
3. **Attend local events, such as festivals, concerts, and fairs.** [source](#)
4. **Take a class or workshop in something that interests you** [source](#)
5. **Reach out to old friends that you've lost touch with. You might be surprised at how quickly you can rekindle your relationship.** [source](#)
6. **Host a themed dinner party or potluck with friends or neighbours. This is a fun way to socialise and bond over good food.** [source](#)
7. **Use social media to stay in touch with friends and family who live far away. While it's no substitute for in-person interactions, it can help you maintain connections with those who are important to you.** [source](#)
8. **Attend a networking or professional organisation event to meet new people in your field. Expand your professional network and potentially advance your career.** [source](#)
9. **Join a sports league or fitness group to meet people who enjoy the same physical activities as you.** [source](#)
10. **Take a class or course, such as cooking or language lessons, to meet new people and learn new skills.** [source](#)
11. **Participate in online forums or related to your interests. This can help you connect with like-minded people and engage in stimulating conversations.** [source](#)
12. **Host a game night or movie night with friends or family. This is a fun and low-pressure way to socialise and spend time together.** [source](#)
13. **Attend a book club or literary event to connect with other book lovers. This is a great way to discuss your favourite books and authors while meeting new people.** [source](#)
14. **Participate in a hobby group or club, such as a photography club or knitting group. This is a great way to meet people who share your interests and bond over a common hobby.** [source](#)
15. **Attend a community event, such as a farmers market or street fair. This is a fun way to meet new people and support your local community.** [source](#)
16. **Attend a meetup event for people who share a specific interest or hobby. This is a great way to meet new people in a structured environment.** [source](#)
17. **Take up a new hobby or activity that you've always wanted to try. This can help you meet new people and learn new skills at the same time.** [source](#)
18. **Host a barbecue or picnic with friends or family. This is a fun way to socialise and enjoy the outdoors.** [source](#)
19. **Attend a cultural event or festival to learn about different cultures and meet people from diverse backgrounds.** [source](#)
20. **Take part in a community service project, such as a park clean-up or community garden, to meet others who share your passion for making a difference.** [source](#)

WHAT COULD YOU DO INSTEAD?

SLEEP

Sleep is a vital aspect of our health, affecting both our mental and physical wellbeing. From a neuroscience perspective, sleep is critical for a brain functions such as memory, learning, and cognitive performance. During sleep, the brain consolidates and organises newly acquired information, leading to improved learning and retention. Furthermore, sleep is essential for the restoration and repair of neurons and other brain cells, promoting optimal brain health and functioning. Lack of sleep has been linked to a range of negative health outcomes, including increased risk of obesity, diabetes, cardiovascular disease, and mood disorders.

1. **Stick to a consistent sleep schedule, going to bed and waking up at the same time each day. This helps regulate your body's internal clock and improve the quality of your sleep. [source](#)**
2. **Create a relaxing bedtime routine to signal to your body that it's time to sleep. This might include reading, taking a warm bath, or listening to calming music. [source](#)**
3. **Avoid caffeine and alcohol close to bedtime, as they can interfere with your ability to fall asleep and stay asleep. [source](#)**
4. **Exercise regularly, but avoid strenuous activity close to bedtime, as it can increase alertness and make it harder to fall asleep. [source](#)**
5. **Create a comfortable sleep environment, with a supportive mattress, comfortable pillows, and cool, dark, and quiet surroundings. [source](#)**
6. **Avoid using screens an hour before bedtime. [source](#)**
7. **Practice relaxation techniques to promote a wind-down before bedtime. [source](#)**
8. **Avoid large meals close to bedtime [source](#)**
9. **Use blackout curtains or an eye mask to block out light and promote darkness, which helps regulate your body's natural sleep-wake cycle. [source](#)**
10. **Keep your bedroom cool, between 15-19C or 60-67F, to promote sleep. [source](#)**
11. **Avoid napping more than 20 minutes during the day, it can interfere with your ability to fall asleep at night. [source](#)**
12. **Avoid watching TV or using electronic devices in bed, as it can interfere with your ability to fall asleep and negatively affect sleep quality. [source](#)**
13. **Use white noise to mask external sounds and promote a better sleep environment. [source](#)**
14. **Avoid consuming large amounts of fluids close to bedtime, as it can cause frequent awakenings to use the bathroom. [source](#)**
15. **Practice good sleep hygiene by keeping your bedroom clutter-free and reserved for sleep and intimate relations only. [source](#)**
16. **Consult a healthcare provider if you have persistent sleep problems, such as snoring or insomnia, as they can offer tailored treatment options. [source](#)**
17. **Avoid using sleep aids, unless under the guidance of a healthcare professional, as they can have negative side effects and interfere with natural sleep patterns. [source](#)**
18. **Try aromatherapy with scents such as lavender or chamomile, as they are known to have relaxing effects and promote sleep. [source](#)**
19. **Keep a sleep diary to track your sleep patterns and identify potential areas for improvement in your sleep hygiene routine. [source](#)**
20. **Practice good offloading techniques, such as journaling, talking to a therapist, or engaging in hobbies that help you relax, as stress can negatively impact sleep quality. [source](#)**

MY 30 DAY ACTION PLAN

KNOWLEDGE IS POWER...ONLY IF YOU APPLY IT OR TAKE ACTION.

THIS IS ABOUT LIFESTYLE BALANCE;

**HOW DID YOU DO? WHAT ARE YOU DOING WELL? WHAT COULD NEED IMPROVEMENT?
BUILD YOUR PERSONAL RESILIENCE.**

Finding meaningful ways to engage your brain and occupy your time can help alleviate the distress and irritability that poor wellbeing brings.

The coping mechanisms that will work best for you will have a lot to do with your personal situation

FOR EXAMPLE:

“IF I AM NOT FEELING OKAY, I WILL REACH OUT TO SOMEONE IN MY SUPPORT NETWORK”.

“I WILL GET OUT EVERYDAY IN THE FRESH AIR, WHATEVER THE WEATHER”

“I WILL GO TO BED 30 MINUTES EARLIER

ACTION POINT 1: (WATER): I WILL...

ACTION POINT 2 : (OUTDOORS & EXERCISE) I WILL...

ACTION POINT 3 : (DIET) I WILL...

ACTION POINT 4: (PEOPLE): I WILL...

ACTION POINT 5: (SLEEP) I WILL...

SUPPORT RESOURCES

Global Resources

H&W

- [Global Health and Wellbeing SharePoint page](#)
- [Physical Well-being](#)
- [Mental Well-being and EAP](#)
- [Mental Health Champions Program](#)
- [Social well-being](#)

H&S

- [Mental Health focus 2022](#)
- [Global health and safety Intranet page](#)
- [Occupational Health and Safety Policy](#)
- [Philips Corporate Safety Standards](#)

Online Learnings

For People Leaders:

- [Bias @ work](#)
- [Psychological Safety for People Leaders](#)
- [Manager Mental Health awareness](#)

For Employees and Teams:

- [Energy management](#)
- [Mindfulness for performance](#)
- [Emotional well-being in a remote environment](#)
- [Psychological Safety for Team Members](#)

- [Safety and You](#)
- [Inspections and Observations](#)
- [First aid – Stress](#)
- [First aid – Mental Wellness](#)
- [Office Safety \(for office/field\)](#)
- [Safety Orientation \(for operations\)](#)
- [Office or Industrial Ergonomics](#)
- [Preventing Slips, Trips and Falls](#)
- [Defensive Driving](#)

Additional learning is available on [Philips University 'MyLearning'](#)

Local Resources

- **Interactive [Health and Wellbeing Map](#) – navigate to your country to find local resources, inc. Employee Assistance Programs and wellbeing tools**
- **Local H&S Officers support you in working in a healthy and safe way. If you have questions, feel free to reach out to them. Talk to your manager to identify your local health and safety contact.**

Additional Resources

For People Leaders:

- [Building High Performing Teams: Psychological Safety & Trust](#) - Lecture by Gijs Groeneveld

For Employees and Teams:

- [Developing resilience in teams](#) – Lecture by Kilian Wawoo
- [The Virtual Fitness Group & General H&W Yammer group](#)
- [Daily Self-care tips](#)

- [Guidelines for healthy and mindful behavior](#)
- [Ergonomic workspace self assessment and stretching program](#)
- [Healthy Sleep recorded webinar](#) - Bogdan Santa, Clinical Sleep Specialist, SRC



ABOUT INTERNATIONAL WELLBEING INSIGHTS

Stress is a much used (and abused) term these days. You frequently hear people say “I’m stressed” or “I’m depressed”, yet there is still much confusion about what these terms actually mean and how best to tackle them. This is where we can help. We are the UK’s leading authority on stress management issues, which is why you will regularly hear us talking about this topic in the media.

The Stress Management Society is dedicated to leading effective universal change by maximising your resilience, happiness, productivity and success with our passionate approach to reducing stress and promoting wellbeing.

Our extensive knowledge of stress and wellbeing and our cutting edge interventions have made us the primary organisation dealing with work-related stress reduction and wellbeing promotion in the UK since 2003.

For years, we’ve been empowering individuals to take charge of their wellbeing through our workshops, guides and regular updates. We also act as a trusted advisor for many companies such as British Airways, Allianz and Shell, guiding them through the mental wellbeing solution maze.

For more information or to book a workshop or a coaching session see www.stress.org.uk, call +44 203 142 8650 or email info@stress.org.uk





We provide a range of services across the UK and internationally. We are always happy to discuss how we can support you.

We look forward to supporting your wellbeing journey.

Find Us Here:

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We have supported many organisations, including:

