

CHILDREN OF THE SUN PTY LTD

# HEALTHY SOUL

TIPS FOR HEALTHY LIVING



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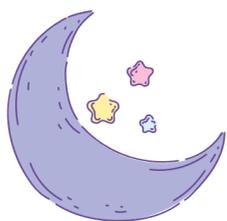
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## SLEEP



In today's busy world it's hard for us to find time for relaxation which is really helpful if you want to fall asleep effortlessly. Unfortunately for most of the population, sleep does not come easily. Some people have trouble falling asleep whilst others have trouble staying asleep. Here are some healthy sleep habits - now I say habits because your body has forgotten how to sleep and needs to be retrained so you can, once again, reap the benefits and get your body's health back on track.

### WHY

Sleep is the time your body recharges and restores you to an optimal level of functioning so you can begin your day ahead with a full battery. How you feel each day is a direct reflection on the activities you did the day before, how much sleep you had during the night and more importantly at what time. You see we have an inbuilt clock that is in sync with the universal rhythms of night and day. Your body will naturally begin to wind down in the early evening but we have learned how to overcome this natural state when we watch TV or play on our devices.

### WHAT AND WHEN

Eating a lighter dinner in the early evening gives your body plenty of time to digest the meal before going to bed so your body can concentrate on repair. Doing some light exercises or going for a walk will help. Limit your screen time, TV included, as the blue light stimulates the brain to stay awake. Also make sure you dim the house lights or use lamps. Aim to be in bed by 10pm even though you're not tired. Remember we are retraining our body to create a new habit.



## EXERCISE



Exercise should be a part of your everyday routine. It helps us to wake up in the morning, keeps our heart healthy and assists with weight control.

It's better to exercise on a daily basis as it builds on the day before and you eliminate muscle soreness from stop and start routines. Shorter sessions of 5-10 minutes every day is better than longer sessions every few days.

### BEST TIMES TO EXERCISE:

- after getting up in the morning it's good to stretch and yawn and do a cardio workout to wake your body up
- when you finish a meal, it's good to take a brisk walk or do some light exercises or household chores like sweeping for 15 minutes or so to help your meal digest
- take regular walks for 30 minutes whether it's alone or with friends or family or even to take your pet for a walk

### REMEMBER

Water is essential to staying hydrated, especially as we may sweat during exercise so make sure you always carry a bottle of fresh water. Also, don't forget to bring a jacket in case you cool down and feel cold.

### SUGGESTIONS

Find a sport you enjoy like soccer, golf, tennis etc and if you practice often enough you might be able to join a competition team. Or perhaps you want to join a class based group and learn yoga, swimming or even join your local gym. It's fun and you will also meet people and form new friendships all while you're becoming fit and healthy.



## RELAXATION



Here are some relaxation ideas which may help to reduce the effects of excess stress and help you get a better night sleep.

### GET A MASSAGE

When you relax with massage, you let go of muscle tension, worry and mental confusion. This may be one of the few times you slow down and notice what it feels like to relax. This actually helps you program yourself to tune into those feelings and encourage your body and mind to let go of stress and tension.

### PRACTICE FOCUSED RELAXATION

Sit comfortably or lie down with your knees bent and feet flat on the floor. Support your neck with a pillow if you prefer. Scan your body, noticing where you feel tension or discomfort. Breathe slowly into these areas. Imagine relaxation flooding into the areas of discomfort. Begin by practicing for ten minutes once a day.

### MEDITATE

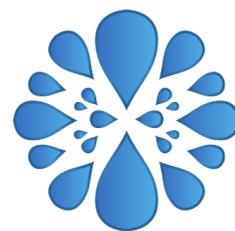
Silently repeat a word that has little meaning for you, such as "one". Give it your full attention. When other thoughts or images come into your mind, do your best to ignore them and come back to focusing on your word. Start with just a few minutes and overtime increase it.

### ALSO TRY

Soaking in a hot bath - Taking a nap - Take a yoga class - Going for a stroll out in nature amongst the trees or nearby water - Spend some time with your shoes off and feeling the ground beneath your feet - Enjoying the simple things like making a cup of tea and relaxing with a good book



## WATER



### WHAT

Clean, filtered WATER

### WHY

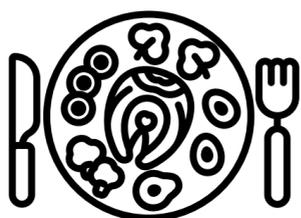
Our bodies are made up of 70% water, so it's important to stay hydrated throughout the day. It flushes out the toxins or gunk in our system and helps our blood, hormones, bowels and body temperature to function correctly. If you're feeling thirsty then you are already dehydrated.

### WHEN

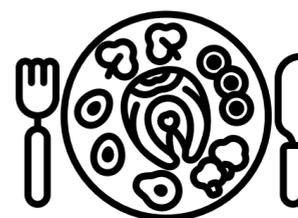
It's recommended that we drink 8 glasses of water every day - here's some tips on how and when:

- Drinking 2 glasses of warm water first thing in the morning stimulates your appetite and digestive system and helps to flush the bowel. Wait about 30 minutes before you eat if you can
- Have a glass 30 minutes before lunch or dinner
- You can sip water during your meal but only to help you swallow
- Carry a water bottle with you throughout the day and drink when you need especially after exercise, a daily walk or if you're feeling thirsty

**REMEMBER** to clean your water bottle daily, especially the mouth piece. I recommend drinking from a bottle without a sipper top. Don't leave plastic drinking bottles in the sun, as the chemicals in the plastic leach into your drinking water. Metal bottles are more hygienic, as you can clean and sterilise in hot water. Filtered water is better for you as it has all the nasty toxins removed. Don't forget about children, pets or the elderly if you take care of them.



## HEALTHY EATING



This guide is more about how and when to eat and not as much about 'what' to eat. Our bodies have an internal fire for digesting our food which is very similar to the rising and setting of the sun. It's hottest in the middle of the day and weaker in the morning and evening. In simple terms, it's easier for our bodies to digest food when our stomach fire is the hottest in the middle of the day and therefore it should be our largest meal. Unfortunately we have been doing it the other way around with our biggest meals for breakfast and dinner. Here are some simple tips to help improve your digestion which, as a bonus, improves your health as well:

- Eat smaller, lighter meals for breakfast and dinner
- Eat an earlier, lighter dinner to allow time for the meal to digest before bedtime
- Don't drink too much water or liquid with your meal as it will put out your digestive fire
- 'Chew your liquids' and 'Drink your solids' in other words make sure you break as much of your food down in your mouth before you swallow it
- Eat fruit between meals or at least 30 mins before a meal as it breaks down quickly and will get stuck if there is food along the way which may give you a stomach ache
- Allow at least 2 hours after a meal for it to digest before you eat any more food
- They say we tend to eat the same 15 foods over and over. Write down what you eat in over the period two weeks and see if you can start adding more variety in your diet like different vegetables, spices etc
- Eat rainbow coloured food like purple cabbage, blueberries, yellow capsicum
- Don't eat a meal for the sake of eating. Eat when you are hungry and avoid snacking to fight boredom
- Enjoy every bite and stay present to the wonderful flavours of food. Watching TV or playing on your devices takes away the pleasure of tasting and appreciating your food

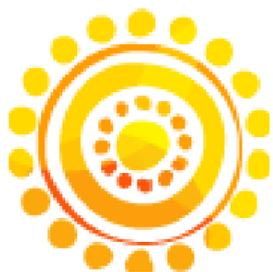


## STAY SAFE DURING WINTER



The winter months brings with it, colds and flu, so it is important to take care of yourself to prevent getting sick and passing it on to others. Here are some great tips to help you stay healthy and safe during winter.

- Regular handwashing is important to stop the spread of viruses either by you passing it on to others or picking it up from someone else
- If you need to sneeze, always do so either into a tissue/handkerchief or into your elbow crease if you don't have anything else
- Dispose of tissues into the bin straight after use whether sneezing, blowing or wiping your nose and wash your hands
- Get more sleep during winter to increase your immune system
- Bring a jacket and an umbrella with you always incase the weather changes
- Eat warm hearty soups and veggies and warm drinks
- Drink plenty of water - even in winter
- Moisturise your skin and use a lip balm to prevent your lips from drying out
- Wear a beanie, long tops and pants, scarves, gloves and socks to stay warm. Don't forget about your pets, babies, children and the elderly - they feel cold too
- Keep exercising and taking walks to get warm
- Wash your hair in the morning or during the day - wet hair takes too long to dry at night and may make you sick
- Be careful with electric blankets and heaters - make sure you turn them off before you go to bed and don't trust timers
- Blow out candles and put out the flames of open fires too



## STAY SAFE DURING SUMMER



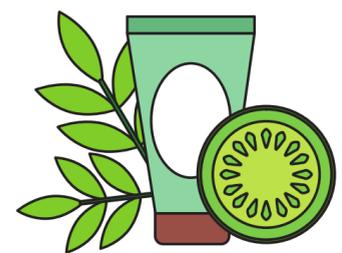
Summer is the perfect time to explore the great outdoors but with it, comes many hours about in the sunshine, swimming in pools or the beach and staying clear of pesky mosquitoes, sandflies and bugs.

Being prepared and looking after yourself, friends and family can also mean you can relax more and enjoy this fabulous season. Here's some things to keep in mind:

- Apply sunscreen (at least SPF 15) about half an hour before you head outdoors. and reapply if you go for a swim or sweat alot
- Wear protective clothing ie longer sleeves, hats, sunglasses etc if you're planning to be out for long periods. The best time to be out and about in the sun is before 10am and after 2pm to avoid the hottest time of day - so take cover or wear protective clothing
- Hydrate: as our bodies heat up, we sweat more and loose vital body fluid. Drink plenty of clean water throughout the day. Don't forget your pets, young children and the elderly too
- Take care near beaches, lakes, pools etc. Make sure you have designated responsible carers to ensure they play safe as drownings can happen so quickly
- We tend to eat outside alot more during summer and as we're famous for our BBQs, it's important to be aware of fire safety. Keep young children away from fire danger and ensuring campfires are properly extinguished when we're finished
- Repellent is a must if you are out under the evening sky as mosquitoes can turn a fun evening into annoying itching and scratching. If you go bushwalking, be aware of ticks - check yourself and especially your pets and young children. Seek medical attention in need



## HYGIENE AND BODY CARE



Good hygiene is essential for taking care of yourself. It should be a regular daily practice and not just on the days you go to work but the weekend as well.

**TEETH** - brush them morning and night. Floss regularly and visit your dentist every 6 months or when you have a toothache to maintain them and prevent tooth decay

**SHOWER/BATH** - at least once a day but more if you have been exercising or doing dirty work such as gardening

**FINGERNAILS/TOENAILS** - keep them clean and tidy and file them regularly. Use a nailbrush during your shower/bathtime to clean under the nail. Avoid nailbiting as it's not only unsightly but it's how germs under your nails get into your mouth. If you wear false nails or nail polish make sure you keep them neat, tidy and maintained

**HAIRCARE** - wash your hair regularly - this will depend on your hair type. For those who have an oily hair type, you may need to wash a few times a week compared to those who have a dry hair type. Comb/brush your hair daily and visit a hairdresser/barber for regular haircuts or treatments. Usually every 6 weeks for a haircut and 3 months for a haircolour but your stylist will let you know. Shaving regularly is also an essential part of grooming, and for some people, it may need to be done daily. For those who choose to grow a beard, you will need to keep it neat and tidy. Barbers can assist with both shaving and trimming of beards

**DEODORANTS, AFTERSHAVE AND PERFUME** - deodorant is an important part of your personal hygiene especially if you live in a hot climate, Body odour (B.O.) is not a pleasant smell for people you come in contact with and often times we can't smell our own odours so it is important to get feedback from someone close to you. Just as body odour is an issue, so too is wearing too much aftershave or perfume as it can be very overpowering but also harmful to people who have asthma or allergies and find it difficult to breathe

**CLOTHING** - make sure that you wear clean clothes daily especially underwear, socks, singlets etc. You must wash them regularly and keep them in good order by repairing rips, zips and buttons and ensure they are not crushed or wrinkled by pressing them over with an iron



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