

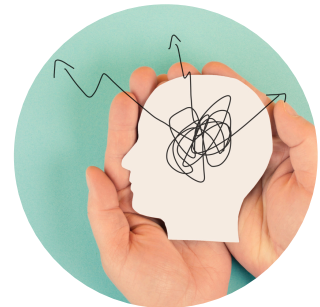
# Back to Balance



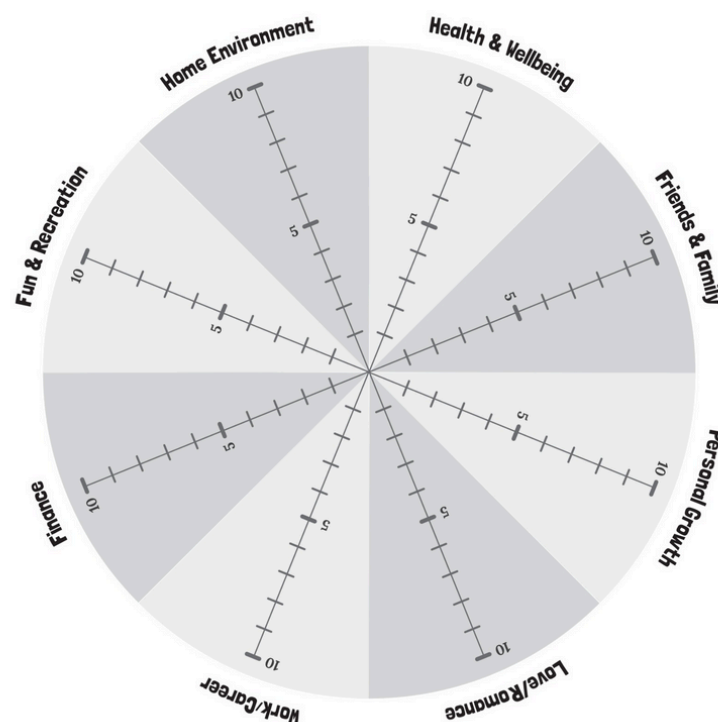
**5 simple steps you can take to regain a sense of balance in your life...**

## 1. AWARENESS

- For change to be possible, you need to be aware.
- Are you aware of what is triggering stress and when you are feeling stressed?
- Are you not sleeping well? Do you have a deadline?
- Practice reframing the effect of stress on your life.



Use the **Balance Wheel** below to look at what is impacting your balance. Observe what may be unbalancing you or what helps you feel more balanced.



## 2. MICROBREAKS

Many of us think a break can only come when we go on vacation, or on the weekend, or when we give ourselves permission. We can master the habit of taking breaks every single day: through microbreaks.

*What is a microbreak?* Exactly that - a short pause lasting seconds where our brain stops receiving and trying to process input.

### Our brain benefits from regular breaks:

- Have a clearer mind
- Feel calmer and less stressed
- Be more creative
- Get more done in less time
- Improve your communication
- Make it easier to make decisions



### Try these ideas:

- Leave your phone behind when you make a cuppa and notice your surroundings while you wait for the jug to boil
- Use the lift without scrolling, just allowing your mind to wander
- Just *be* in the shopping queue without logging in to your emails
- Close your inbox while working on a project so you aren't distracted

### **JUST BE WHERE YOU ARE**

*Do one thing at a time and practice making this your new normal.*

## 3. FOOD + MOOD

We all know that food plays a big role in how we feel. Think about the lollies – they are yum for a moment, then leave us feeling lousy later on (so we keep going back for more for that quick hit). To protect our mood, let's nourish with brain boosters, and let the mood-suckers play a smaller role in our diet.

- Aim for a Mediterranean way of eating
- 5+ servings a day of veggies
- Whole foods and minimally processed carbs (try opting for oats, brown rice and starchy veg)
- Oily fish such as salmon is the best source of omega-3
- Limit caffeine <400mg a day
- Nutritious snacks lower in salt and sugar
- Meal plan for healthy dinners and use leftovers for lunch



#### 4. BREATHE BETTER

Diaphragmatic breathing promotes relaxation within the body, and short shallow chest breathing enhances feelings of stress and tension. Diaphragmatic breathing is a deep breathing technique marked by an expansion of the abdomen rather than the chest while breathing.

##### **Water breath**

Inhale through your nose to the count of 1-2-3-4  
Exhale through your nose to the count of 4-3-2-1  
*Repeat for at least 10 rounds (approx 5 min)*

##### **Whiskey breath**

Sit down or lie down in bed  
Inhale through your nose to the count of 1-2-3-4  
Hold 1-2-3-4  
Exhale through your nose to the count of 4-3-2-1  
Hold 4-3-2-1  
*Repeat for at least 10 rounds (approx 10 min)*  
*Practice only while seated or lying down (never while driving)*



#### 5. FILL YOUR CUP!

If you want to feel good more often, taking conscious steps to increase the frequency and intensity of the positive emotions you experience can be extremely helpful, plus it can improve your health too!

- Connect with a friend or family member
- Take a walk in nature
- Watch the sunrise or sunset
- Hug a pet or a person
- Make a healthy meal and savour eating it
- Pick some flowers from the garden
- Smile, laugh, dance, sing!
- Pay someone a compliment
- Reflect on what you are grateful for
- Put some up-beat music on – this can be a great mood shifter!



## Recommended maximum levels of caffeine

**Under 18 years old** No more than 3mg of caffeine per kg in a single serving



E.g. for a 40kg child,  
3mg x 40kg = 120mg

**Over 18 years old** MAXIMUM 400mg caffeine per day (from all sources)



MAXIMUM 200mg in a single serving

**Pregnant & breastfeeding**



MAXIMUM 200mg per day (from all sources)

## How much caffeine in a single serving?



**If you want to cut back on how much tea and coffee you are having, try these alternatives:**



herbal tea  
(caffeine free)



flavoured water  
with fruit/vege



sparkling water

# Create a healthier life with Claire Turnbull's *wellbeing planner*



## **Create positive changes that last.**

If you want to make it easier to live a healthier life, boost your mood and create new healthy habits to help you keep on track, Claire's planner is what you need!

The planner has been specifically designed without dates so you can start using it whenever you like! It is the perfect size to fit in your bag and with its beautiful cover, it is both stylish and durable.



- ✓ Daily and weekly planners
- ✓ Weekly challenges focused around nutrition, exercise, sleep and mental wellbeing
- ✓ Goal setting and tracking
- ✓ Space for your TO DO list and notes pages
- ✓ Healthy habit reminders
- ✓ Healthy recipes
- ✓ Inspirational quotes
- ✓ Mindfulness exercises
- ✓ Gratitude reminders
- ✓ Undated so can be started at any time



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- Evidence-based
- Holistic: how you sleep, move and think all impact your wellbeing
- Behaviour-change focus, rather than templated generic meal plans
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