



Tiny steps: Massive impact

LUEMO
WORKPLACE WELLBEING

When we start a new year it can be tempting to commit to radical change and big goals.

But is that right for you? Sometimes all the talk of 'new starts' and 'ambitious goals' can commit us to unsustainable practices and overwhelming goals that leave us feeling like a failure for not sticking to our commitments.

Let's rethink this...

Why not start out with some realistic small steps that can have an immediate impact on our mental health, daily wellness and physical health? Benefits can start to unfold in as little as a week!

Here are some ideas for inspiration...

✔ **Stop an unhealthy micro habit and start a good one.**

Each week put one extra healthy food in your shopping cart and leave out one unhealthy option - for example don't buy the pack of chips and buy one extra avocado (make sure you eat it). Stop eating sugar in the afternoons and snack on cheese, vege sticks or hummus instead. Stop mindlessly scrolling social media and ring a friend. Swap your glass of wine at dinner with sparkling water a few times a week.

✔ **Write down all the medical appointments you need to catch up on.**

Skin checks, eye checks, dental, heart/bowel checks and breast screens. Work your way through scheduling appointments for the coming months. We must get these fundamentals right!

✔ **Clear out and declutter your physical spaces for clear minded living and working.**

Donate or throw out 10 things you haven't worn for a year. Throw out 10 superfluous homewares and kitchen utensils. Take everything off your desk and only put back the things you need today and stow or throw away the rest.

✔ **Detox your technology and media.**

Unsubscribe from marketing emails, unsubscribe from news services that duplicate others, 'unfriend' people who you never have personal contact with. Don't charge your device next to your bed so you don't read it before sleeping and don't pick it up as soon as you wake up.

✔ **Get sweaty each day.**

Go for a short brisk walk, do your housework with vigour, run up some stairs or do a bit of yard work and get a sweat happening! It doesn't take long and you will feel better for it physically and mentally.

The trick is to start just a few things and do them well and enjoy the benefits. Once your new habits are established give yourself a pat on the back and think of a new one.



Benefits of good vibrations

Have you noticed how your favorite music can make you feel?

Most of us have experienced the uplifting effects of music on our mood. Sound therapy takes this concept a little further, using the effects of vibration and tone to do things like promote a calmer mind, reduce stress, reduce anxiety, improve memory and focus, and even provide relief from physical pain, migraine and tinnitus. Utilizing music has long been practiced and now main stream therapists are using ancient techniques incorporating sounds of nature, sound bowls, drums, gongs, tuning forks and voice to do the work as well as placing the instruments on different areas of the body that need help. At Lumeo we are about to start exploring sound therapy in more detail so stand by for more good vibrations!

Why fight inflammation?

Inflammation in the body is the root cause of many physical and mental health problems. Chronic inflammation is linked to heart disease, cancer, depression, arthritis, and Alzheimer's. Fighting bodily inflammation is a lot about diet. Here are the best foods to fight inflammation according to Harvard Medical School: Pop them in your shopping trolley this week!

- ✓ Tomatoes
- ✓ Olive Oil
- ✓ Green leafy veges
- ✓ Nuts, especially almonds & walnuts
- ✓ Fatty fish like salmon, mackerel, tuna, and sardines
- ✓ Fruits like strawberries, blueberries, cherries, and oranges

New year, new ideas

Have you booked in your team mental energy session for this year? Get everyone back together for an inspirational group session, or a program of one-on-one coaching for better energy, wellness and leadership in your business. Call now as places are limited for 2023.

