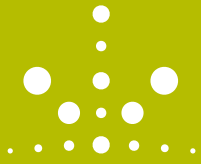


Wellness and Wellbeing



 **A Heed Life Guide**





**HEED
LIFE**

Your wellness and wellbeing are **massively important.**

Not only do they contribute to your overall mental and physical health but they have a knock-on effect on everything that you do. This may seem drastic, but it's true - if you're not best taking care of your wellness and wellbeing, you're not getting the most out of your life.









There's never been a more important time to take care of your own wellness.

Quite often, we can be there for friends and family through everyday life and times of hardship, but are we there for ourselves? Unselfishly, **our own wellbeing takes a backseat** where others are concerned - however, it shouldn't do at all.

In fact, **taking care of yourself should be one of the main priorities in your life.** Contrary to popular belief, your job, financial stability and quality of life will likely take care of themselves if you prioritise your wellness and wellbeing. If you're in a comfortable state with yourself, other factors of your life will follow suit.

We'll Cover:

-  **What Are Wellness And Wellbeing?** Page 4
-  **The Importance Of Wellness And Wellbeing** Page 6
-  **The Different Types Of Wellness** Page 7
-  **How To Improve Overall Wellness And Wellbeing** Page 12

So, at Heed Life, we're stressing the importance of looking after yourself and prioritising your own wellness and wellbeing for once. And that's what this guide is all about - we're promoting self-care and self-love so that you're in the best position to live your life to the fullest.

We'll touch on everything you need to know - from what wellness and wellbeing actually are to actionable tips to help you **refine your mindset and take care of yourself** at all times.



How Heed Life Can Help
Page 16



So, let's jump right in!



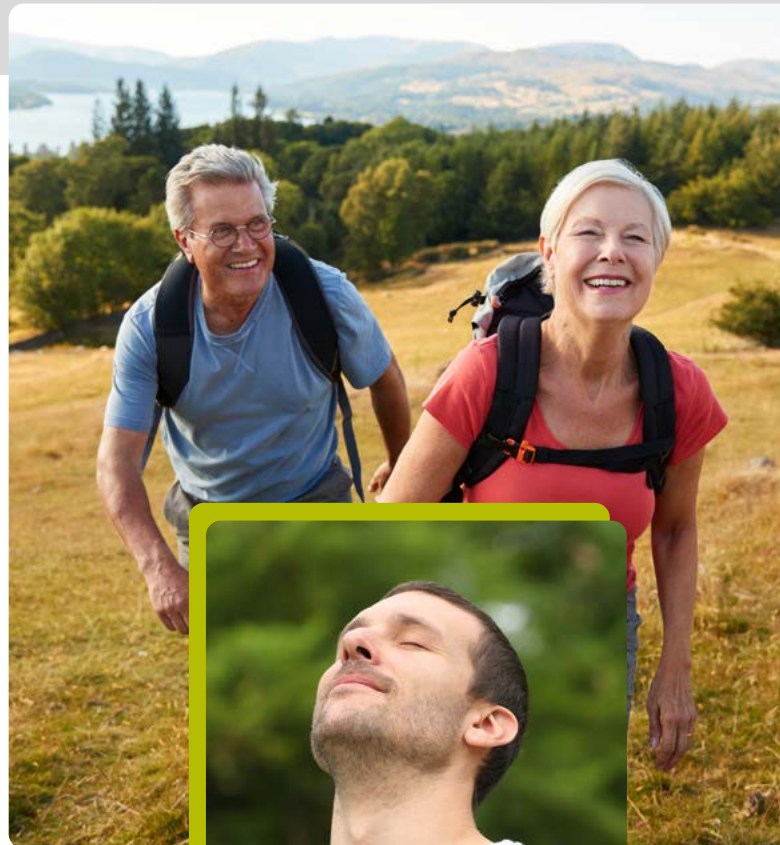
What are **Wellness** and **Wellbeing?**



In the grand scheme of things, your wellness is a lot more than just your physical health. It's a full contribution of **physical, mental and spiritual wellbeing** that allows you to enjoy life, deal with whatever is thrown at you and be comfortable within your mind. It's a **long-term state of mind**, we're not talking about managing things moment to moment.

And it's not about being happy all the time either. Of course, nobody can comfortably say that they're in that state of mind at all times. Even the most positive people come across situations that upset or frustrate them, however, **your wellness and wellbeing define how you deal with these situations and how you cope with them.**

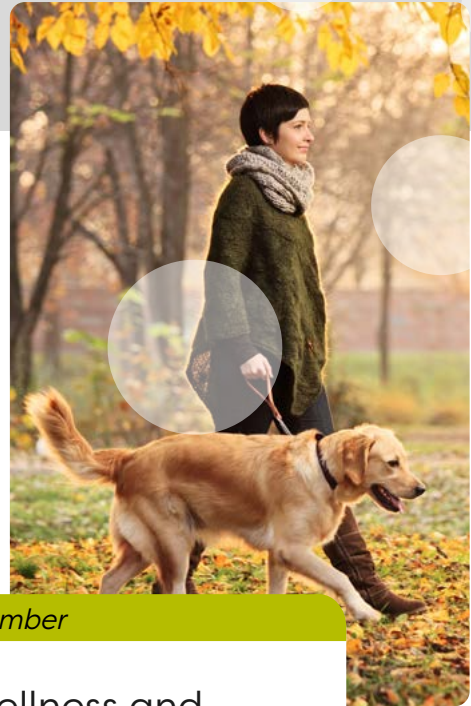
Most people would agree that they strive towards a state of well-being. However, are people actually sure what it is? It means different things to different people. Which is absolutely fine, it's just about drilling beneath the surface and finding that maximum state of wellbeing.



The mind is a very powerful asset - therefore, it can either be a solid foundation that sets you up to conquer the world. Or, it can be a sore point that fills you with doubt and lacks confidence. Achieving the maximum state of wellness and wellbeing is all about **taking advantage of your strong-minded moments and coping in the times where your mind can feel at loose ends.**

Of course, your mind controls everything you do. Therefore, the state of mental wellbeing bleeds into every action and thought that you take. By achieving the ultimate state of wellness, you'll best position yourself to make clear choices, enjoy your life to the maximum and stay positive throughout.

The Importance of Wellness and Wellbeing



⚠️ *Always Remember*

Your wellness and wellbeing **matter**

FACT

Your body is a direct reflection of what's going on in your mind - and vice versa. That's why it's so important that you look after yourself, so you can go about your daily lives with a clear mindset. Otherwise, you'll find it hard to concentrate and be productive if your mind is wandering elsewhere.

Changing your mindset isn't easy but it's achievable with determination and consistency. Unfortunately, you can't just sit tight and hope things iron themselves out. Unless you face your mindset head-on and actively try to change it, you'll find the things that are holding you back will still be a hurdle for you to step over.

Maintaining optimal wellness and wellbeing is essential to enjoying life to the fullest.

To live a higher quality of life, we need to train our mindset to achieve this maximum state of wellness. Of course,

everything we do and everything we feel is related to our wellness. So, to enjoy the highest highs and overcome your lowest lows, it's essential to look after yourself.

For example, if your mind is clouded and you're being weighed down with your thoughts and a scrambled mind, one small thing can be enough to fully overwhelm you. Whereas, if you're dealing with a busy day with a clear mind, should an issue crop up that provides a setback, you can **step back, evaluate** and **overcome it** with a solution with ease.

An important factor of wellness and wellbeing is balance. A balanced lifestyle can result in a variety of factors for your well-being. Balance ensures that we have the time to do the things that make us happy and feel good about ourselves. Leading a balanced lifestyle also helps us remain in control of our well-being.

The Different Types of Wellness

There are various dimensions of wellness - each is as important as one another.



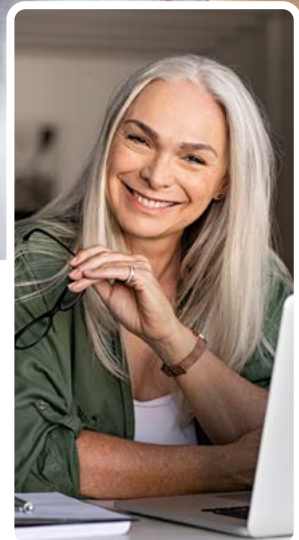
**Physical
Wellness**



**Intellectual
Wellness**



**Spiritual
Wellness**



**Occupational
Wellness**



Physical Wellness

Physical wellness refers to establishing positive health habits through **nutrition, exercise and appropriate healthcare.**

This area of wellness promotes taking care of your body for optimal health and functionality - if you look after your body, **it's a great way of boosting self-esteem, confidence and preventing any physical injury.**

Physical activity and exercise are essential to establishing physical wellness. For us to be able to get in shape, **we need to get moving!** Exercise is a great way to keep your body in peak condition and is also good for the mind and soul. You'll notice that some areas of wellness overlap and complement each other nicely.

It's not all about exercise though - we need to fuel our bodies properly to be able to perform at an optimum level. If we're exercising and piling our bodies with junk food, the results we'll see will be underwhelming and far below expectations. **A healthy balanced diet is a great way to support physical wellness** - providing our body with all the good stuff we need.

A good night's sleep should never be underestimated either. Just as it's important to fuel our body with the right food types, we need to rest as well.

X *Top Tip:*

Getting your recommended **eight hours a night** is a great place to start.

Intellectual Wellness

Expanding your knowledge and skills is a **great way to keep the mind fresh and achieve a state of well-being**. To become more mindful and well-rounded, as people, we need to be able to explore new ideas and understandings. Intellectual wellness inspires exploration, which means the mind is always broadening its horizon.

You're in control of your intellectual wellness. It's too easy to sit in front of the telly and binge-watch the days away - don't worry, you're not alone on this. **But by making an effort to explore new skills, new creativity,**

you're feeding your intellectual wellness and doing your mindset a world of good.

Intellectual wellness inspires curiosity - which is majorly important in the human mind. From curiosity, it shows that you have a level of understanding and want to develop this even further. This will motivate you to explore further and provide the hunger for concentration and dedication to new skills and creativity.

It sounds like a huge effort but it's easily done. Pick up a book and start reading - it can be as simple as that to provoke your intellectual wellness and curiosity.



Spiritual Wellness

When people think of spiritual wellness, they automatically shy away from it. Despite what you're thinking, this isn't all about "finding yourself" and pursuing a deeper meaning to life. **It's actually a LOT simpler than that.** Spiritual wellness is all about **highlighting your personal beliefs and values** - and implementing them within your balanced lifestyle.

It's the things that make you happy - whatever they may be. The beauty of spiritual wellness is that it promotes **dedicating plenty of time to doing what you most love to do.** It allows you to express yourself for exactly who you are - and who wouldn't love to be more confident in doing just that, right?

Spiritual wellness is centred around your preferences - as all wellness is. However, your spirituality allows you to explore these a lot more closely. For example, if you enjoy solo walks along the beach and listening to the subtle crashing of waves to calm you down, your spiritual wellness allows you to explore this as much as you need to gain a state of maximum wellness.

Or, if it's a fast-paced game of football, a quiet moment in your favourite spot or **whatever puts you in the best mental place**, your spiritual wellness will encourage you to practice these as much as you can.



X *Key Point:*

Spiritual wellness is centred around **your preferences**



Occupational Wellness

Occupational wellness refers to the activities you participate in daily that give purpose and meaning. Balance is massively important within your occupational wellness - **it's about striking the right chord between work and leisure.**

Your career and work are massively important to your well-being. Think about it, if you're flying at work and are succeeding within your role, you're automatically going to be in a better place than if you were struggling and constantly getting into bother, right? Occupational wellness allows you to **actively manage the stresses of work and manage relationships successfully.**

Do you enjoy going to work? Is your workload too much or unmanageable? Can you openly speak to your peers when problems arise? These are all key areas that contribute to sustained occupational wellbeing. **It's important that you're not overloading,** as you'll then be taking work home and it can affect other areas of your wellness in different ways.

Achieving a work-life balance is massively important. You can't be all work, no play, can you? A nice phrase to remember is "**work to live, not live to work**" - you've got to enjoy the free time and relaxation. Plus, remember rest is just as important as doing and will allow you to enjoy a more successful wider career.



How to Improve Overall **Wellness and Wellbeing**

There is no one-size-fits-all approach to improving your wellness and wellbeing.

Finding the perfect fit for your situation can take some work, but it is so beneficial in the long run. In this section, we'll cover 6 methods to improve your wellness and wellbeing, so why not give them a try?



Get Moving

Exercising daily is one of the most effective ways to promote overall wellness in minutes! **Exercising doesn't always mean an intense gym class either.** Walking, taking the stairs instead of the lift, dancing to your favourite song and stretching your body all equate to moving your body. **Even a short burst of 10 minutes' brisk walking can increase our mental alertness, energy and positive mood.**

Exercise lowers your body's natural stress hormones and releases endorphins - your body's natural painkillers. Exercising can also **improve your sleep quality and your overall confidence.**



X Did You Know?

Exercise doesn't just give you energy - it can lower your stress levels and improve your sleep, too!



Write It Down

Journaling is a practice that generally involves **keeping a diary or journal of thoughts and feelings** - it's an ancient tradition, one that dates back to at least the 10th century! A journal can be used daily or as a guide to help you through different events in your life.

Journaling is a wellness promotion tool that can help with **gratitude, emotional processing** and **mental clarity**. It's also a good problem-solving tool - sometimes we can blow things out of proportion but when we write them down, solutions can easily arise. **Journaling can allow you to gain a real understanding of your thoughts and feelings.**

Take Time Out

Almost everything will work again if you unplug it - including you. Taking time out is just as productive as working hard and studying more. This doesn't mean taking long periods off - we understand that's not always possible. It can mean **breaking up your day with incremental breaks**, establishing a positive work/life balance, switching your tech off after 8pm and having some 'you' time scheduled each week.

Taking time out to rest and relax not only helps your body have a break, but **it's also important for your mental health.** It can help you process your thoughts, it can give your mind a mental detox and it can help you regain your control again. So, to propel forward your situation, give yourself a break.



Don't Be So Hard On Yourself

We can all be our own worst critic, can't we? And as individuals, we can contribute to the existing pressures we already feel. **So when you're having a stressful moment or you're feeling overwhelmed, remind yourself that you do have a choice.** It's not what happens to you, but how you react to it that matters.

Don't be so hard on yourself. Millions of us experience stress every day, **take your time - you're not alone.**



Stay Connected

Have you heard the saying, a problem shared is a problem halved? Well, it's true!

Nothing beats having a good support system around you. Make the effort to keep in touch with the people that bring you joy and positively aid your journey. Speak about your worries in confidence to the people you trust - we can assure you, people are always there to listen. **Being open and honest won't make you look weak, it will only strengthen your connections.**

Psychologists and mental health professionals often talk about the importance of having a strong social support network. Relationships are one of the most important aspects of our lives.

People who are more socially connected to family and friends are happier with less stress than people who are less well connected.

X *Reminder*

Schedule that FaceTime call and **get out for a lunchtime walk!**

Maintain a Healthy Balanced Lifestyle

The conscious decisions we choose to make each and every day can have long term effects. As a result, **46% of people reported that they ate unhealthily due to stress.**

Well-nourished bodies are better prepared to cope with daily stressors - fact. Fuel your body with the correct nutrients, stay hydrated and minimise the products that could be making your stress worse - we see you having your third coffee of the day at 10am!

Keep note of the foods that support your mood regulation and energy levels and try and minimise caffeine. High amounts of caffeine can lead to the negative health effects associated with prolonged elevated levels of cortisol. **The temporary "highs" caffeine and sugar provide often end with a crash in mood and energy.** But if you need a small boost, coffee in moderation is always welcomed!

How Heed Life Can Help

At Heed Life, we're committed to supporting great people and healthy lifestyles. We appreciate that life isn't always as easy as jumping out of bed in the morning with bundles of energy and a will to take on the world. And at times, it's easy to overthink and struggle to switch off. Which is why we're here to help!

Firstly, we have a duty of care within the industry to educate. From wellness topics to CBD product specifics, we've created a large content archive for our audience to benefit from that enables them to **make smarter decisions** when looking to benefit their lifestyle. We care about you and **want you to have everything you need to live the best life possible.**



Secondly, all of our premium products are carefully formulated with specific purposes in mind. Generic products have their limitations, so **our industry-leading supplements and extensive CBD range are purpose-built for the maximum desired effect.** You know your body, we know the science and how to support your active lifestyle.

By achieving a maximum state of wellbeing, you'll be living the best life

you can - and that's all we want. Happier, healthier and stronger people!



**HEED
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Through the combination of education and amazing products, our team of experts are confident that we can find the perfect solution for your unique needs and requirements. We can't stress how important it is that you look after yourself and your body. Wellness and wellbeing are areas that we take very seriously at Heed Life.

Find Out More Today!

If you're interested in the choices available to you and want to explore more ways in which you can enhance your lifestyle with Heed Life, please don't hesitate to get in touch. Our expert team is always on hand to answer any questions and queries that you may have. Prioritising your wellness has never been easier!

Click here to visit our website:

www.heed-life.co.uk