

TOP TEN TIPS To top up your wellbeing

2. Size matters

It is so easy to over-estimate the amount we should be eating! Super-size meals and multipacks drive us to eat more for less. If you think you are indulging a little more than your waistband comfortably allows, maybe it's time to check your measures and reset that pattern.

Take a look at the 'Tip the Balance' advice video here to give you some pointers in the right direction.



4. Hydrate through the day

We all know how important it is to drink but often don't remember that until mealtimes. Drinking at mealtimes dilutes the digestive enzymes and stomach acid crucial for the proper digestion of our food. This can create indigestion, wind, bloating, leaky gut, and all this can result in unpleasant food intolerances. Try drinking 6-8 glasses of water spread evenly throughout the day or always having your water bottle close to hand and sipping it regularly.



1. Focus on Wholefoods

Take a look at the source of what you are eating. If you can dig it out, pick it off a tree, pluck it from the sea or chase it round a field, you can't go far wrong. Whole foods help us to minimise the processed foods we might be tempted by and maximise the rich nutrient density of our foods. It doesn't have to cost the earth and your body will thank you for it.



3. Rein in the sugar

Worried you might have a bit of a sugar addiction? The easiest way to eliminate those cravings is to start by curbing the sugar first. Look at how much is slipping into that coffee, how many biscuits are going with it, how big that bag of Haribo might be. You don't have to cut it all out yet, but you can take steps towards reducing your intake of the most addictive substance known to man. See if you can halve it this week and halve it again as the weeks go on.



5. Move a little more

If you've felt pretty inactive through lockdown, fear not. Anything you do to move your body today is an improvement. Focus on doing something you enjoy - whether that's walking to work, a lunch-time stroll or cycling home. You might love the gym or a run, but not everyone wants to arrive at work hot and sweaty. Whatever suits YOU is what matters. Ultimately, are you seeing the opportunities to move that body during your day in whatever way you can?



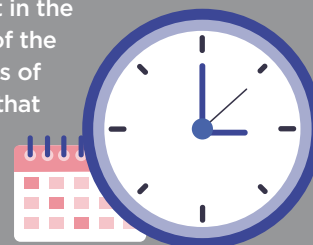
6. Be patient – you didn't get here in 2 weeks!

Whatever you are trying to change, be that food or movement or your mindset, you didn't get here in 2 weeks. The place you find yourself right now is the result of the accumulated decisions you have made over the last 15 months during a global pandemic, so be patient as you find your way back. Every little thing you do day by day will compound into an overall more positive outcome if you are patient enough to keep on keeping on.



7. Optimise your productivity

When does your energy peak and trough during the day? When are you most focused, working at your best? Are you organising your diary and 'to do' list around this pattern? If you're a morning person, how are you optimising your productivity in this uber-productive time? Or are you trying to write reports before you've got going, or meeting and greeting with clients and prospects when you've got little, or nothing left in the tanks towards the end of the day? One of the benefits of being self-employed is that you can run your diary. Are you making the most of this opportunity?



8. Clean up your sleep routine

So many of our routines have changed during the lockdown and that probably includes your bedtime, your alarm time, even your 'running speed' during the day. Look at the regularity of your sleep patterns. Try to maintain some routine in your bedtimes and waking times, even at weekends. Kill that blue light from ALL screens nice and early, ditch the wine, caffeine, chocolate, or heavy meals late at night and set up your room like a haven for rest and rejuvenation. Rest is vital for a happy, healthy life.



9. Start the day the right way

What lifts your energy? Is it music, exercise, a hot shower or breakfast with the kids? Whatever it takes to raise your vibration and energise you to start your day on the right trajectory, make a conscious decision to DO it! Crank up the tunes, lather up like your life depends on it, make the pancakes, pull on your trainers, only YOU know what you need.



10. Top up your soul every day

At the end of a long day, or when you feel a dip in your mood mid-morning, what tops up your soul? Is it a coffee and chat with a friend, dinner with a family member, taking a trip to look at the mountains or canal on your way home? Perhaps it is blasting the music on your car journey or singing your lungs out, or simply spending quality time with the family. Whatever it is, try to take some time for this every day as life returns to some kind of normality, before the 'busy busy' takes over.



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