

8 SIMPLE HABITS TO HELP YOU FLOURISH



By Joanne Edmond - Psychologist

Ready to live your best life? Here are 8 simple habits that can make a world of difference. Each habit comes with a quick tip to help you get started.

1. Catch those Z's: Prioritise sleep

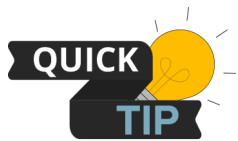
Sleep is the golden chain that ties health and our bodies together.

Thomas Dekker



Why it matters

Lack of sleep affects everything from your mood to your decision-making skills.



Create a bedtime routine that includes winding down activities and turning off electronic devices. Short afternoon naps are a plus. Take one when you can.

2. Get moving: Exercise daily

Our bodies are our gardens; our wills are our gardeners.

William Shakespeare



Why it matters

Exercise boosts brain function and mood while reducing stress and the risk of chronic diseases.



Start small and make it fun. Whether it's a walk in the park or a quick dance session, every movement counts.

3. Eat smart: Nourish your body

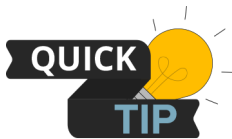
The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.

Thomas Edison



Why it matters

A balanced diet not only fuels your body but also your brain, affecting your overall well-being.



Stick to a Mediterranean-based diet and enjoy small pleasures like wine and coffee in moderation.

4. Stay positive: Embrace optimism

Positivity doesn't just change the content of your mind... It widens the span of possibilities that you see.

Barbara Frederickson



Why it matters

A positive outlook can improve your relationships, creativity, and health.



Use positive language and focus on the brighter side of life.

5. Find your Zen: Manage stress

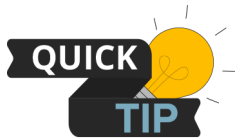
Calm mind brings inner strength and self-confidence, so that's very important for good health.

Dalai Lama



Why it matters

Chronic stress can negatively impact your brain and overall health.



Take deep breaths and find your moment of calm. Consider mindfulness or meditation.

6. Connect: Build relationships

For happiness, remember... other people matter.

Dr. Christopher Peterson



Why it matters

Strong social connections contribute to a longer, happier, and healthier life.



Listen actively and nurture existing relationships. Consider joining community groups.

7. Embrace challenges: Keep learning

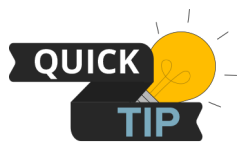
Fall down seven times,
get up eight.

Japanese Proverb



Why it matters

Mental stimulation is key to a healthy brain and can even reduce the risk of dementia.



Pick activities that challenge you mentally and take you out of your comfort zone.

8. Believe in yourself: Find purpose

We have a choice to
use the gift of our lives
to make a difference.

Dr. Jane Goodall



Why it matters

A sense of purpose is linked to a more fulfilling life.



Focus on giving to others to find joy and connection.



Core of Wellbeing
LEARNING PSYCHOLOGY TO FLOURISH

Remember, small changes can make a big impact.
Start with one habit and build from there.
Here's to a happier, healthier you.

Warmly
Joanne and the team.