NEW LEAF NEW YOU!

Welcome to your:
Personal Wellbeing Plan

Take part in the:
30 Day Challenge!

Covering topics such as:

- Physical Activity
- Nutrition
- Mental Health
- Alcohol
- Behaviour & Motivation

Your journey to better wellbeing.

new leaf health

www.newleafhealth.co.uk/30daychallenge

“Take care of your body, it’s the only place you have to live.”

Jim Rohn.

NEW LEAF NEW YOU!

As we juggle the demands of our busy lives, it's easy to overlook the importance of a healthy lifestyle. The latest research in health and wellbeing underscores the profound impact that small, consistent changes can have on our overall wellbeing. Whether it's adopting healthier, more active habits, managing stress, or fostering a better work life balance, we believe that each small step can lead to significant improvements in how you feel and function both at work and in life.

This plan is a comprehensive resource to help you explore various aspects of health, including physical, mental and social wellbeing. Drawing on the latest scientific findings, we've compiled evidence-based strategies proven to enhance your overall health. Learn mental health techniques to build emotional resilience and improve mental clarity and focus. Discover nutrition advice to support healthy eating, reduce the risk of chronic disease and enhance your long-term wellbeing.

Wellbeing is a continuous journey, and this guide aims to support you every step of the way. Setting realistic and achievable goals can lead to lasting improvements in your health. Your health matters and prioritising it will help you to lead a more vibrant and fulfilling life.

Taking steps to improve your wellbeing is not only about personal growth but also about inspiring those around you to focus on their health. Your journey can spark conversations, foster connections, and build a supportive community dedicated to healthier living. Together, we can create an environment where everyone feels empowered to become their best selves!

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Reflect on your current lifestyle

Please take a moment to reflect on your current lifestyle and health status. This reflection is an important part of your personal growth and wellbeing journey.

What were your key reflections?

Think about the key points and insights you gained from your reflections. Which new thoughts or perspectives felt the most important to you?

List your key reflections. Consider your physical, social and mental health:

1.

2.

3.

4.

Consider your current health status

Consider your current health status, for example, your blood pressure, cholesterol, blood sugar levels, physical activity levels or nutrition. Does your current health status guide your future choices and help you focus on areas that may improve your health?

List your health priorities:

1.

2.

3.

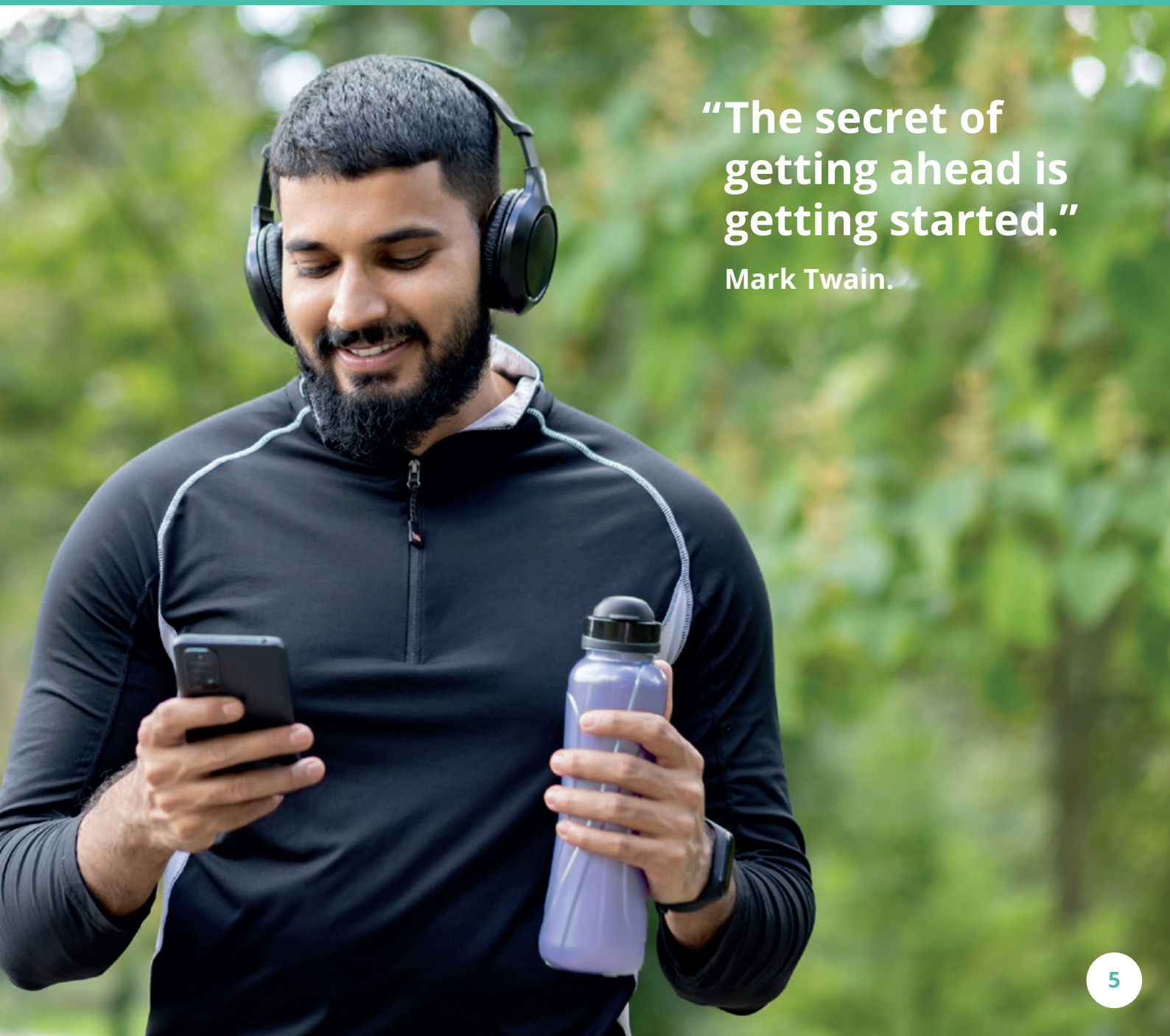
4.

Taking time to reflect on these questions can deepen your understanding of your needs and interests, paving the way for positive changes in your life.

Healthier living

In today's fast-paced world, expanding your knowledge of wellbeing and lifestyle is more important than ever. From nutrition and physical activity to mental health and social wellbeing, understanding health empowers you to make informed decisions to improve your life. Exploring reliable resources, attending workshops and engaging with health professionals can provide valuable insights to help you develop healthier habits.

This journey of discovery not only enhances your personal wellbeing but also equips you to support those around you on their health journeys. Adopting this proactive approach to learning can lead to a more balanced, fulfilling life in which you thrive both physically and mentally.



"The secret of getting ahead is getting started."

Mark Twain.

"The groundwork for all happiness is good health."

Leigh Hunt.

Physical activity

Recent research in the UK highlights the critical role of physical activity in promoting overall health and wellbeing. Key findings include:

- **Health benefits:** Studies consistently show that regular physical activity reduces the risk of chronic diseases, including heart disease, diabetes and certain cancers. It also contributes to improved mental health, reducing symptoms of anxiety and depression.
- **Guidelines and recommendations**: The UK's Chief Medical Officers recommend that adults aim for at least 150 minutes of moderate-intensity aerobic activity each week, together with strength training on two or more days. Meeting these recommendations can significantly improve life expectancy and quality of life.

Click here for more information regarding physical activity.

LET'S GET MOVING!

"I always thought I was too busy, but now, at least 30-minutes of my day is being active. I love the way it makes me feel - I think exercise puts me in the right frame of mind and boosts my energy."

Nicola, Staffordshire

Here are three practical steps for you to improve your lifestyle through regular physical activity.

1. Setting activity goals

Follow recommended guidelines:

- Aim for 150 minutes: Strive for at least 150 minutes of moderate-intensity aerobic activity each week, complemented by strength training on two or more days.

Practical steps:

- Create a schedule: Plan your week to include dedicated times for physical activity, making it a regular part of your routine.
- Set realistic goals: Start with achievable targets and gradually increase your activity level.

2. Incorporating physical activity into daily life

Make movement habit:

- Find opportunities: Look for ways to be active throughout your day, such as taking the stairs instead of the lift or walking during breaks.

Practical steps:

- Join a class or group: Participate in community fitness classes, sports teams or walking groups to stay motivated and to meet new people.
- Engage in activities you enjoy: Choose physical activities you enjoy, whether that's dancing, hiking, cycling or swimming.

3. Fostering a supportive environment

Create a positive space for activity:

- Encourage family and friends: Involve your family and friends in your physical activity goals for added support and motivation.

Practical steps:

- Create an active home: Set up a space at home that encourages physical activity, such as a small gym area or a yoga space.
- Participate in community events: Join local events, such as charity runs or sports leagues, to engage with your community and stay active.

Nutrition and healthy eating

Extensive scientific studies have conclusively proven that good nutrition is the foundation for long-term health. Key findings include:

- **Nutritional guidelines:** The UK's Eatwell Guide provides a balanced framework for healthy eating, emphasising the importance of a varied diet that includes all food groups. Research supports these guidelines, showing that a diverse diet rich in fruits, vegetables, whole grains and lean proteins is crucial for preventing chronic diseases.
- **Impact on chronic diseases:** Studies consistently link poor dietary choices, such as high intake of processed foods, sugars and saturated fats, to an increased risk of obesity, type 2 diabetes, cardiovascular diseases, and certain cancers. Conversely, diets high in fibre, antioxidants and healthy fats are associated with a lower risk of these conditions.

Click for more information regarding nutrition and healthy eating.

"Let food be your medicine and medicine be your food."

Hippocrates.

EAT WELL LIVE WELL!

Eat your way to better health by following these practical steps for healthy eating habits.

1. Understanding the importance of nutrition

Know the benefits:

- Health advantages: Good nutrition supports overall health, boosts energy levels and reduces the risk of chronic diseases, including heart disease, diabetes and obesity.

Practical steps:

- Educate yourself: Read about food groups and essential nutrients – carbohydrates, proteins, fats, vitamins and minerals – and understand how each contributes to your health.

2. Setting nutritional goals

Follow dietary guidelines:

- Balanced diet: Aim for a balanced diet that includes a variety of fruits, vegetables, whole grains, lean proteins and healthy fats.

Practical steps:

- Plan your meals: Create a weekly meal plan that incorporates a variety of foods from all food groups.
- Set realistic goals: Start by including more fruit and veg in your diet and gradually reduce your intake of convenience foods.

"Having healthy snacks and portioning them out has helped me greatly."

Dev, Manchester

3. Incorporating healthy eating habits

Make nutritious choices:

- Choose whole foods and drink water: Focus on whole, minimally processed foods that are rich in nutrients, and stay hydrated.

Practical steps:

- Read labels: Check food labels to understand the nutritional content and avoid added sugars, excess salt and unhealthy fats.
- Prep ahead: Prepare meals in advance to promote healthier eating habits.

"Self-care is not self-indulgence, it is self-preservation."

Audre Lorde.

Mental health

There is growing worldwide recognition of mental health as a fundamental component of overall wellbeing. Key findings include:

- **Prevalence of mental health issues:** Studies indicate that mental health disorders, such as anxiety and depression, are increasingly common, particularly among young adults. Latest statistics show that one in six adults experienced a common mental health problem in the past week, highlighting the urgent need for effective support and intervention.
- **Importance of early intervention:** Healthcare professionals recognise the benefits of early intervention and prevention strategies for - mental health. Programmes focused on education, awareness and early support can lead to better outcomes by reducing the severity of mental health issues and improving overall wellbeing.
- **Connection to physical health:** Field experts acknowledge the connection between mental and physical health. Poor mental health can contribute to physical health problems and vice versa. This recognition has led to the development of integrated health strategies that focus on holistic care, addressing both mental and physical aspects of health.

Click for more information regarding mental health.

THINKING ABOUT HEALTH...

Follow these practical steps to improve your wellbeing by prioritising your mental health.

1. Understanding the importance of mental health

Know the benefits:

- Overall wellbeing: Good mental health is crucial for emotional resilience, effective stress management, and the ability to form fulfilling relationships.

Practical Steps:

- Educate yourself: Learn about common mental health issues, such as anxiety and depression, and recognise their signs and symptoms.

2. Setting mental health goals

Prioritise self-care:

- Incorporate self-care practices: Aim to include activities that promote relaxation and mental clarity in your daily routine.

Practical steps:

- Create a self-care plan: Identify activities that help you feel relaxed and rejuvenated, such as reading, taking a bath or practising hobbies.

"I've had challenges, but remembering to be open has been my biggest success."

Jevan, Essex..

- Set boundaries: Learn to say no and set boundaries to protect your mental space and manage your commitments.

3. Incorporating healthy coping strategies

Develop positive coping mechanisms

- Identify triggers: Recognise situations or stressors that negatively impact you and develop strategies to address them.

Practical steps:

- Practice mindfulness: Engage in mindfulness practices such as meditation, yoga, or deep breathing, to help manage stress and anxiety.
- Seek support: Strengthen your relationships with friends, family or colleagues at work: create a supportive environment that encourages open conversation.

4. Prioritising professional help

Recognise when to seek help:

- Don't hesitate to ask for support: If you're struggling with your mental health, consider reaching out to a mental health professional for guidance.

Practical steps:

- Explore therapy options: Research different types of therapy (e.g., cognitive-behavioural therapy, counselling) to find what works best for you.
- Utilise resources: Access mental health resources and hotlines in your area for immediate support or information.

Stress and burnout

Recent research in the UK emphasises the growing concern among employers, healthcare providers and governing bodies about workplace stress and burnout and how they affect overall wellbeing. Key findings include:

- **Prevalence of stress and burnout:** Studies indicate that a significant portion of the workforce experiences high levels of stress. Approximately 30% of employees report symptoms of burnout, affecting productivity and job satisfaction.
- **Impact on mental health:** Chronic stress and burnout are linked to mental health issues, including anxiety and depression. Research shows that individuals experiencing burnout are more likely to seek mental health support and report lower overall life satisfaction.
- **Long-term consequences:** Prolonged stress and burnout can lead to serious health conditions, such as cardiovascular disease.

Click for more information regarding stress and burnout.

"When you recover or discover something that nourishes your soul and brings joy, care enough about yourself to make room for it in your life."

Jean Shinoda.

STRESS AND BURNOUT

1. Your action plan

Know the differences:

- Stress: A response to external pressures, which can be temporary and manageable.
- Burnout: A state of emotional, physical and mental exhaustion caused by prolonged stress, often resulting in reduced motivation and performance.

Practical steps:

- Educate yourself: Learn the signs and symptoms of stress and burnout, such as fatigue, irritability and reduced productivity.

2. Recognising your stressors

Identify triggers:

- Awareness is key: Recognise the situations or factors that contribute to your stress and burnout.

Practical steps:

- Keep a stress journal: Document your stress levels and identify patterns or common triggers in your daily life.
- Evaluate your commitments: Assess your workload and responsibilities to identify what may be overwhelming you.

3. Implementing healthy coping strategies

Develop positive outlets:

- Find effective coping mechanisms: Engage in activities that help you relax and recharge.

Practical steps:

- Practice mindfulness: Incorporate mindfulness techniques like meditation and deep breathing, or add yoga to your daily routine.
- Exercise regularly: Physical activity is a powerful way to reduce stress and improve mood. Aim for at least 30 minutes most days.

4. Creating a supportive environment

Build a support network:

- Surround yourself with supportive people: Engage with friends, family or colleagues who understand your struggles and can offer encouragement.

Practical steps:

- Communicate openly: Share your feelings and stressors with trusted individuals to alleviate emotional burdens.
- Join support groups: Look for local or online groups focused on stress management and burnout recovery.

5. Prioritising work-life balance

Establish boundaries:

- Protect your personal time: Ensure a healthy balance between work responsibilities and personal life.

Practical steps:

- Set clear work hours: Define specific work hours and stick to them to avoid overworking.
- Schedule downtime: Plan regular breaks and leisure activities to recharge and prevent burnout.

6. Seeking professional help

Recognise when to seek support:

- Don't hesitate to ask for help: If feeling burnout or if stress becomes overwhelming, consider reaching out to a mental health professional.

Practical steps:

- Explore therapy options: Research different types of therapy that can help you cope with stress and burnout, including cognitive-behavioural therapy.
- Utilise resources: Access mental health resources and hotlines in your area for immediate support or information.

"The first wealth is health."

Ralph Waldo Emerson.

Alcohol

Recent research in the UK highlights the complex relationship between alcohol consumption and public health. Key findings include:

- **Prevalence of alcohol use:** Approximately 30% of adults in the UK exceed the recommended alcohol guidelines, which set a maximum of 14 units per week. This trend raises concerns about long-term health effects.
- **Health risks:** Excessive alcohol consumption is associated with many health problems, including liver disease, cardiovascular problems and several types of cancer. It also plays a major role in mental health conditions like anxiety and depression.

Click for more information regarding alcohol.

RETHINK YOUR DRINK!

Understanding and managing alcohol consumption can significantly improve your physical health, mental clarity and overall quality of life.

"I still laugh and have fun with my friends, but I don't feel the pressure to drink like I used to. There are so many good non-alcohol options out there, that sometimes I don't notice, until I wake up bright the next morning! "

Matthew, London

1. Understanding alcohol consumption

Know the guidelines:

- Recommended limits: Aim to drink no more than 14 units of alcohol per week. Spread your drinking over three or more days.

Practical steps:

- Track your drinking: Keep a diary of your alcohol intake to identify patterns and triggers.
- Educate Yourself: Understand the effects of alcohol on your health and wellbeing.

2. Making informed choices

Be mindful of your habits:

- Avoid social pressures: Make choices that align with your personal values, and don't feel obligated to drink in social situations.

Practical steps:

- Choose alternatives: Opt for non-alcoholic beverages or lower-alcohol options when socialising.
- Set personal goals: Decide on specific days to abstain from alcohol each week.

3. Seek support and resources

- Utilise available services: Access support services and programmes focused on responsible drinking.

Practical steps:

- Join support groups: Consider participating in local or online support groups where you can share experiences and learn from others.
- Attend workshops: Engage in educational programmes that focus on alcohol awareness and healthy drinking habits.

Recreational drugs

Recent research in the UK highlights the ongoing challenges and public health concerns surrounding recreational drug use. Key findings include:

- **Prevalence of use:** Approximately 9% of adults in the UK reported using a recreational drug in the past year, with cannabis the most commonly used substance. Other substances, such as cocaine and MDMA, have also seen rising trends in use among certain demographics.
- **Health risks:** Recreational drug use is linked to a range of health issues, including mental health disorders, cardiovascular problems, and addiction. Long-term use can cause significant cognitive impairment and social problems, such as relationship breakdowns.

Click for more information regarding recreational drugs.

KNOWING THE RISKS

1. Understanding recreational drug use

- Health impacts: Educate yourself on the potential health risks associated with recreational drugs, including addiction, mental health issues and physical health problems.

Practical steps:

- Research substances: Understand the effects and risks of the specific drugs you might encounter or consider using.

2. Making informed choices

Be aware of your environment

- Avoid peer pressure: Make choices that align with your values and avoid situations where you feel pressured to use drugs.

Practical steps:

- Set personal boundaries: Clearly define your limits regarding drug use and communicate them to your friends.

3. Implementing harm reduction strategies

Seek support and resources

- Utilise available services: Access support services for drug-related concerns. Many organisations offer confidential advice and resources.

Practical steps:

- Consider drug testing: If attending events where drugs may be present, look for drug testing services that provide safety information.

4. Fostering a healthy environment

Create a supportive network

- Communicate openly: Discuss your lifestyle choices with friends and family to foster understanding and support.

Practical steps:

- Engage in healthy activities: Find hobbies or interests that do not involve drug use, such as sports, arts or community volunteering.

5. Prioritising mental wellbeing

Focus on mental health

- Recognise signs of stress and anxiety: Be mindful of how stress may influence your decisions about drug use.

Practical steps:

- Practice mindfulness: Engage in mindfulness practices like meditation or yoga to manage stress effectively.
- Seek professional help: If struggling with recreational drug use, consult a healthcare professional for guidance and support.

Behaviour change and motivation

Behaviour change is a complex process that involves altering habits and routines to achieve specific goals, improve health or enhance overall quality of life. Understanding the principles of behaviour change and motivation can empower individuals to make lasting changes in their lives.

1. Understanding behaviour change

The stages of change model:

One effective framework for understanding behaviour change is the Stages of Change Model (also known as the Transtheoretical Model), which includes five stages:

1. Precontemplation: Individuals are not yet recognising a need for change. They may be unaware of the consequences of their behaviour.
2. Contemplation: At this stage, individuals acknowledge the need for change but have not yet committed to taking action. They may weigh the pros and cons of changing.
3. Preparation: Individuals are ready to act and begin making plans. They set specific goals and identify resources.
4. Action: This stage involves actively implementing the desired changes in behaviour. Individuals may seek support and monitor their progress.
5. Maintenance: After achieving initial changes, individuals work to sustain their new behaviours over time and prevent relapse.

2. Key factors influencing behaviour change

- Self-efficacy: Confidence in one's ability to make changes plays a crucial role in behaviour change. Individuals with higher self-efficacy are more likely to succeed.
- Social support: Having a support system can enhance motivation and accountability. Friends, family and peers can provide encouragement and assistance during the change process.
- Environment: The surrounding environment can significantly impact behaviour. Creating a supportive environment that facilitates healthy choices can promote lasting change.

3. The role of motivation

Intrinsic vs. extrinsic motivation:

- Intrinsic motivation: This refers to engaging in behaviours for personal satisfaction or the inherent enjoyment of the activity. For example, someone may exercise because they enjoy it and feel good afterwards.
- Extrinsic motivation: This involves engaging in behaviours to obtain external rewards or to avoid negative consequences. For example, someone may exercise to lose weight or improve their appearance.

4. Strategies to enhance motivation

1. Set specific goals: Clear and measurable goals provide direction and a sense of purpose. Use the SMART criteria (Specific, Measurable, Achievable, Relevant, Time-bound) to set effective goals.
2. Visualise success: Encourage individuals to imagine the benefits of their behaviour change to enhance motivation and commitment.
3. Track progress: Keeping a record of achievements can provide a sense of accomplishment and reinforce positive behaviours.
4. Celebrate small wins: Acknowledge and reward progress, no matter how small. Celebrating milestones can boost motivation and encourage continued effort.
5. Stay flexible: Understand that setbacks may occur. Encouraging resilience and adaptability can help individuals remain motivated despite challenges.

Behaviour change and motivation worksheet

Step 1: Identify the behaviour you want to change

I wish to change:

Why this change is important to you: List reasons for wanting to change this behaviour. Consider health, emotional wellbeing, relationships, etc.

Step 2: Assess your motivation

Rate your motivation: On a scale of 1 to 10, how motivated are you to change this behaviour? (1 = Not motivated at all, 10 = Extremely motivated)

1 2 3 4 5 6 7 8 9 10

Reasons for your rating: Write down why you gave yourself this rating. What factors are influencing your motivation?

Step 3: Identify triggers and barriers

Triggers: List situations, people or emotions that trigger the behaviour you want to change.

Barriers: Identify obstacles that make it difficult to change this behaviour. Consider environmental, emotional or situational barriers.

Step 4: Set specific goals

SMART goal: Use the **SMART** criteria to set a specific, measurable, achievable, relevant and time-bound goal related to the behaviour change. Example: ***"I will exercise for 30 minutes, three times a week, for the next month."***

Step 5: Develop an action plan

Strategies for change: List specific actions you will take to achieve your goal. Consider small, manageable steps. Example: ***"I will schedule workouts on my calendar and find a workout buddy for accountability."***

Support system: Identify people who can support you in this change. This could be friends, family or support groups.

Step 6: Monitor progress

Tracking progress: Decide how you will track your progress. Consider using a journal, an app or a calendar. Example: ***"I will log my workouts daily in a journal."***

Celebrate milestones: List ways you can reward yourself for achieving small milestones along the way. Example: ***"After two weeks of consistent exercise, I will treat myself to a massage."***

Step 7: Reflect and adjust

Reflection questions:

- What is working well in your action plan?
- What challenges have you faced?
- How can you adjust your plan to overcome these challenges?

Embrace your journey to wellbeing!

As you stand at the threshold of your wellbeing journey with the New Leaf New You Wellbeing Plan, remember that each step you take is a commitment to a healthier, more fulfilling life. The insights and strategies you've gathered are not just tools; they are your allies in building a vibrant future.

- **Reflect and act:** Take time to reflect on your experiences and the knowledge you've gained. This reflection is the key to unlocking your potential for growth and improvement.
- **Set goals:** Whether big or small, your goals are the roadmap to your success. Celebrate each achievement along the way, for every step counts!
- **Engage and inspire:** Share your journey with others. Your transformation can inspire friends, family and colleagues to embark on their own paths toward better health.
- **Stay committed:** Remember, wellbeing is a continuous journey. Embrace the ups and downs and be kind to yourself as you navigate the changes.

Take a deep breath, trust the process, and let this be the beginning of a remarkable chapter in your life.

NEW LEAF NEW YOU 30-DAY CHALLENGE!

Welcome to our 30-Day Wellbeing Challenge, where you can embark on a transformative journey tailored to your unique goals! Choose a specific target that aligns with the SMART criteria—making it Specific, Measurable, Achievable, Relevant, and Time-bound. Each day, you'll record your progress on the chart below, tracking whether you've met your daily goal. This not only fosters accountability but also highlights your growth throughout the month. At the end of each week, we encourage you to share your successes on our Facebook page, inspiring others and celebrating the collective journey towards better wellbeing together. Let's take this step towards a healthier, happier you!

"The journey of a thousand miles begins with a single step."

Lao Tzu.

NEW LEAF NEW YOU 30-DAY CHALLENGE!

My target is to (example: To walk 30 minutes every day for 30 days):

Date started:

Your Daily Record:

1.	2.	3.	4.	5.	6.
7.	8.	9.	10.	11.	12
13.	14.	15.	16.	17.	18.
19.	20.	21.	22.	23.	24.
25.	26.	27.	28.	29.	30.

Please share your story! Visit our Facebook Page to inspire others on their wellbeing journey.

LET'S STAY CONNECTED!

Follow, share, inspire!

Small changes can make a big difference – and we'd love you to be part of the journey.

Your wellbeing journey doesn't have to end here...

Follow us on social media for regular inspiration, practical wellbeing tips, healthy ideas and the latest news from New Leaf New You.

Facebook

Join our community, share your progress and discover ideas to help you feel healthier and happier.

Follow us >

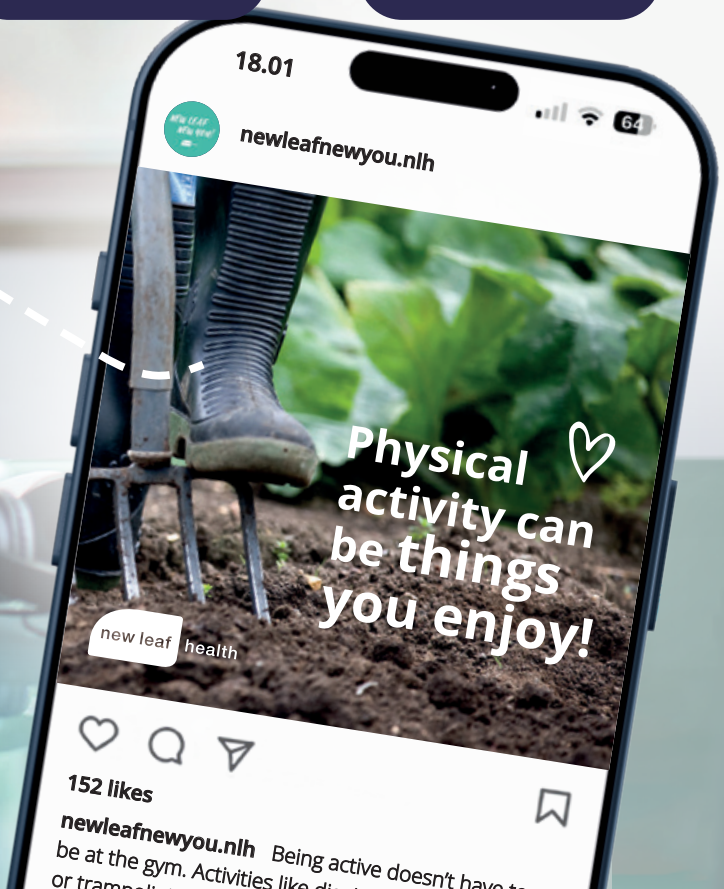
Instagram

Follow us for bite-sized wellbeing inspiration, healthy ideas, motivation and tips.

Follow us >

Facebook:

Instagram:



"The future depends on what you do today."
Mahatma Gandhi.
Your journey to better wellbeing
new leaf health
www.newleafhealth.co.uk/30daychallenge