



Physical Health Behaviours

In a nutshell: *Physical health behaviours can have a big impact on mental well-being. Practicing most or all the following six behaviours can help you thrive: 1) Good Nutrition 2) Regular exercise 3) Plenty of sleep 4) Not smoking. 5) Reduced alcohol intake 6) Getting enough “me-time”.*

To put it simply, any physical exercise is better than none. Start from where you are at. If you cannot do a 5 km run, try one lap and build from there.

Nutrition plays a key part in your mental well-being too. The more colourful your plate, the more nourishment you are giving your body. Have a vegetable and fruit heavy diet and veer towards products with fewer ingredients listed on the labels at your grocery store.

Prioritizing sleep is very important. It is essential for your well-being. Reducing exposure to light in the evenings (after 7PM ideally) is a great start – this includes light from devices, which ideally you shouldn't use two hours before bedtime. Following this kind of routine and staying away from devices helps you calm down. Baths, reading and breathing exercises are very useful for the same.

Sometimes being keenly aware of your own resistance is important. We all have it to varying degrees. For instance, if you want to keep binge watching a tv show well past your bedtime, remind yourself, motivation often follows action, not the other way around. Reducing or eliminating alcohol and smoking is an important and a simple way to be healthier.

Put into practice: *Next time you want to take a break from work, instead of scrolling on social media step out for a 10–15 minute stroll. Walking is an underrated exercise.*

AXA is committed to help people to become 'fit to flourish'. To learn more, click [here](#).

- By Allison Heiliczer, *Rethink The Couch*.