



Healthy Habits

SLEEP, HYDRATION, EXERCISE & DIET

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How's Your SHED

Sleep

Hydration

Exercise

Diet



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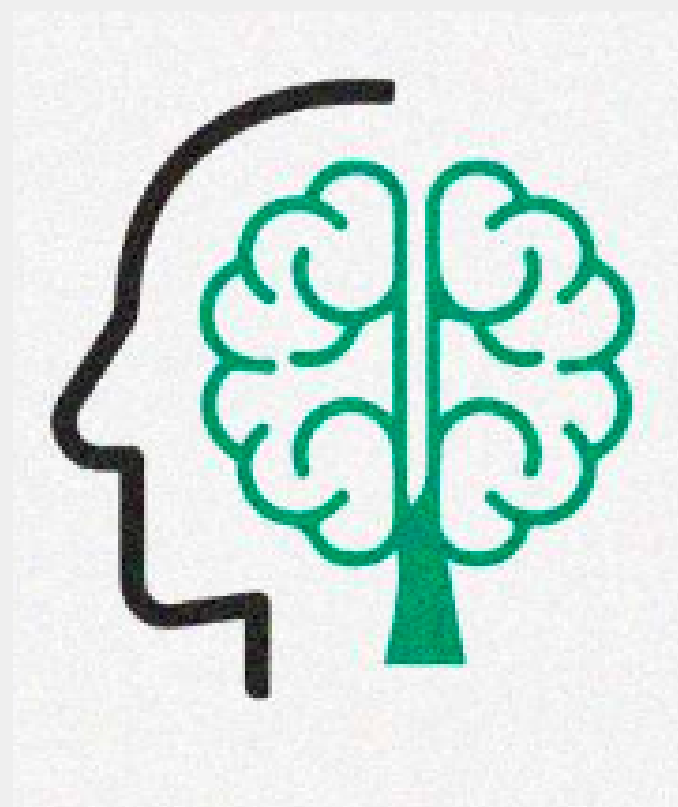
How's Your Head

Sleep

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Sleep



WHY IS SLEEP IMPORTANT

A woman with long brown hair is sleeping peacefully in a bed. She is lying on her side, facing right, with her eyes closed and a serene expression. She is wearing a white top. The bed has white linens, including a pillow and a blanket. The background is a soft, out-of-focus white, suggesting a clean and bright bedroom environment.

- CLEAR OUR THOUGHTS
- CLEAR TOXINS (DISEASE FORMING)
- REPLENSIH HORMONES
- SATIATING HORMONE, GROWTH HORMONE
- SKIN, BONE AND ORGAN HEALTH DISTRIBUTE VITIMANS & MINERALS

EFFECTS OF POOR SLEEP



FATIGUE, IRRITABILITY, LACK OF CONCENTRATION

INCREASED STRESS LEVELS, WEIGHT GAIN, HIGHER RISK OF ACCIDENTS.

HIGHER RISK OF CHRONIC DISEASE & MENTAL HEALTH ISSUES,

UNDERSTANDING POOR SLEEP

SLEEP HYGIENE

IRREGULAR SLEEP PATTERNS
SCREEN EXPOSURE
CAFFINE & POOR DIET

MEDICAL CONDITION

SLEEP APNEA
RESTLESS LEG SYNDROME
INSOMNIA



PRACTICAL STRATEGIES FOR BETTER SLEEP AT HOME

1. AIM FOR 7-9 HOURS
2. QUANTITY AND TIMING FOR CAFFINE NB
3. AVOID SUGARY FOODS LATER AT NIGHT
4. INCOPORATE SHED PILARS (HYDRATION, EXERCISE & DIET)
5. GO TO BED AND WAKE UP AT THE SAME TIME EVERY DAY.
6. AVOID SCREENS FOR AT LEAST AN HOUR BEFORE BED.
7. KEEP YOUR ROOM COOL AND DARK: CREATE AN IDEAL SLEEPING ENVIRONMENT.



Hydration



Importance of Hydration:

- Energy and reduces tiredness.
- Aim for around 2 liters of water per day
- Spread Out Intake:
- Limit Sugary Beverages: Cause of energy spikes and dips.

Exercise

- Releases “feel-good” hormones
- Find enjoyment
- Consistency over intensity
- Variety and social engagement

Diet





Current Nutritional Habits

- Am I eating the right food?
- Am I eating enough food?
- Am I eating a variety of food?
- Maybe I already have a good knowledge?

Take something...even if its reassurance

Small changes will go a long way

	Function	Source
Carbohydrate	Energy source	Grains, fruit &veg
Protein	Muscle repair & growth	Meat, fish, dairy, eggs
Fats	Energy source	Nuts, oily fish, red meat, eggs, avocado
Vitamins	Overall health & wellbeing Fight disease	Variety of fruit & veg
Minerals	Regulation of body functions	All foods- varied diet required

Some healthy carbohydrates

- Brown rice
- Oats
- Legumes
- Whole grain bread, pasta, cereal
- Fruit
- Vegetables
- Potatoes
- Pop corn

Healthy Fats

- Eggs
- Nuts
- Seeds
- Avocado
- Oily fish- salmon, mackerel, trout
- Red meat
- Cheese
- Olive oil

Protein

A top-down view of various protein sources on a dark wooden surface. The items include: a piece of salmon, a piece of chicken, a wedge of cheese, a bowl of white rice, a yellow egg carton with four white eggs, a small white pitcher of milk, a bowl of oatmeal, a bowl of chickpeas, a bowl of lentils, a bowl of white rice, a bowl of green peas, a bowl of mixed beans, a bowl of almonds, a bowl of walnuts, a bowl of broccoli, a bowl of cauliflower, a bowl of green onions, and a bowl of parsley.

- Meat
- Fish
- Milk
- Cheese
- Eggs
- Yogurt
- Lentils
- Beans
- Tofu
- Chickpeas
- Protein products

Simplify Nutrition

Fruit & veg, protein healthy fat & carbohydrate in every meal

Ask what can I add to my diet

Think colours of the rainbow

Variety is the spice of life

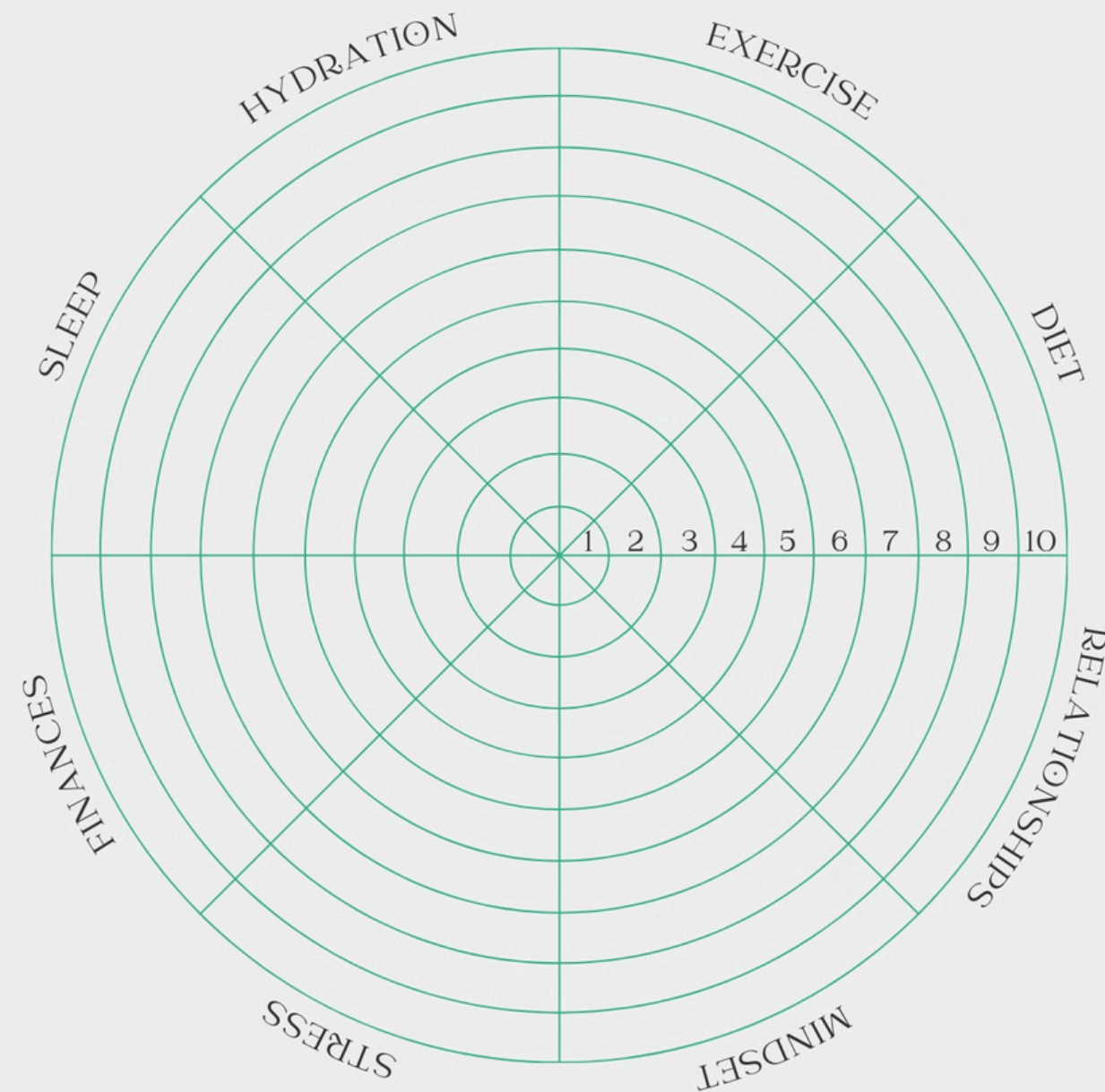
Colours= variety= vitamins= health

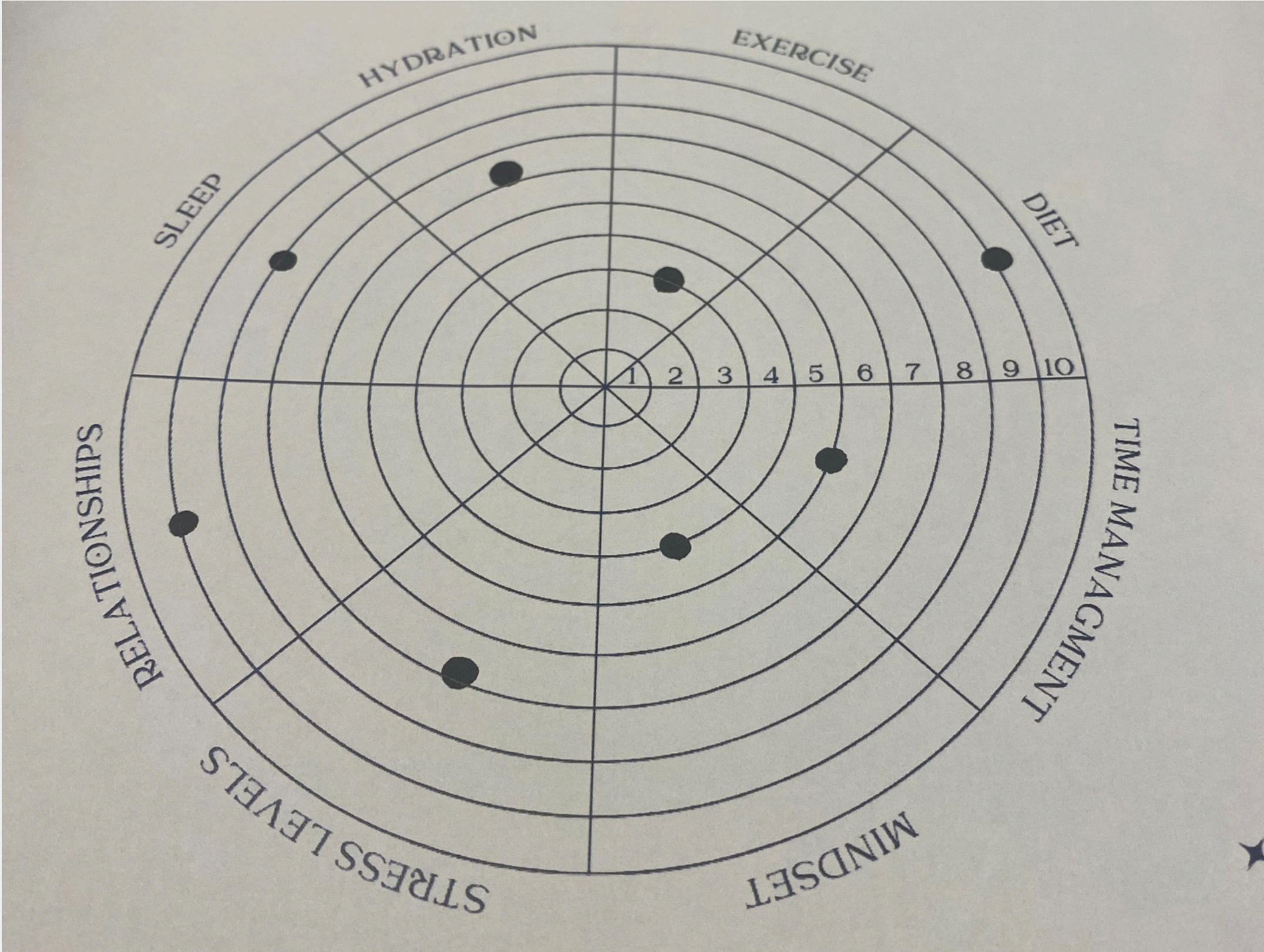


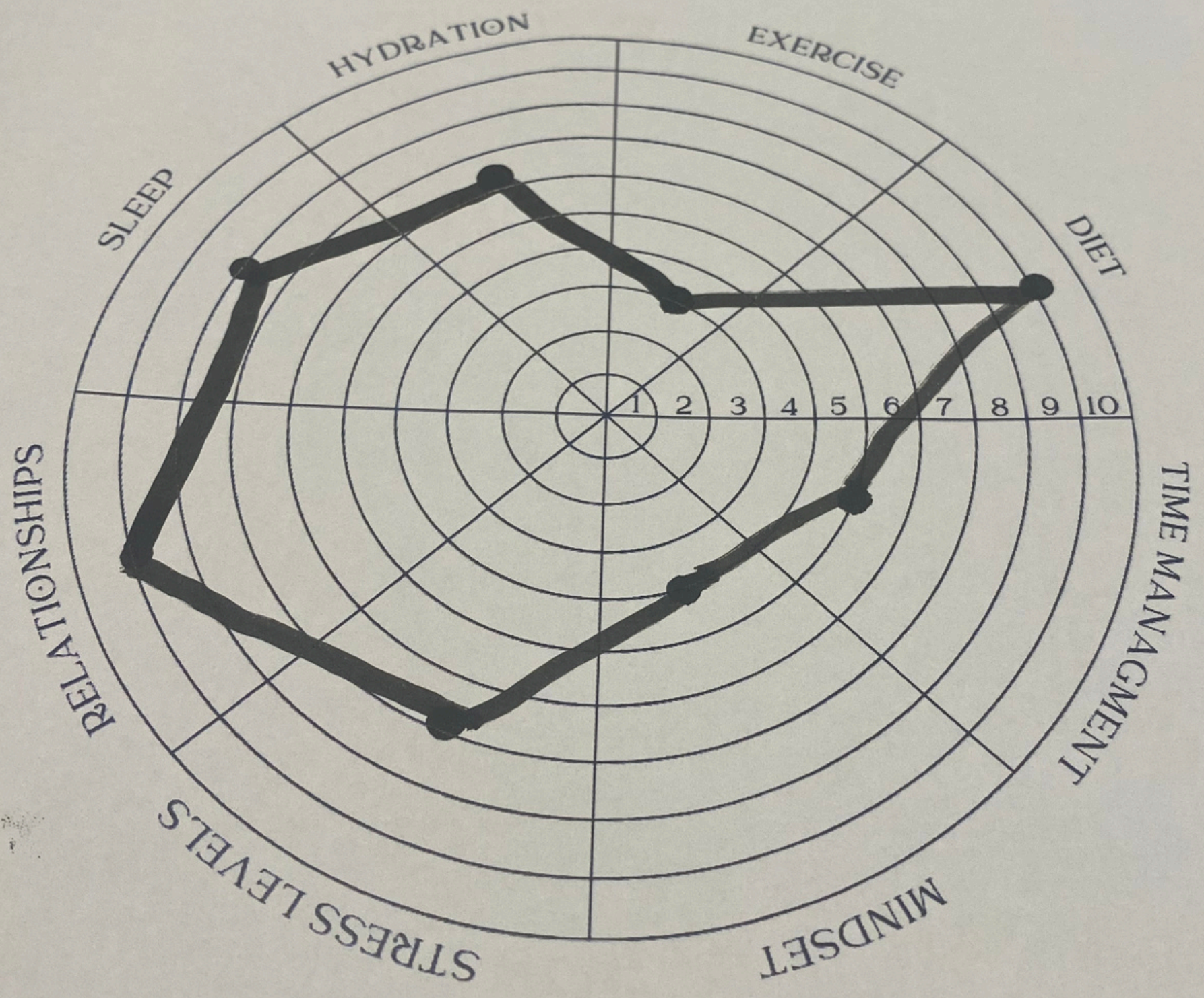


FARMER WELLBEING WHEEL

THE FARMING WELLNESS WHEEL IS A GREAT TOOL THAT HELPS YOU BETTER UNDERSTAND WHAT YOU CAN DO TO MAKE YOUR LIFE & WORK LIFE MORE BALANCED. THINK ABOUT THE 8 PILARS BELOW, AND RATE THEM FROM 1 - 10.



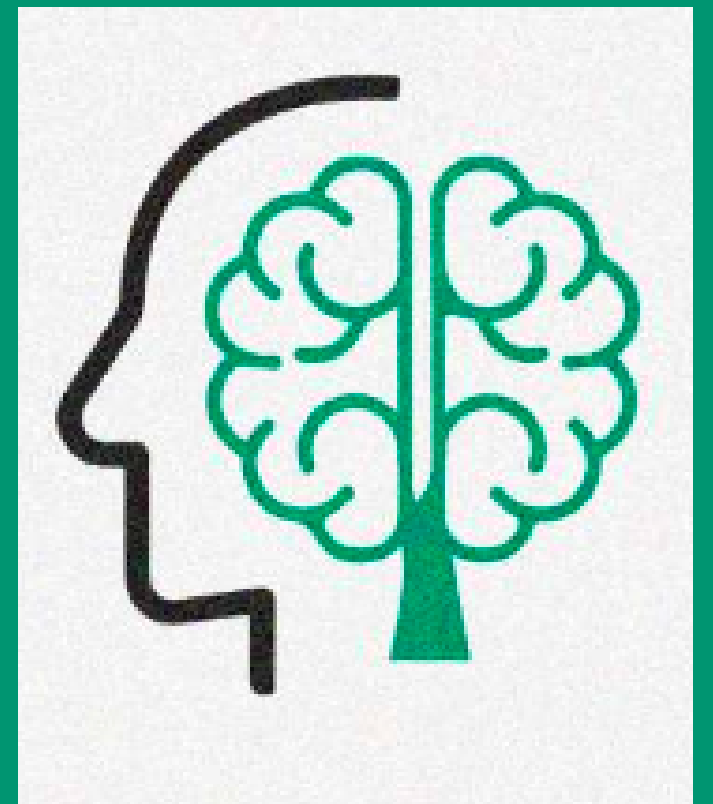




PILARS OF WELLBEING

- **Sleep**
- **Hydration**
- **Exercise**
- **Diet**
- **Finances**
- **Mindset**
- **Stress Levels**
- **Relationships**

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**What am I going to
do to improve my
wellbeing today**

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**FOOD FOR
THOUGHT**

