



# THE 6 CYLINDERS OF WELLNESS

BE AT YOUR BEST BOTH IN AND OUT OF THE OFFICE

Wellness is a topic dominated by opinions that don't necessarily agree. To make sense of this in a practical way we take an evidence based view, looking at the scientific and neurological data.

This evidence has highlighted 6 areas that require our attention if we are to be at our best. When you get this right you are more relaxed and confident, mentally sharper with greater focus and overall, you are more successful.

## IN THIS REPORT

- THE WELLNESS@WORK FORMULA
- THE 6 CYLINDERS OF WELLNESS
- WELLNESS AND YOUR CAREER
- YOUR PROFILE

## THE 6 CYLINDERS



NUTRITION



ACTIVITY



SOCIAL CONNECTIONS



OUTLETS



SLEEP



TIME OUT

## WELLNESS@WORK™ FORMULA

WELLNESS is a function of our behavioural INPUT and how this influences our wellness OUTPUT.

The evidence in this guide shows the causal link between the 6 cylinders and the wellness outcomes list below, so by promoting action across the 6 cylinders, you will promote a positive shift in these wellness outcomes.

### [INPUT]

#### THE 6 CYLINDERS

NUTRITION

ACTIVITY

SOCIAL CONNECTIONS

OUTLETS

SLEEP

TIME OUT

### [OUTPUT]

#### WELLNESS OUTCOMES

- ✓ LOWER STRESS
- ✓ GREATER MENTAL ALERTNESS
- ✓ LOWER FATIGUE & MORE ENERGY
- ✓ HIGHER SELF ESTEEM
- ✓ BETTER MEMORY
- ✓ HIGHER SEX DRIVE
- ✓ GREATER WORK AND LIFE FULFILLMENT
- ✓ FRESHER, MORE YOUTHFUL APPEARANCE
- ✓ LESS WORKLOAD PRESSURE
- ✓ GREATER FOCUS AND CONCENTRATION
- ✓ HIGHER OVERALL LEVELS OF HAPPINESS

## YOUR WELLNESS PROFILE

As you follow this guide, give yourself a score out of 10 for each cylinder.

### SCORE KEY

10 or 9	I am a master in this area and a role model for others!
8 or 7	I'm pretty good here, but I could be more consistent
6 or 5	I don't focus on this enough
4 or 3	This is a gap for me that requires immediate attention
2 or 1	Turning this around will be a life changer!



# [ NUTRITION ]

Our pace of life makes it harder and harder to meet our body's nutrition requirements.

Under pressure, our body and mind crave more resources, yet we often give them less through irregular eating patterns or poor food choices.

Eating well is part of the picture. We also recommend that you see your healthcare professional and get a diagnostic of what your body has and needs (usually through a blood test).

If your body is starved of nutrients, you'll be operating at a fraction of your capability.



## YOUR OBJECTIVE

GET THE DIAGNOSTIC SO YOU CAN FUEL YOUR BODY  
WITH WHAT IT NEEDS RIGHT NOW

## THE EVIDENCE

Your healthcare professional will advise you on the right mix of foods and supplements however the evidence shows:

### TO REDUCE STRESS

#### **B vitamins**

Meat, fish, eggs, whole grains

#### **Magnesium**

Nuts & seeds, green leafy veg

#### **Vitamin C**

Blueberries, capsicum

#### **Antioxidants**

Green tea, dark chocolate

### FOR ENERGY

#### **Smart Carbs**

Bananas, whole grains

#### **Protein**

Lean meats, chicken, eggs

#### **Fibre**

Beans, whole fruits & vegetables

#### **Water**

Fresh & unflavoured

**YOUR SCORE**  
/ 10

# [ ACTIVITY ]

This does not mean hitting the gym for 10 hours a week or running a half marathon.

Being ACTIVE is the key. Whether it's walking, swimming, dance class, team sports or playing with the kids.

We are designed for motion which provides our brain and our body with the blood flow that they need to work well.

When we're active, we have more energy, we sleep better and the blood flow increases our cognitive capacity.



## YOUR OBJECTIVE

MOVE EVERY 45MINS AND STAY ACTIVE

## THE EVIDENCE

A University of Georgia study in 2008 showed that just 20 mins of low intensity exercise a day resulted in a **65% drop in fatigue**.

In the now famous study published in Lancet in 2012, physical inactivity accounted for **9% of all premature deaths – that's 5 million people in 2014**. A further study of over 9000 Australians in 2012 showed that excessive **sitting is a lethal activity** and for each extra hour of TV watching, our risk of dying prematurely jumps by 11%.

A US study in 2010 also demonstrated that sitting more than 6 hours a day increases the risk of heart disease by 64% and **reduces our life expectancy by 7 years**.

On the positive, a German study in 2008 also showed that walking 30 mins a day for just 10 days **increased happiness and reduced depression**.

And finally, a study in Holland showed that more active people were smarter (i.e. **performed better on cognitive tasks**) compared to the less active.

## THE LESSON

When we're active, we live longer, we're smarter and happier with less fatigue.

YOUR SCORE

/ 10

# [ SOCIAL CONNECTIONS ]

Regardless of our personality, humans are social animals. We're happier when we're connected to others and more depressed if we're isolated.

Under pressure, we can become more insular and tend to say 'no' to social events and invitations. This social withdrawal can be an early warning sign that stress is having an impact.

Now is the time to say 'yes' and go one step further to promote social connections. Catch up with someone you haven't seen for ages!



## YOUR OBJECTIVE

STAY CONNECTED REGULARLY AND IN PERSON

## THE EVIDENCE

Dr. Nicholas Christakis of Harvard showed that if your friend is happy it **increases your happiness probability by 15%** and you get happiness influences as far as 3 degrees of separation away. So surround yourself with happy and positive people.

Harvard Medical School also found that not having close friends or confidants is a significant health hazard, up there with smoking or being overweight. Numerous studies in the 1980's and 90's show that loners are **2 to 5 times more likely to get sick**.

Proving that it's **not all about digital friendships**, an Edinburgh Napier University study showed that as the number of our Facebook friends increases, so does our stress levels with that social media.

## THE LESSON

We're happier and less stressed when we connect with our social network in person.

**YOUR SCORE**  
/ 10

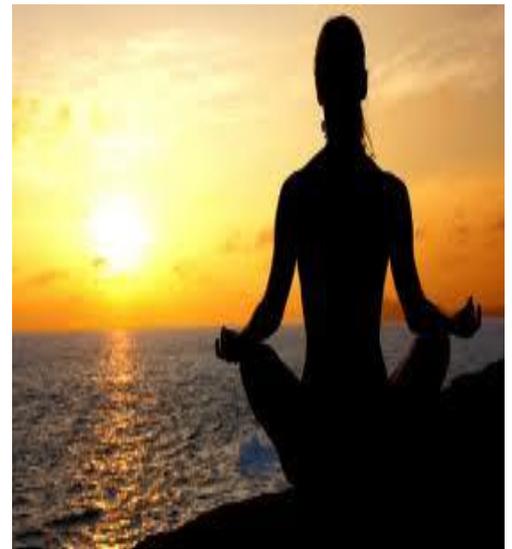
# [ OUTLETS ]

We all need something to take our minds off the day to day. Good outlets are activities that completely engage our bodies and minds.

Yoga, meditation and surfing are popular examples as are hobbies like reading, gardening or cooking.

Our outlets give us what are called FLOW experiences where we lose track of time. (Hence the saying. "Time flies . . . "!).

These are neurologically important activities that give our brain a chance to get back to neutral, to re boot and re charge.



## YOUR OBJECTIVE

HAVE AN OUTLET AND DO IT OFTEN

## THE EVIDENCE

FLOW experiences have a strong, documented correlation with **performance enhancement** (Csíkszentmihályi et al., 1993; Perry, 1999; Sawyer, 1992). More specifically, these activities have been shown to promote **high concentration, high self-esteem, and improved health** (Hektner, 1996).

Using PET scan technology (Positron Emission Tomography), researchers at the University of California have shown that when we're 'in the zone', **our brains are more efficient** (i.e. greater skill with less effort).

Mindfulness meditation is not new, but its recent popularity has demonstrated many benefits for our modern lives including significantly **improved working memory, executive functioning** (Zeidan et al, 2010) as well as **reduced stress and anxiety** (Science Daily 2012).

## THE LESSON

Regularly engaging in your hobby improves your health, brain function and overall performance.

YOUR SCORE  
/ 10

# [ SLEEP ]

We all have different sleep needs. What's important is to get consistent and regular sleep.

Your body has strong circadian rhythms (your body clock) which drive this, so listen to them.

While technology [e.g. smartphones and tablets] are a popular bedtime companion, they emit a short wavelength blue light that is scrambling your sleep patterns.

Getting to bed when you're tired and getting up at the same time gives your body the most restful and rejuvenating sleep.



## YOUR OBJECTIVE

REGULAR SLEEP PATTERNS AND A GOOD ALARM CLOCK

## THE EVIDENCE

Not surprisingly, it's been shown that insufficient sleep results in **irritability and moodiness**, but it also prevents us from doing things differently, multi-tasking and remembering (Dinges: Sleep, Sleepiness and Performance, 1991).

When we don't get enough sleep, we're **not as mentally sharp** (Pilcher, Huffcutt 1996) and we **produce more stress hormones** (Stein, 2005).

Leading Australian researcher Professor Shantha Rajaratnam recommends that our **devices should be shut down up to two hours before bed time.**

An Australian study of workplace accidents showed fatigue caused performance impairment equivalent to 0.1% blood alcohol level [twice the legal driving limit].

GCC insights from 4,500 companies in 185 counties in 2014 showed that staff with below average sleep were 140% more likely to be less productive and 54% more likely to experience high stress.

## THE LESSON

We need regular sleep to stay focused, relaxed, productive and in a good mood.

**YOUR SCORE**  
/ 10

# [ TIME OUT ]

Taking a break makes a big difference to our day to day stress management.

Whether it's a holiday later in the year or an upcoming weekend getaway, having this booked in the diary boosts our ability to deal with our immediate stress triggers. It gives us context that not everything is invested in this moment and there are other positive life factors to look forward to.

With a richness of perfect weekend getaway destinations on our doorstep there really is no barrier to this being part of our lifestyle DNA.



## YOUR OBJECTIVE

ALWAYS HAVE SOMETHING IN THE DIARY TO LOOK FORWARD TO

## THE EVIDENCE

The Grant Thornton International Business Report 2011 shows that countries where managers take more time off for holidays report **lower stress levels** than those who are too busy for that holiday (For example, the highest ranked time off takers are the Netherlands, Russia and Denmark).

The results of the landmark Framingham study reveal that men and women who took vacations regularly **lived longer, healthier lives** than those who took only occasional vacations and were up to **50% less likely to suffer a heart attack**.

## THE LESSON

Without a break, we risk burnout.

**YOUR SCORE**  
**/ 10**

# WELLNESS AND YOUR CAREER

Better career outcomes are achieved by those who are at their best. Whether your goal is to achieve more in your current role or to change your career, make the 6 cylinders part of your plan.

The evidence in this report speaks for itself, however by firing on all 6 Cylinders you will also achieve the following career outcomes.

## IN YOUR CURRENT ROLE

- Better stress and pressure management
- More advanced problem solving
- Greater creativity and innovation
- Faster skills building
- Better performance with more focus
- An energy boost to achieve more each day.

## WHEN CHANGING YOUR CAREER

- More assertive career objectives
- Networking with confidence
- More relaxed and polished interview performance
- Better negotiation and decision making
- Faster and stronger rebound from setbacks
- More impressive promotion of your skills and assets



# COMPLETE YOUR WELLNESS PROFILE

In the table below, insert your ratings. For each low score, identify the specific actions that you are going to do differently to boost your wellness profile.

It's not about making wholesale changes, our research shows that small changes lead to large outcomes.



<b>6 CYLINDERS</b>	<b>Your Score (/10)</b>	<b>Your ACTION Plan</b>
<b>1) NUTRITION</b>		
<b>2) ACTIVITY</b>		
<b>3) SOCIAL CONNECTION</b>		
<b>4) OUTLETS</b>		
<b>5) SLEEP</b>		
<b>6) TIME OUT</b>		

## STAY ON TRACK

To stay on track with your wellness plan, book a reminder in your diary once a week for 6 weeks. Each week, celebrate your progress and remind yourself of the things to do in the week ahead.

## CORPORATE PROGRAM

ATTENDEES ON OUR CORPORATE WELLNESS@WORK PROGRAM REDUCED THEIR WORKLOAD PRESSURE BY 16% AND THEIR STRESS LEVELS BY 8% IN 6 WEEKS.

CONTACT US TO ARRANGE A WELLNESS@WORK PROGRAM FOR YOUR TEAM  
[www.alchemycm.com.au/wellness](http://www.alchemycm.com.au/wellness)

## FURTHER ASSISTANCE

WE ARE PASSIONATE ABOUT YOUR WELLNESS@WORK SO IF YOU NEED ANY INFORMATION, GUIDANCE OR ASSISTANCE THEN CONTACT US AT  
[www.alchemycm.com.au](http://www.alchemycm.com.au)