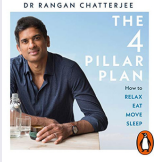


Squiggly Careers PodSheet

How to improve your health to increase your impact



2 recommended resources



The 4 Pillar Plan: *How to Relax, Eat, Move and Sleep Your Way to a Longer, Healthier Life* by **Dr. Rangan Chatterjee**

DO/WALK/
Simple steps to change your life.
Libby DeLana

Do Walk: *Navigate Earth, Mind and Body. Step by Step* by **Libby DeLana**

Quotes to inspire

We're all familiar with the idea that lifestyle can be the cause of disease. What's not common knowledge is that a change in lifestyle can also be the treatment and prevent us from getting sick in the first place.

- **Dr. Rangan Chatterjee**

If you are in a bad mood go for a walk. If you are still in a bad mood go for another walk.

- **Hippocrates**

Insights to improve your health

1 Stress isn't always bad over a short period



But stress could be a bigger problem to our health if it is sustained and unmanaged.

If you're experiencing stress, check in with how long it has gone on for.

4 Walking helps us to think differently



Walking is proven to improve creativity by 60% and helps to support learning.

Plot a new walking route this week to spark your thinking.

2 Understand and balance your nervous system

Stress triggers our sympathetic nervous system. Relaxation engages our parasympathetic nervous system (calm mode).

Reflect on your level of balance.

5 You can be mindful and meditate when walking

There is a strong link between intentional walking and wellbeing.

Reflect on walk 'wants'. Do you need clarity, creativity, calm?

3 Regularly check-in with the four pillars

Scoring yourself against relax, eat, move and sleep will help you to spot gaps to focus on.

Don't aim for perfect scores. Take lots of small actions for positive progress.

6 The most important time to walk is when you don't want to

You may get the most benefit from a walk on your busiest days when it feels hard to fit in.

Create a habit of stopping for a stroll whenever you feel stressed.

Coach Yourself Questions

? Which pillar (relax, eat, move, sleep) is a priority for you right now?

? How can you create more space in your working week for walking?