



Truliving.ca

Try out these five pillars in TrU Physical Health and notice how each impacts your mental wellbeing. You are *unique* and what works for you will be different than what works for others.

This is an Experiment vs Regiment...Tune In, to Live TrU.

Self-Reflection with each Pillar of TrU Physical Health:

- ◇ How do you feel after experimenting/implementing in each pillar?
- ◇ What do you notice about your energy? Mindset? With each integration?
- ◇ What will you integrate into your daily life?
- ◇ What is the impact on your mental wellbeing when you layer in multiple strategies into your routine from the suggestions below?

EXERCISE AND MOVEMENT:

Movement can be anything that supports your mental wellbeing and gets you out of your mind and into your body. (Walk, hike in nature, yoga, triathlon training or cutting the lawn).

- Boosts your body's production of endorphins- chemicals to relieve stress.
- Reduces the amount of cortisol (i.e., "stress hormone")
- Short bursts of exercise can also make you happier in the moment by interrupting negative trains of thought.
- Physical activity helps your brain to use and produce more dopamine and serotonin – chemicals produced in your brain that make you feel happy.



NUTRITION:

Food for your body and food for your brain. (Food, social media, relationships, finances all impact wellbeing).

- Diet alone can boost your mental wellbeing.
- Plant based and Mediterranean diet is optimal.
- Foods for anxiety and depression: berries, fish, eggs, asparagus, avocados
- GUT health can regulate your mood 90% of our body's serotonin production is in your gut
- OFF THE PLATE NUTRITION (@IIN): social media, tv, fear-based media etc., all impact your nervous system.

BIOLOGICAL RHYTHMS: Just like the SUN MOON & TIDE...

Sleep/Wake/Rest Cycles, it is critical to live in optimal health to maximize your own biological cycles and plan your days and weeks in alignment with what works best for your mental wellbeing.

- 7-9 hours of good solid sleep, deepest sleep happens between 10 p.m.-2 a.m.
- Circadian Rhythms: 24-hour cycles, schedule days/weeks to maximize your energy
- Ultradian Rhythms: every 80–120 minutes throughout a 24-hour period, TAKE BREAKS!

TEMPERATURE MODULATION:

Primal way of being allowing your body to experience different ranges in temperature. (ideally 60-67F)

- Cold shower, sit in the sun for heat
- Body variation and sleep with a window open
- Sleep in cool dark room with window open to mimic the natural world

PHYSICAL ENVIRONMENT:

Create your sanctuary. (natural linens, dim lights, candles, plants, de-clutter).

- Your surroundings impact your mental clarity and nervous system.