

MY WELLNESS

Personal wellness quiz

Check in with your personal wellness by taking our 5 minute quiz. Answer the following questions honestly, in order to gain clarity on your own wellness.



How many hours of sleep do you typically get per weeknight?

0 1 2 3 4 5 6 7 8 9 10+



How many hours of sleep do you typically get on Friday and Saturday?

0 1 2 3 4 5 6 7 8 9 10+



Roughly, what percentage of your day do you spend worrying?

0 10 20 30 40 50 60 70 80 90 100%



How many minutes do you spend meditating per day?

0 10 20 30 40 50 60 70 80 90 100+



How many cups of coffee or other caffeinated drinks do you drink per day?

0 1 2 3 4 5 6 7 8 9 10+



How many cups of water do you drink per day?

0 1 2 3 4 5 6 7 8 9 10+



How many sugary snacks and sugary fizzy drinks do you typically consume in one day?

0 1 2 3 4 5 6 7 8 9 10+



How many portions of fruit and veg do you typically consume in one day?

0 1 2 3 4 5 6 7 8 9 10+

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How many alcoholic drinks do you typically consume in one week?

0 1 2 3 4 5 6 7 8 9 10+



How many cigarettes do you consume in one week?












0 5 10 15 20 25 30 35 40 45 50+



How many minutes of exercise do you typically do in one week?

0 30 60 90 120 150 180 210 240+

Now capture these numbers in the grid so you can see them all together:

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Additional information

When you look at all of them together, what does it tell you about yourself? Are you happy with the balance or would you like to do something about it? Read on to find a bit more information about each of the areas:



Sleep weekday/weekend

A giraffe only needs 1.9 hours of sleep a day.
For a brown bat it's 19.9 hours.



More relevantly though, studies show you, as a teenage human being, require between **8.5 and 10 hours per night** to function at your most extraordinary self.

Does this seem achievable? Do you want to take any action?



Negative thoughts

Worrying can have huge negative effects on your wellness. Biologically, worrying and negative thinking can trigger the fight or flight response in the body, causing the sympathetic nervous system to release hormones such as cortisol and adrenaline.

This can mean increased blood sugar levels, elevated blood pressure, suppressed immune system, increased risk of ulcers and altered brain chemistry, which can lead to depression.

Here are some of the suggestions scientists have made to reduce worry time:

- Write your worries down to get them out of your head
- Get your heart pumping through exercise
- Get better sleep
- Practice yoga breathing - Scientists suggest doing this for several breath cycles a day and recommends the 4-7-8 approach: inhale for 4 seconds, hold breath for 7 seconds, and exhale for 8 seconds.
- Talk to a friend, family member, or even a professional, if you think worry and anxiety are negatively affecting your daily life.

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Additional information

When you are next stressing about something, consider whether it will still matter in two weeks? What about two months or two years?

Do you want to take any action?



Meditation

Meditation is a habitual process of training your mind to focus and redirect your thoughts.

It has been scientifically proven to reduce stress, control anxiety, improve sleep, enhance self-awareness and lengthen attention span. It may also help reduce memory loss, fight addiction control pain and decrease blood pressure.

For anybody struggling with anxiety, why not try it out? You may find it really helpful.

If you are ready to give it a go we suggest trying an app to support you. Head Space is a great starting place.

Do you want to take any action?



Coffee & Water

Coffee (containing caffeine) can cause agitation and anxiety, insomnia, nervousness and restlessness, stomach upset, nausea and vomiting, increased heart and breathing rate and bad breath!



Water can cause hydration which improves memory, concentration, mood, cardiovascular health, keeps your body cool and your skin supple, stops toxins building up and gets rid of bad breath!

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Additional information

Water accounts for 60 percent of your body and is essential to every cell. You need 8 glasses of water or 2 litres per day to keep all your cells hydrated.

Do you want to take any action?



Sugar consumption

Sugar consumption can create a short-term high and spark of energy in the body.

Many studies have suggested sugar is addictive.

Cravings are driven by your brain's need for a "reward" — not your body's need for food.

Here are some of the suggestions scientists have made to avoid sugar addiction:

- If you are hungry eat a filling and nutritious meal
- Go out for a brisk walk to take your mind off the craving
- Some scientist's believe that taking a hot shower can reduce cravings!
- Drink a glass of water. Some scientists say that dehydration can cause cravings
- Avoid artificial sweeteners. These can actually trigger cravings
- Sleep well to avoid the tired/craving sugar cycle.

Do you want to take any action?



Fruit & Vegetables

Current scientific research suggest between 5 and 10 portions of fruit and veg per day has health benefits

Do you want to take any action?

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Additional information



Alcohol

The government have published guidelines to say that it recommends no adult drink more than 14 units of alcohol per week.

Please be aware, drinking is more harmful to teens than adults because your brains are still developing throughout adolescence and well into young adulthood. Drinking during this critical growth period can lead to lifelong damage in brain function, particularly as it relates to memory, motor skills (ability to move) and co-ordination. Alcohol is also a depressant and effects productivity.

Do you want to take any action?



Smoking

We are fairly sure everyone knows smoking is bad for your health in many ways, as well as bad for your breathe and bank balance!

Do you want to take any action?



Physical activity

At present, the World Health Organisation recommends that people conduct at least "600 metabolic equivalent minutes (MET minutes)" of physical activity - the equivalent of 150 minutes each week of brisk walking or 75 minutes per week of running.

Exercising for even 10 minutes a day can make you more alert, productive, and happy.

Do you want to take any action?

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Final thought...

The world we are living in today has all gone a bit mad! Schools closing, parents at home, siblings at home, you can't get out to see your mates and you're all up to date on any box sets you were saving. Many things are outside of your control right now and what is within your gift to manage is your wellness. Taking ownership for how you look after yourself in tricky times is up to you. Make a note here of all the things you CAN control and have a go at just changing one thing today,, see how it feels.