

Thrive 365 #5

Did you know?

The definition of health is not just 'an absence of illness'. It is a state of physical, mental and social wellbeing (World Health Organisation). Therefore, all these elements are important in order to be truly healthy.

What can you try?



1. Be a Team Player

Activities like team sports or walking/running/dancing with friends are good because they support all 3 aspects of wellbeing - mental, physical and social.

2. Get Out of Your Head

It's good to have some reflection time to acknowledge our thoughts and feelings, but too much time spent inside your own head puts things out of balance! Mindful activities are an effective way of taking you out of your mind (and away from whirring thoughts) and putting the focus back on the body by concentrating on the senses. The grounding technique of taking time to notice what you can hear, see, feel, taste and smell is a popular way of doing this.

3. Do What's Good for Mind & Body

Try out activities where you can combine mindfulness with physical exercise, such as yoga, walking or running.

We hope you find this knowledge useful. Warm wishes, Claire and Rachael, Dragonfly Co-founders.

TALKS

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