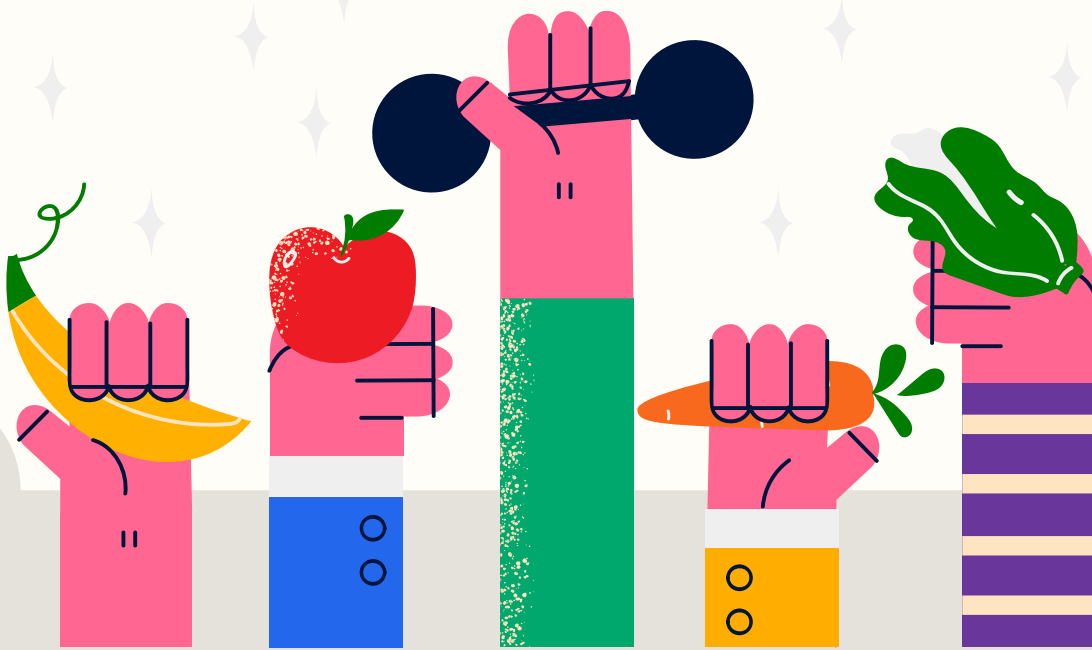




-BOOKLET-

# The Life Cycle Project

Your body hears everything your mind says



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# Introduction

Welcome you to the Life Cycle Project, which is designed to foster holistic wellness through a focus on mental health, nutrition, and physical activity. In an era marked by the fast-paced rhythm of modern life, maintaining a balanced lifestyle has never been more crucial. Our project aims to empower individuals to prioritise their well-being by integrating daily challenges and a transformative 30-day journey.

At the heart of the Life Cycle Project lies the concept of everyday challenges. These micro-actions are tailored to encourage small, manageable steps towards a healthier lifestyle. Whether it's incorporating nutrient-rich foods into meals, or engaging in brief physical exercises, each daily challenge contributes to building sustainable habits and enhancing overall well-being.

Join us on this transformative adventure, and together, let's embrace the journey to a healthier, happier life.

**No content on this project should ever be used as a substitute for direct medical advice from your doctor or other qualified clinician.**

by EMSA's Public Health Team





# Understanding the need for a routine

02

- **Efficiency**

Routine helps streamline daily tasks, reducing the time and mental energy required to make decisions.

- **Productivity**

By establishing a routine, you can prioritize tasks and ensure that you allocate time to the activities that matter most.

- **Consistency**

Following a routine regularly helps you stay consistent in your efforts, whether you're working towards personal or professional objectives.

- **Stress Reduction**

Knowing what to expect and having a sense of control over your day can reduce stress and anxiety.

- **Health Benefits**

Many health-related activities, such as exercise, meal planning, and sleep, are best maintained through regular routines.

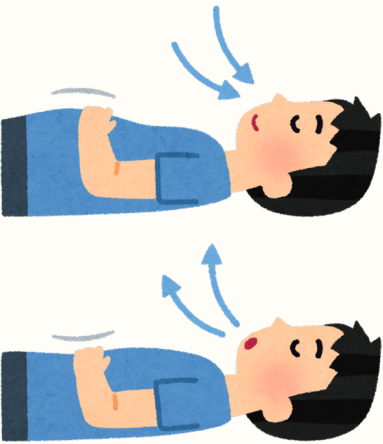
- **Establishing Habits**

When you consistently perform certain actions at the same time each day, those actions become ingrained habits, making them easier to maintain over time.

- **Time Management**

Following a routine can improve your time management skills by helping you allocate time effectively for various tasks and responsibilities. This can prevent procrastination and ensure that you make progress towards your goals.

# BEFORE YOU START READING

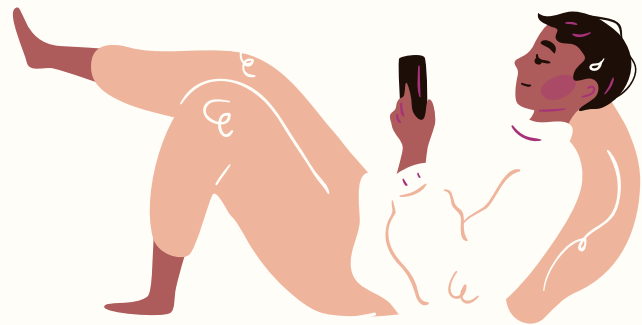


**#1**

**Take a deep breath**  
**hold it for 5 seconds**  
**exhale through the mouth**

**#2**

**Relax your muscles**  
**stretch and relax your shoulders**  
**relax your jaw**



**#3**

**Remember to hydrate**  
**drink a glass of water**



**NOW YOU ARE  
READY TO READ  
THE REST!**

# Self-care Plan

## Goals for my mind



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## Goals for my body



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# The Eisenhower Box

05

Eisenhower's strategy for taking action and organizing your tasks is simple. Using the decision matrix below, you will separate your actions based on four possibilities.

**Urgent and important** (tasks you will do immediately).

**Important, but not urgent** (tasks you will schedule to do later).

**Urgent, but not important** (tasks you will delegate to someone else).

**Neither urgent nor important** (tasks that you will eliminate).

	URGENT	NOT URGENT
IMPORTANT	DO	DECIDE
NOT IMPORTANT	DELEGATE	DELETE

# Daily self-care routine

In this daily self-care routine, we'll explore simple yet powerful practices that can transform your day. From ensuring you're adequately hydrated to kickstarting your morning with a nutritious breakfast, from invigorating your body with exercise to nurturing your mental health, each component is like a piece of a puzzle, coming together to create a picture of vitality and balance.

So, grab a glass of water, settle into a comfortable space, and let's embark on this journey to prioritize your health and happiness. Because when you prioritize yourself, everything else falls into place.

**Let's dive in!**



# A DOCTOR'S RECIPE FOR A HEALTHY BREAKFAST

07

by Monique Tello, MD, MPH, Contributor, clinical instructor at Harvard Medical School



## Directions

- **Frozen fruit:** berries, mixed fruit, fruit with kale bits, whatever. Fruit is frozen at the peak of freshness, so the quality and vitamin content can be better than what's in the produce aisle. We buy large bags of frozen mixed berries at the wholesale club or discount grocery, as they are much more economical than fresh and don't go bad.
- **Nuts and/or seeds and/or grains of your preference:** for example, unsalted nuts, toasted seeds or grains, oats, or a combination such as a low-sugar granola.
- Your favorite **yogurt**, ideally plain or low-sugar or vegan ([recipe](#))
- Either the night before or the day of work, grab a plastic container that can hold at least a few cups, and fill with the frozen fruit, heaped up at the top.
- You can defrost it in the microwave (takes about 3 minutes). Put a top on it. Throw that in your lunch box alongside a snack-sized baggie of nuts and/or seeds and/or grains, and the yogurt.

Don't forget your spoon.!



# Why this breakfast?

08

The fruit makes up the bulk of this meal. There's fiber in the fruit, and plant sugars in their natural form, not to mention healthy fat in the nuts, and protein in the yogurt. A low-sugar yogurt will leave us feeling more satisfied, for longer. We won't get the insulin spike that triggers hunger pangs (unlike when we eat processed carbs).

If you want to step it up a notch, ditch the dairy. We can get plenty of calcium and other vitamins from leafy greens and other veggies.

## Other breakfast ideas



**Eggs with whole grain toast:** Prepare the eggs to your liking—hard boiled, scrambled, or over easy. Pair the eggs with one or two pieces of whole grain toast. Add vegetables like tomatoes, mushrooms, or spinach to include color and additional flavor to your eggs!

Recipe idea: [Vegetable Omelet](#)

**Oatmeal:** Oatmeal is a quick whole grain breakfast option. Add in nut butter or nuts for protein. Apples, bananas, or other fresh fruit can help bring the taste of the oatmeal up a notch.

Recipe idea: [Peanut Butter Oatmeal Bowl](#)





# Drink more water!

09

You've probably heard the advice to drink 6-8 glasses of water a day. **That's easy to remember, and it's a reasonable goal.**

Most healthy people can stay hydrated by drinking water and other fluids whenever they feel thirsty. For some people, fewer glasses a day might be enough. But other people might need more.

You might need to modify your total fluid intake based on several factors:

**Exercise.** If you do any activity that makes you sweat, you need to drink extra water to cover the fluid loss. It's important to drink water before, during and after a workout.

**Environment.** Hot or humid weather can make you sweat and requires additional fluid. Dehydration also can occur at high altitudes.

**Overall health.** Your body loses fluids when you have a fever, vomiting or diarrhea

## Tips to drink more water!

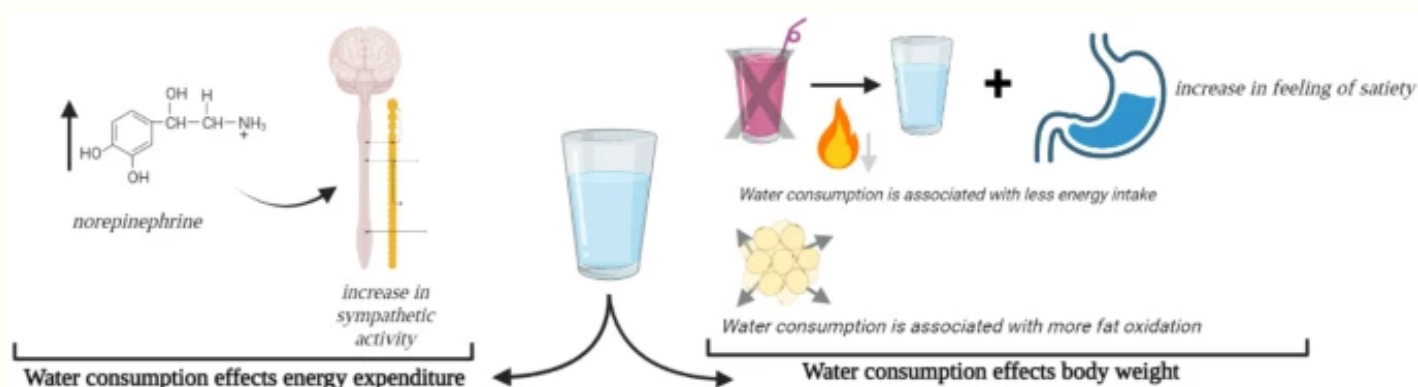
- Carry a water bottle with you and refill it throughout the day.
- Freeze some freezer safe water bottles. Take one with you for ice-cold water all day long.
- Choose water over sugary drinks.
- Go for water when eating out. You'll save money and reduce calories.
- Serve water during meals.
- Add a wedge of lime or lemon to your water. This can help improve the taste

Water, which is of vital importance, has a critical role in maintaining the **normal function of the body**, and even mild dehydration can play a role in the development of various diseases. Therefore, it is of great importance to meet the recommended daily water consumption amounts



Because water consumption is associated with sympathetic activity, which increases metabolic rate (thermogenesis) and daily energy expenditure, the increase in sympathetic activity caused by water consumption is an important and unrecognized component of daily energy expenditure.

In addition to the concept of water-based thermogenesis, water, which is a potential improvement factor in body composition, also plays an auxiliary role in body weight loss with both less energy intake and increased fat oxidation. From this perspective, water consumption may have critical importance in the fight against increasing obesity worldwide





# Exercise to feel better and have fun

11

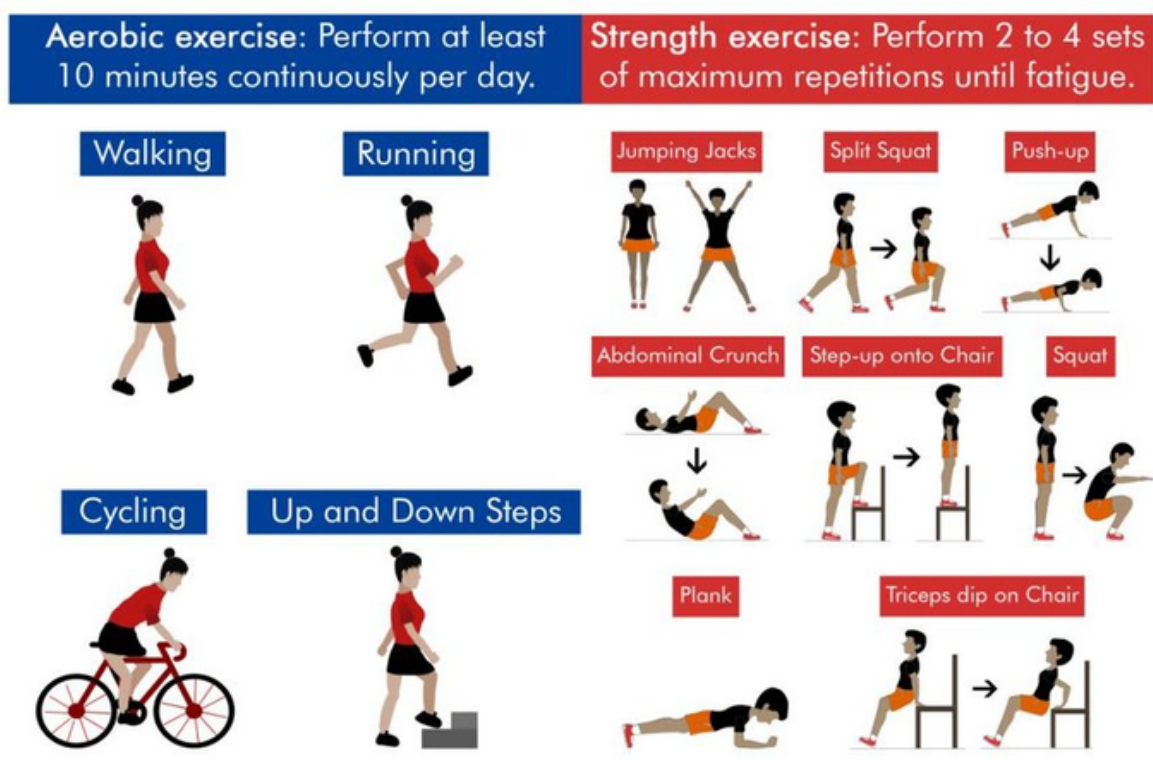
Exercise and physical activity are great ways to feel better, boost your health and have fun. There are two types of exercises you can include:

**1. Aerobic activity.** Aerobic exercise is any cardiovascular conditioning or “cardio.” Get at least 150 minutes of aerobic activity per week.

- This includes activities such as brisk walking, swimming, running, or cycling.

**2. Strength training.** Do strength training exercises for all major muscle groups at least two times a week. One set of each exercise is enough for health and fitness benefits. Use a weight or resistance level heavy enough to tire your muscles after about 12 to 15 repetitions.

- You can do strength training by using weight machines or free weights, your own body weight, heavy bags, or resistance bands. You also can use resistance paddles in the water or do activities such as rock climbing.
- If you exercise twice a week, focus one day on upper extremities, the second day on lower ones.



Source - [Click here](#)



# Don't forget to stretch!

12

Stretching keeps the muscles flexible, strong, and healthy, and we need that flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight.

Then, when you call on the muscles for activity, they are weak and unable to extend all the way. That puts you at risk for joint pain, strains, and muscle damage.

With a body full of muscles, the idea of daily stretching may seem overwhelming. But you don't have to stretch every muscle you have. "The areas critical for mobility are in your **lower extremities: your calves, your hamstrings, your hip flexors in the pelvis and quadriceps in the front of the thigh.**

Stretching your shoulders, neck, and lower back is also beneficial.

Aim for daily stretches or at least three or four times per week.



# What can you do when you don't feel like exercising?

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Walk to your uni/ job/ home



Adopt someone as your walking, jogging, or biking buddy



The buddy can also have four legs



Put on your dancing shoes and your favorite song



Jump the rope for 10-15 min



Clean the house  
Fifteen minutes burns around 80 calories

or

Take the stairs instead of the elevator





# Tips for Getting a Good Night's Sleep

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**Stick to a sleep schedule.** Go to bed and wake up at the same time each day. As creatures of habit, people have a hard time adjusting to changes in sleep patterns. Sleeping later on weekends won't fully make up for a lack of sleep during the week and will make it harder to wake up early on Monday morning.



**Avoid caffeine and nicotine.** Coffee, colas, certain teas, and chocolate contain the stimulant caffeine, and its effects can take as long as 8 hours to wear off fully.



**Avoid large meals and beverages late at night.** A light snack is okay, but a large meal can cause indigestion that interferes with sleep. Drinking too many fluids at night can cause frequent awakenings to urinate.



**Don't take naps after 3 p.m.** Naps can help make up for lost sleep, but late afternoon naps can make it harder to fall asleep at night.



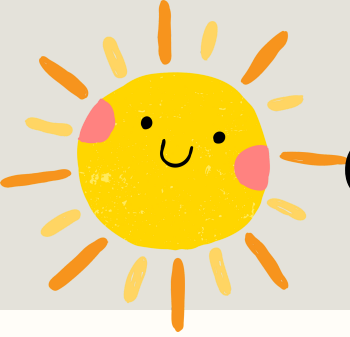
**Relax before bed.** Don't overschedule your day so that no time is left for unwinding. A relaxing activity, such as reading or listening to music, should be part of your bedtime ritual.



**Take a hot bath before bed.** The drop in body temperature after getting out of the bath may help you feel sleepy, and the bath can help you relax and slow down so you're more ready to sleep.



**Try turning off all electronic devices** at least one hour before bed, at a minimum. Studies show two or more hours of screen time in the evening can seriously disrupt the melatonin surge needed to fall asleep.



Our brains are wired to notice and remember the things that are **wrong**. It's a survival mechanism that helped keep our cave-dwelling ancestors safe in a world where there were many physical threats. But in today's comparatively safe world, this biological predisposition to focus on the negative contributes to stress and unhappiness.

While we can't change our nature, we can train our brains to be more positive. This doesn't mean putting on a smiley face and whistling a happy tune no matter what's going on. You don't have to ignore reality or pretend things are wonderful even when they're not. But just as dwelling on negative things fuels unhappiness (and plays a big role in depression and anxiety), choosing to notice, appreciate, and anticipate goodness is a powerful happiness booster.

## Express gratitude

Teaching yourself to become more grateful can make a huge difference in your overall happiness. The research shows that **gratitude helps you experience more positive emotions, decrease depression, feel better about yourself, improve your relationships, and strengthen your immune system.**

[Source - Click here](#)





# Why self-refelction?

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Reflecting on your day is crucial for personal growth. It helps you learn from experiences, align actions with goals, and become more emotionally aware. By taking time to assess what went well and what could be improved, you can reduce stress, enhance gratitude, and ensure each day contributes to your overall development.

## How to do it?

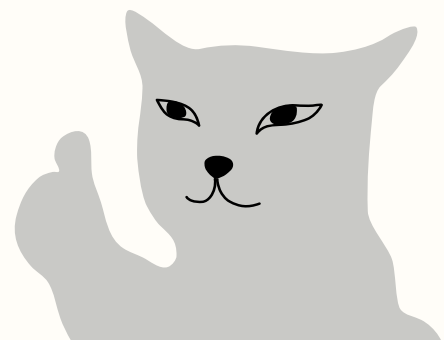
- Talk about your day

**Highlights** - what was the best and most memorable thing that happened during the day

**Lowlights** - what is the least pleasant thing that happened

**Insights** - what did you learn during the day (take on for the future) eg. lecture, valuable information, happy news..

- Talk about what you are grateful that you experienced during the day
- Talk with your friends, family or write it in a journal
- Be present on what is happening **NOW**





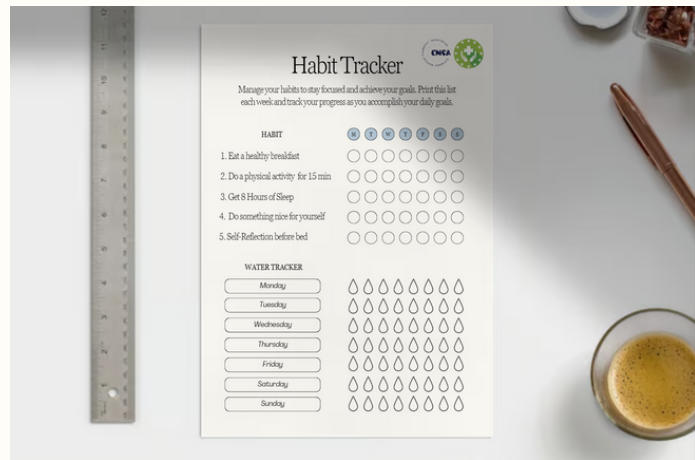
# What next?

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Make sure to follow our daily and monthly routine schedule!!

Use our templates to create a lifestyle that suits you and take part in our group chat where you can meet other health enthusiasts!

Templates:



Group chat:

[Link to our community](#)

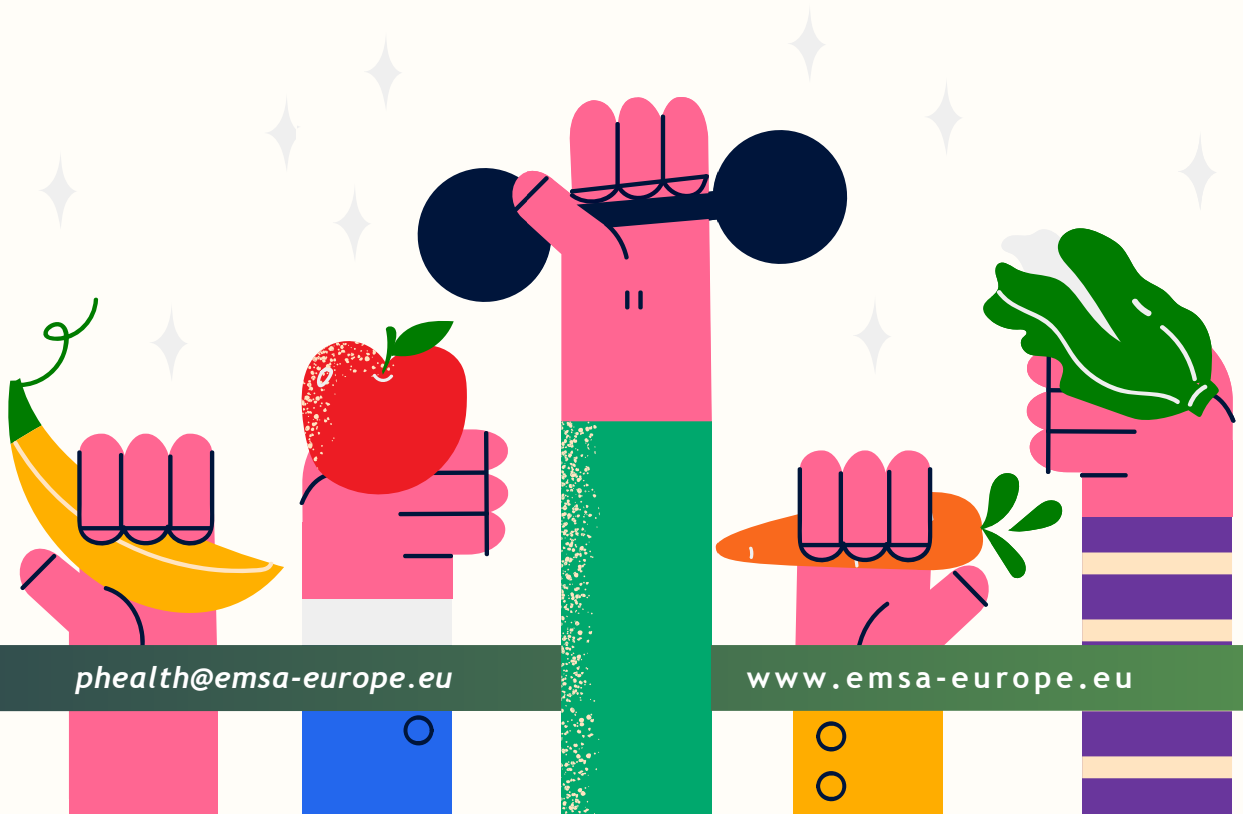




# Thank You



EUROPEANLY YOURS,  
EMSA'S PUBLIC HEALTH TEAM



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