

# The importance of switching off



“

IF YOU DON'T MAKE  
TIME FOR YOUR

*wellness*

YOU'LL BE FORCED TO  
MAKE TIME FOR YOUR

*illness*

# SYMPTOMS OF STRESS

## PHYSICAL

- Nausea
- Insomnia
- Aches &pains
- Headache

## PSYCHOLOGICAL

- Forgetfulness
- Unable to concentrate
- Unable to make decisions
- Overwhelmed.

## EMOTIONAL

- Irritable
- Mood swings
- Palpitations
- Restless.



# Stress kills

## FIGHT AND FLIGHT ... THEN REST AND DIGEST

We are all working hard at the moment. Our body is flooded with adrenaline and cortisol to get us through the day. These chemicals work well to get us to a place of safety, but they can lead to high blood pressure, obesity, diabetes, heart disease and stroke.

That is why rest and digest is critical, our body needs to recharge and reset.



# WHY WORK LESS AND REST MORE?

## PRODUCTIVITY

- For every hour you work over 40 hours in a week, productivity drops ... you are working harder to achieve less

*Bruce Daisley,  
The Joy of Work*

## SLEEP

- If you're sleeping for less than seven hours a night you're doing yourself a disservice as grave as that of smoking

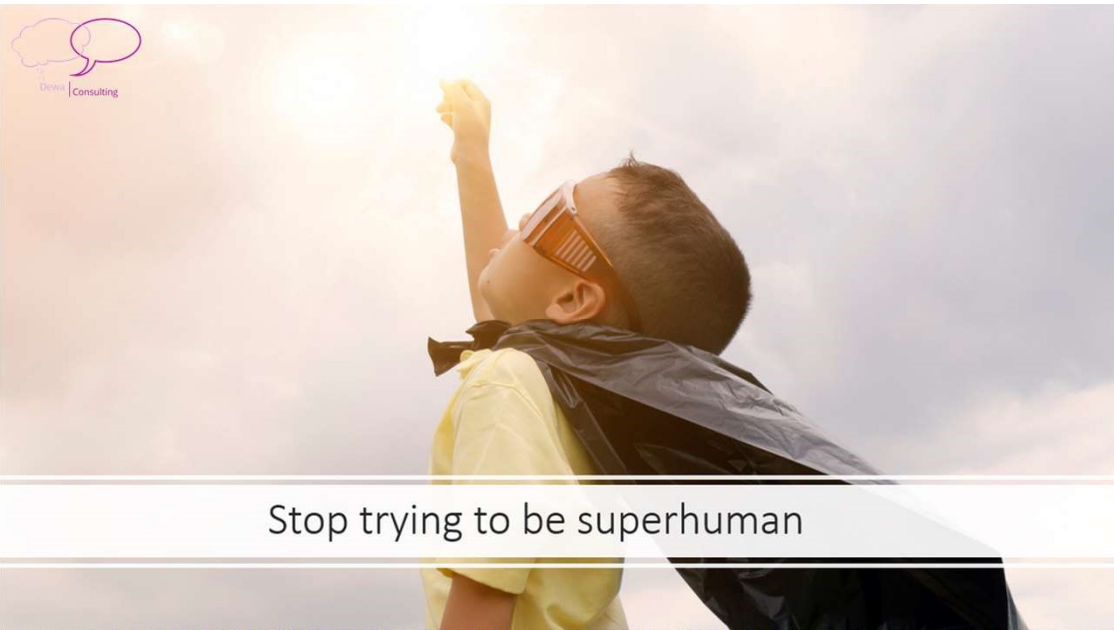
*Matthew Walker,  
Why We Sleep*

## REST

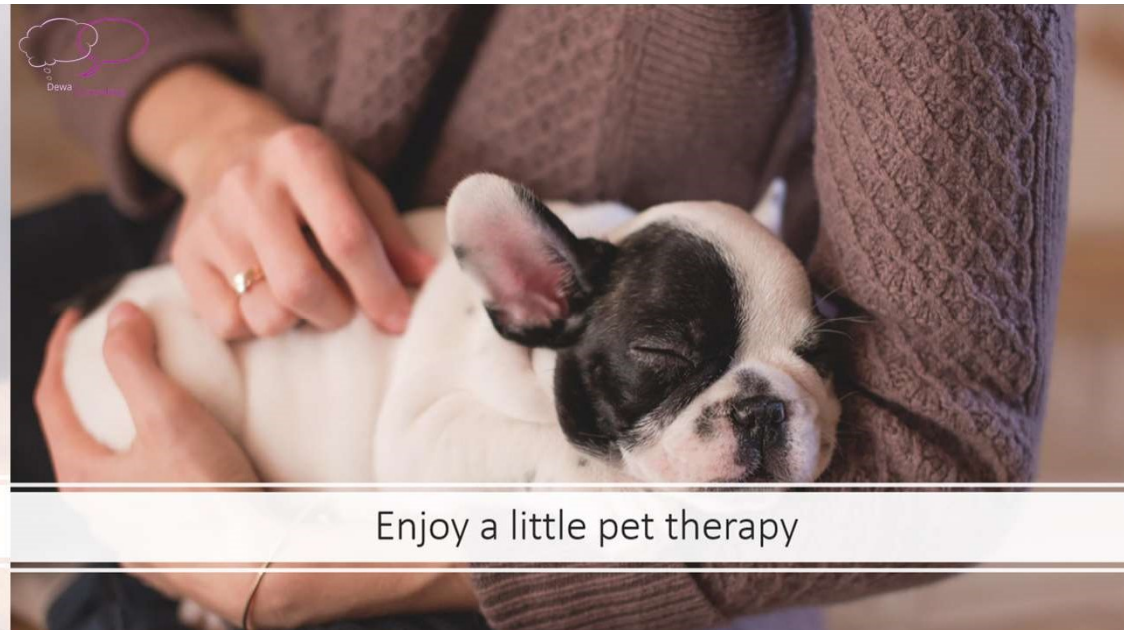
- insufficient rest is highly correlated with increased stress as well as conditions such as anxiety and depression

*Brene Brown,  
The Gifts of Imperfection*

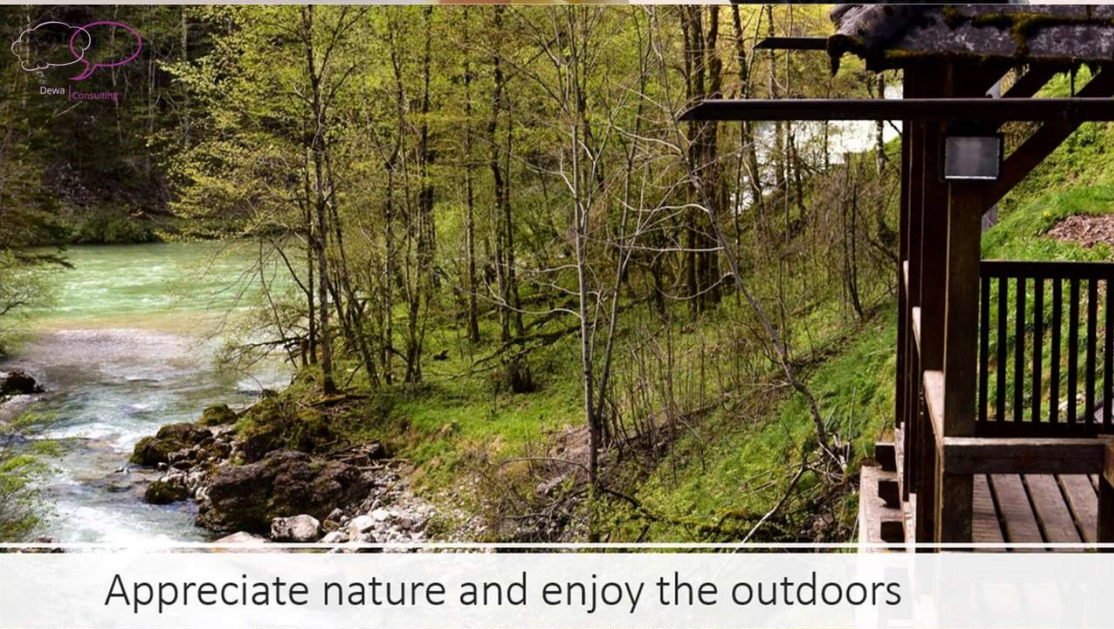
# How to stay well



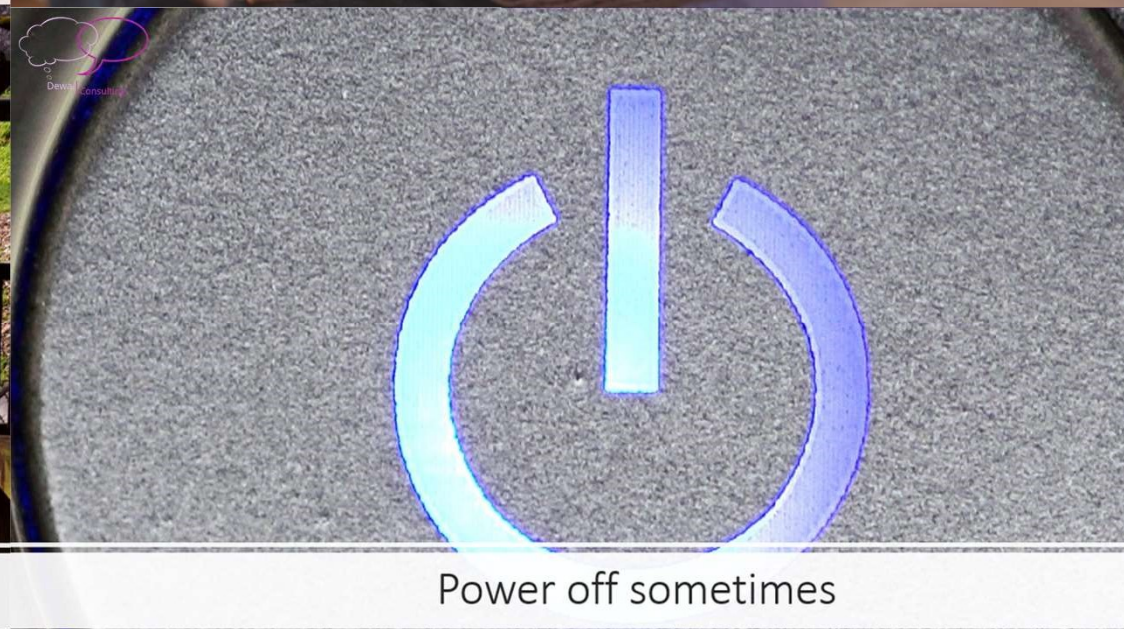
Stop trying to be superhuman



Enjoy a little pet therapy



Appreciate nature and enjoy the outdoors



Power off sometimes



Smile & laugh



Gratitude – keep a journal



Be creative – enjoy art and culture



Learn something new

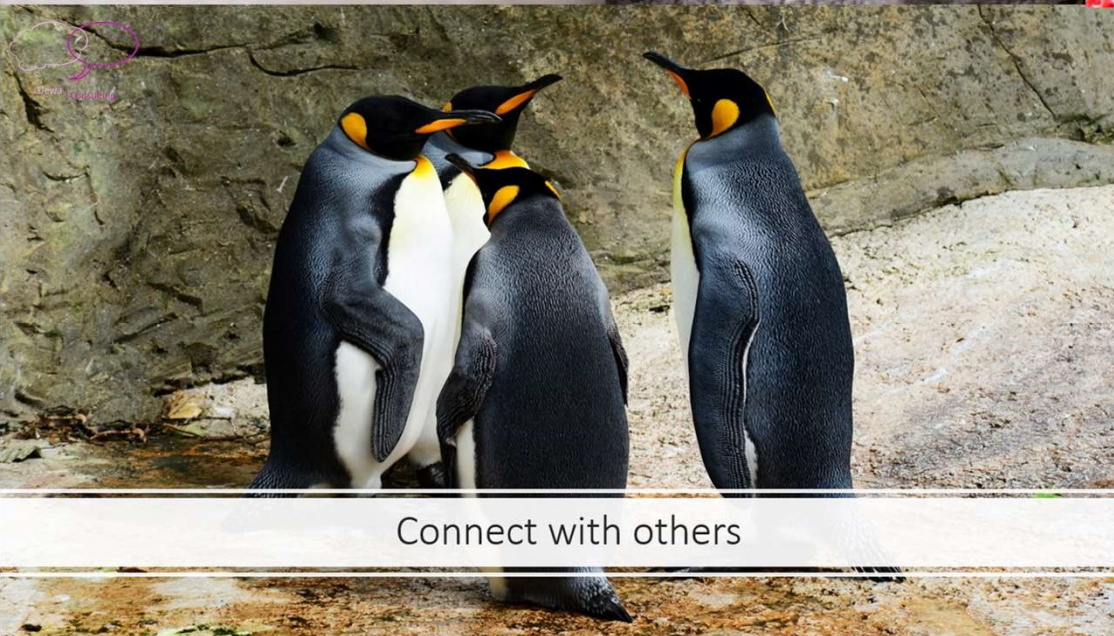




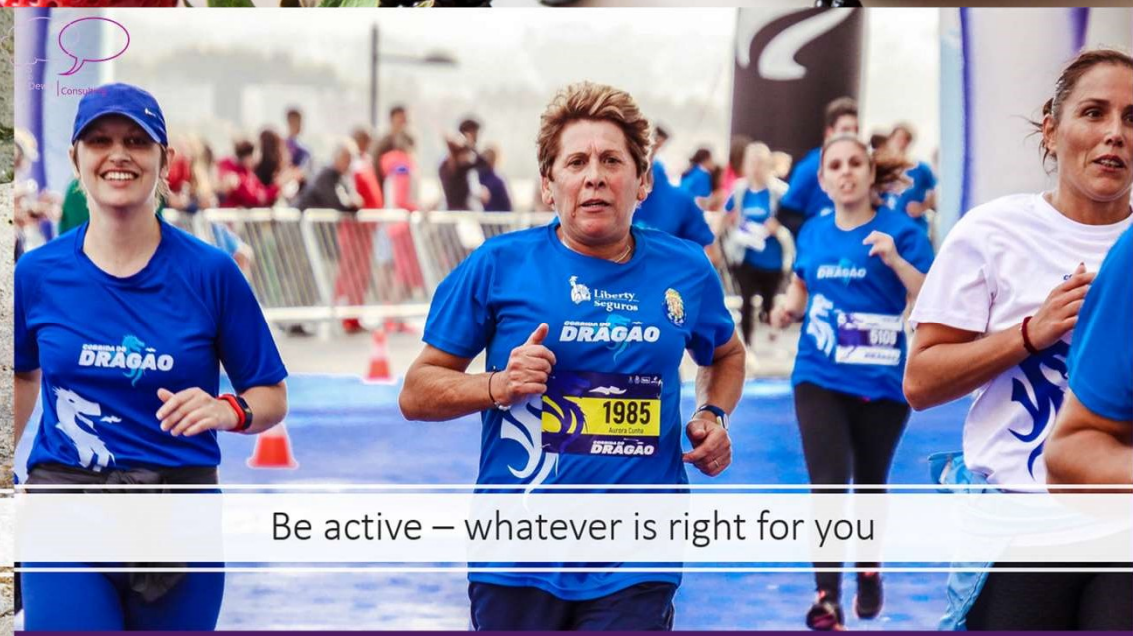
Sleep



Diet – eat the rainbow



Connect with others



Be active – whatever is right for you



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