

# A Guide to Health

Providing an understanding, caring and safe environment to explore and access ways for balance and healing

## **Caring for the Carer**

### ***Purpose for package***

*The goals and outcomes from this session aim to achieve:*

- An honest self-assessment/recognition on current health and well being status
- Better habits to kick-start a happy and energetic day (every day)
- Awareness of your ability to recognise your own stress response and
- Techniques to balance this

These notes and lecture is a reminder of how important the basics are in life for balance and happiness.

### ***Topics Offered:***

**Introduction, About Caring for and Leading Others - The balance of self-care**

**Stress: Defining Stress and Balancing Fight and Flight**

*What is Stress? How does it affect the body?*

Stress – the General Adaptation System – Hormone link

**Stress and Nutrition**

*Why do we eat?* Incorporating the emotional and physical reasons for eating and how these impact on stress

*Water:* Importance of water and good drinking habits. **Taste test** – water and citrus & its benefits.

*Nutrition Basics – Breakfast, Snacks and Meals – Garbage in / Garbage out*

How eating habits affect the mind and body – energy, metabolism and digestion (stress & weight balance). **Taste test** of varieties of grains, yoghurts and milks, nuts and seeds. Includes booklet and recipes.

**Meditation and Self-Esteem – Knowing Yourself**

*What is Meditation*

*How do you Meditate?*

*What is Self Esteem*

*Encouraging Self, Self Confidence and a Peaceful mind through Awareness*

*Supporting each other*

**Nutrition ⊗ Meditation ⊗ Relaxation ⊗ Education**

Nutrition consultations and lectures, Meditation courses and weekly groups, Stress management and support sessions

Bookings and General Inquiries: (02) 9525 4874 / 0412 725 895

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