

U4U 5-Part Wellness Series with Health Coach Declan Treanor



26/02 12.30-13.30 CET

1. Move to Perform (at Home or in the Office with Limited Space)

- Posture guidelines and stretching routines to feel healthier, more energetic and have less pain.
- Micro dose movement games that give you a break from your desk so you come back to your work refocused and positive.
- The 3r habit loop is the key to making physical activity a way of life and not a chore.

19/03 12.30-13.30 CET

2. Fuel to Perform (Nutrition and Hydration for a Healthier You)

- What the pillars of good nutrition are.
- How to make healthy eating more likely – it's easier than you think.
- Proximity and visibility are key and the research proves it.
- Portion sizes, mindful eating and some tips if you would like to go more plant based (good for the environment and your health).

23/04 12.30-13.30 CET

3. Mindful Living for Greater Peace

- The positive effects on the brain, body and focus.
- The hour glass technique and guided practice.
- Vital mindfulness concepts to help avoid rumination and dwelling on the uncontrollable factors of life – stress management.
- Easy steps to begin the journey

28/05 12.30-13.30 CET

4. Staying Energised and Avoiding Burnout

- Work hard and recover harder – athletes do it and why we need to do it too.
- Recharging in the evening, during the weekend and on holidays is not a luxury but a necessity.
- What is burnout, how to recognise the signs and what are the steps out of it if you're suffering.

25/06 12.30-13.30 CET

5. Mental Wealth and Positive Self-Talk

- 10 types of distorted thinking patterns we suffer from and how to deal with those thoughts better and kindlier.
- How to harvest your mental wealth through a positive morning routine, focussing on the controllable factors and using performance enhancing thoughts.
- The happiness pie and what we can learn from it.





Move to Perform

Why is it important?

- Sedentary behaviour is a risk factor for at least 35 chronic health conditions. Most people are unaware of these risks.
- Time spent sitting has been linked with increased risk of all-cause mortality, cardiovascular disease and poor metabolic health.
- Just 2 hours of this activity a week can reduce your risk of stroke by 30% or 75 minutes intensely can add almost 2 years to your life.

*above information sourced from Dr Moyna (Head of Health and Human Performance at DCU)

The premise:

Too many people see work and health as mutually exclusive when they are actually complementary.

Incorporating mini movement habits into your day can have a big impact on your health and wellness long term but more importantly from a motivation standpoint they help you to feel energised and focussed in the short term.

What you will learn:

- The habit loop (three r's) to help you incorporate healthy and energising movement into your day in the same/less amount of time to have a coffee or cigarette.
- Sedentarism is 5,000 or less steps per day – avoid falling into this trap with some mindset adaptations
- Better than nothing workout and office stretch routine
- Ergonomic advice, simple and quick office stretches to avoid repetitive strain



Fuel to Perform

Why is it important?

- This fascinating office study will show you just how important the proximity and visibility of foods is. There is also a further twist which it uncovers...
- Much necessary myth busting will also take place like how many eggs is too many, the truth about fat and more.

The premise:

Too If you had a mustang you wouldn't put in the wrong kind of fuel and expect it to get far. We need to look at the food we eat in the same way.

The fuel analogy is also important from an efficiency standpoint, with the right kind of fuel we get farther with our work and in less time.

Paired with efforts on food we go into improving your hydration strategy through your beverage choices.

What you will learn:

- Where is your prime focus and how to adapt food consumption accordingly (health, body composition or performance)
- Common myths out there pertaining to nutrition (includes a fun quiz)
- Why what you eat for lunch can make or break your day
- The ideal amount of water for your body size



Mindfulness (living with pure presence and acceptance)

Why is it important?

- It can be practiced anywhere and anytime whether formally or informally. It offers a means of connecting to our bodies and mind through engaging with our breathing and internal dialogue with a relaxed focus to help calm the mind.
- Seizing mindful opportunities helps to improve creativity, memory and managing stress levels because the changes it causes in grey matter in the amygdala, prefrontal cortex and hippocampus (different areas of the brain).
- The evidence from two randomized clinical trials of MBCT (mindfulness based cognitive therapy) indicates that it reduces rates of relapse by 50% among patients who suffer from recurrent depression (Teasdale et Al. 2000).

The premise:

There is a false perception about meditative practices that they need to be big time investments – it is simply taking time to step into conscious awareness even for just a few moments.

Mindfulness is a method of quiet and confident revolution in a world constantly vying for our attention. It is a treat to ourselves.

It has been shown to be an effective method of treatment for those who have suffered from depression 3 or more times to help prevent relapse.

What you will learn:

- The positive effects on the brain, body and focus
- The hour glass technique and guided practice
- Vital mindfulness concepts to help avoid rumination and dwelling on the uncontrollable factors of life
- Easy steps to begin the journey



Staying Energised & Avoiding Burnout

Why is it important?

- A 9-year study of over 12,000 middle aged men found that those who neglected to take an annual vacation were 32% more likely to experience a heart attack.
- This common evening activity is often overused and thus excessive consumption has been found to be linked to lower life satisfaction.
- There is a false perception that going from 100 miles per hour in the workplace to 0 miles per hour in the evening is good for us. There is a happy medium.

The premise:

Athletes know that their recovery in between sessions and events is every bit as important as their “in training” efforts.

However, as mental athletes in the modern workplace many of us neglect this vital component of performance.

In order to resiliently stick to your meaningful goals in life it is important to use your evenings, weekends and holidays wisely. When used wisely they can bring happiness and energy to help sustain effort levels over time and not burnout.

What you will learn:

- The secret to recovering from / avoiding burnout
- Why sitting still is rarely satisfying – and what to do instead
- How the most successful people use their weekends and vacations
- Everyday activities to boost energy and the energy zapping activities to limit or eliminate



Mental Wealth and Positive Self-Talk

Why is it important?

- Studies in sport have shown that motivational self-talk has a positive impact on free kick conversion. It has also been shown to help runners maintain their efforts for longer at high rates of perceived exertion. As mental athletes in the modern workforce we also can perform better with a similar focus on internal dialogue.
- We can spend a lot of time mulling over our interactions with others but often don't spend enough time reflecting on the most important conversation - the one we have with ourselves in our own minds.
- People often spend too much energy on extrinsic goals like getting the raise (not completely within our control) and they often neglect their thinking patterns which we have more of an influence over.

The premise:

It is painful to see how harsh people are on themselves. Berating themselves for mistakes in a way that they would never dream of doing to a friend who had made the same error.

In the workshop you will learn how to talk to yourself in a way that can help you remain confident; help you learn from and not linger on mistakes and enable you to accept your situation while not feeling like a victim of it.

What you will learn:

- Distorted thinking patterns that can hurt our mental health and energy
- How to talk back in a more positive manner
- Becoming aware of our animal brain and learning to manage it optimally
- The key elements of cultivating mental wealth