

The Healthy Living Handbook

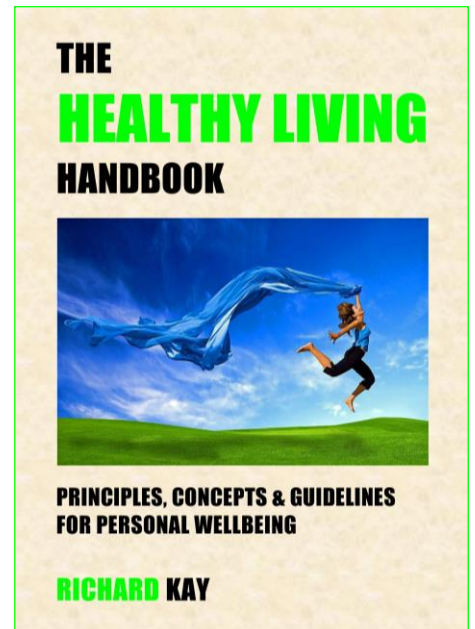
Principles, Concepts & Guidelines for Personal Wellbeing

by

Richard Kay

Director & Senior Trainer, **Modern Combatives**

1st edition, limited release, 280 pages



Foreword by **Natalie Pollock**, Founder of Nurture, Mentor, Prosper

The purpose of this book is to create awareness of the impact of stress in daily living, and specifically how this affects our quality of life. Stress related ailments are at epidemic proportions in modern society, yet many people don't acknowledge this causal malady that pervades nearly every aspect of our daily lives so subtly that we often don't even realise we are affected by it. To examine the effects of stress on our personal wellbeing in the context of being healthy and living with vitality, this text presents important information on nutrition and hydration, activity and rest, mindset and attitude, time management and work-life balance, and interpersonal aspects relating to conflict and physical safety.

Contents include:

Understanding Wellbeing

Health & Wellbeing, Defining Stress, Mechanisms of Stress, Impact of Stress, Workplace Stress

Physiological Wellbeing

Breathing, Hydration, Nutrition, Movement, Sleep

Psychological Wellbeing

Personality, Attitude, Mood, Happiness, Meditation

Interpersonal Wellbeing

Social Interaction, Interpersonal Relationships, Interpersonal Conflict, Interpersonal Aggression, Interpersonal Violence

Practical Wellbeing

Work-Life Balance, Workplace Strategies, Minimalism, Everyday Strategies, Personal Wellbeing Plan

