

**NOT  
SURE?**

electrogroup Q&A

# Physical Wellbeing





# What is it?

Physical health and mental health are strongly connected.

Taking care of your physical health is scientifically shown to improve mental wellbeing, and vice versa. If one declines, the other can be affected too.

A balanced diet, proper sleep, and cutting down unhealthy habits such as smoking, alcohol, and drugs are some of the key physical health factors that can promote mental wellbeing.

Some of the things that can affect mental wellbeing are stress, working too much, and being too inactive.

# Achieve Physical Wellbeing!



To achieve physical wellbeing, a combination of factors is needed: eating healthy food (nutrition), having enough rest (sleep), practicing some exercise and self-confidence.

# Nutrition!



Whatever we eat has an impact on our energy levels throughout the day.

This is why, when doing grocery shopping it is vital to learn to read the labels.

As a general indication, say YES to proteins, good fats (olive oil, fish, nuts), and say NO to processed food, sugar and animal fat.

## How to understand Food Labels

Tradie Diet  
- Watch it!

# Your Nutrition Swap list



- Butter
- Fast Food Burger
- Soft drink
- Energy drinks
- Snack bar
- Full cream milk
- White rice
- Lollies and biscuits



- Olive oil
- Homemade multigrain sandwich
- Flavored mineral water, sparkling water
- Black tea or coffee
- Handful of roasted unsalted nuts
- Almond or rice milk,
- Cauliflower rice
- Fresh fruit (banana, apple, strawberries)

# Sleep!



You really do need a good nights sleep - watch this...

## Tips to getting a good nights SLEEP

Dim your lights before bed, create an atmosphere that will allow your brain to wind down from the day.

Stop caffeine intake at least 6 hours before bed.

Do not play videogames before bed, they will only make you feel more awake.

Have herbal tea if you want a hot drink (like chamomile).

Do not use your mobile or tablet just before bed, if you have to, change the screen lighting in the settings.

Do not go to bed with a full stomach.

Try not to exercise late at night.

Have few teaspoons of full cream yoghurt (dairy contains a sleep promoting substance, called tryptophan).

Avoid alcohol, as it may disrupt your sleeping cycle, particularly if you are working the following day.

Try counting your breaths. Breathe in for 4, out for 4 and repeat for at least a minute, or until you are feeling calmer.

Listen to podcasts or relaxing music.

Count from 100 to 1.

# Need Assistance?

Your Field Officer

Employee Assistance Program

## More Resources

[Nutrition tips and ideas for tradies](#)

[The Man Plan: Lose the beer gut without losing all the beers](#)

[Building better bodies: How the tradie lunch is changing](#)

[Pack a quick and easy healthy lunch box](#)

[Managing Fatigue at work](#)

[Beyond Blue: when does poor sleep become insomnia?](#)