

Eating for Wellness Worksheet

Thank you for listening to Session 2. We explored the importance of eating for wellness and completed a breathing exercise to improve wellbeing and aid relaxation. Having heard from our experts, how might you put some of the things you learned into action in your own life?

Eating for Wellness

What changes am I going to make to my diet to improve my health and wellbeing?

Box Breathing

What physical and psychological changes will I notice if I practise the box breathing exercise?