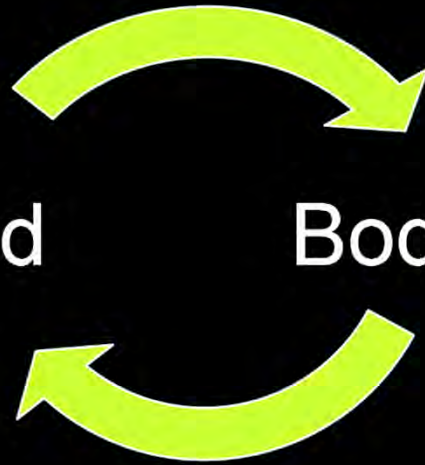


Happy bodies Happy minds

anna-louise bouvier
the feel good physio

physiotherapist | author | speaker | media commentator

Mind Body



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Happy
minds

Happy
bodies

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Stress

The inability to **control** a given
situation

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Jan and Peter

Josh 9, Harriet 5, Toby 3

Race to school at up orga

Wake up remembering you volunteered to help on a school excursion tomorrow for Harriet's class and you forgot to organise someone to look after Toby

Put on 3 loads washing and

Say hi to Peter who has returned from interstate business trip. Try to sound interested in details of poor food on the plane

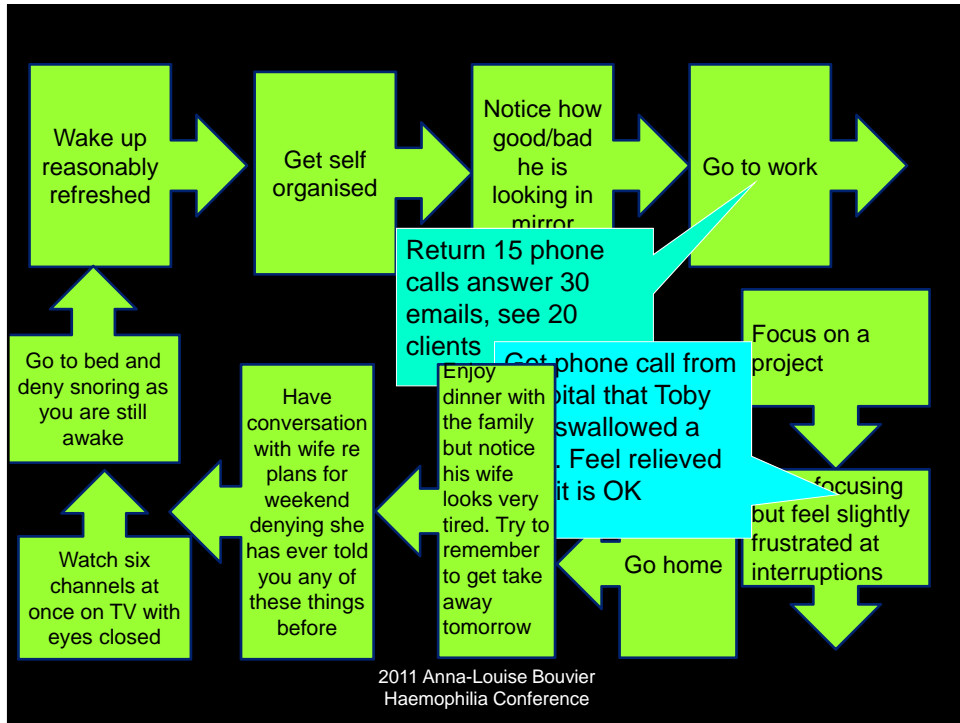
hours!

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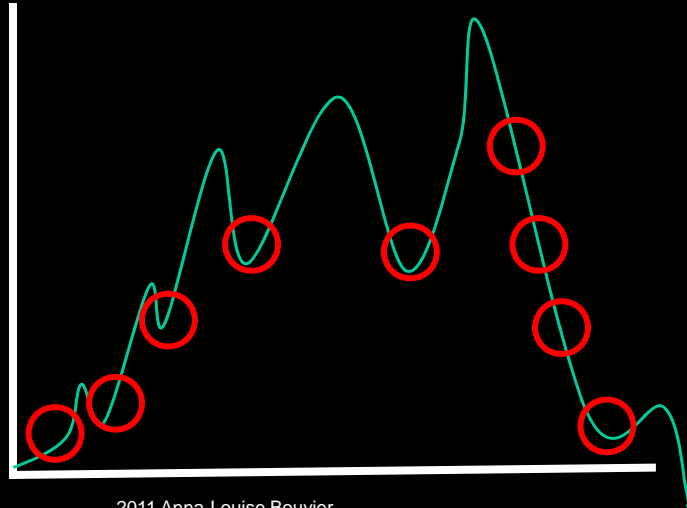
Try to get back to sleep in time with husbands snoring!

Have dinner with Pete. Read paper while he cleans up. Watch TV while folding washing

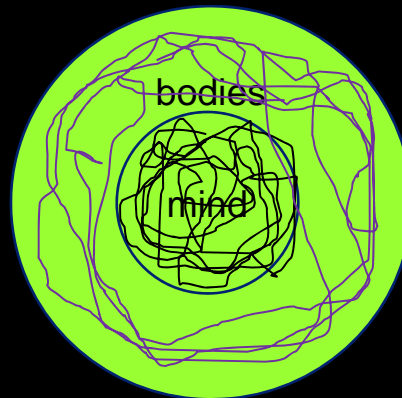
Quickly check emails then go to bed, try to read, fall unconscious in 30 secs



self medicate



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headaches

Tight neck

Tense shoulders

Sag

Tennis elbow

Irrita

Bad backs

Weak floor

Tight hamstrings

Clicky k

problem feet

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The image features a cartoon illustration of Homer Simpson and Marge Simpson. Homer is on the left, and Marge is on the right. They are surrounded by several green rectangular boxes containing text labels for various health conditions. The labels are: 'headaches' (top left), 'Tight neck' (top right), 'Tense shoulders' (middle right), 'Tennis elbow' (lower middle right), 'Bad backs' (bottom right), 'Tight hamstrings' (bottom right), 'problem feet' (bottom right), 'Sag' (middle left), 'Irrita' (lower middle left), 'Weak floor' (lower middle left), and 'Clicky k' (bottom left). The cartoon is signed 'FOX' in the bottom right corner.

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A close-up photograph of a control panel with several red hazard warning symbols. The symbols include a warning sign with an exclamation mark, a biohazard symbol, a fire symbol, and a warning sign with a person falling. The panel is illuminated with a red glow.

What happens to you?

- Immune?
- Gastro?
- Musculoskeletal?
- Respiratory?
- Limbic?



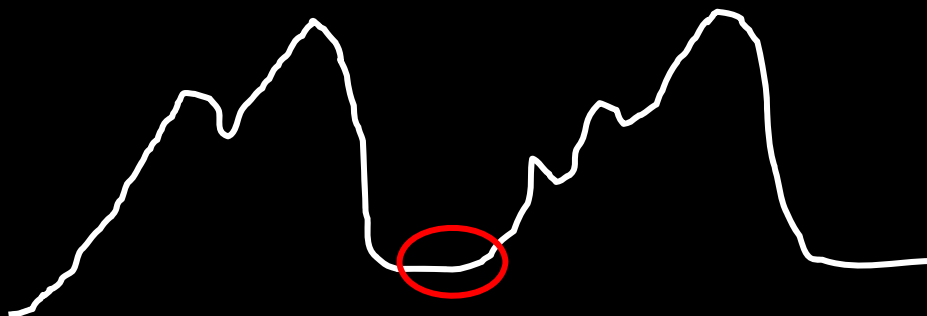
Shingles



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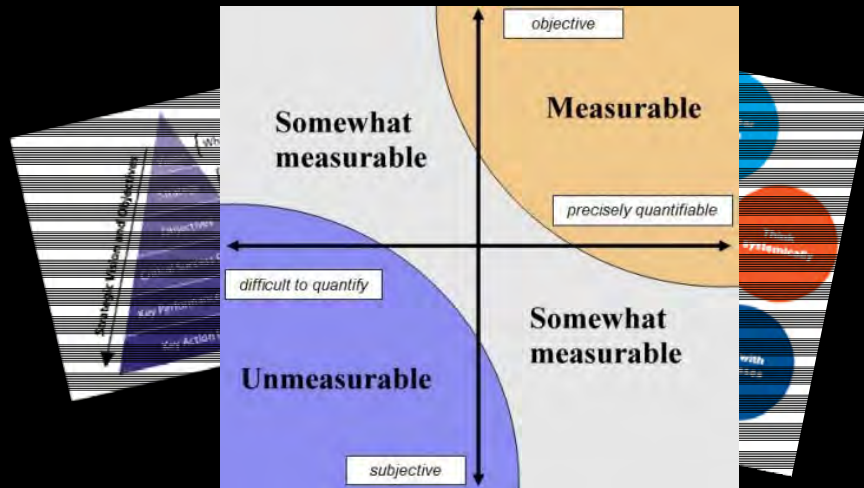


when do you crash?



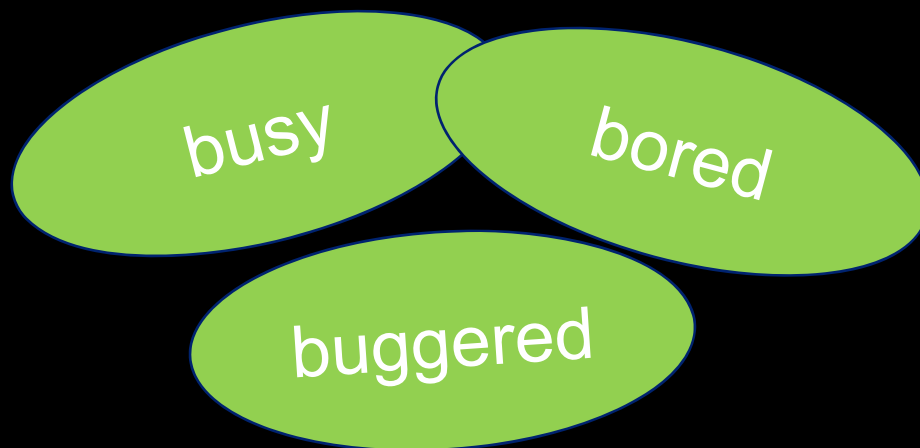
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KPI's



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BBB



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What makes a happy body....

1. Move more

1. Sit Less

2. Sleep better

3. Look happy

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Move more



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Talk test

Moderate talk but can't sing

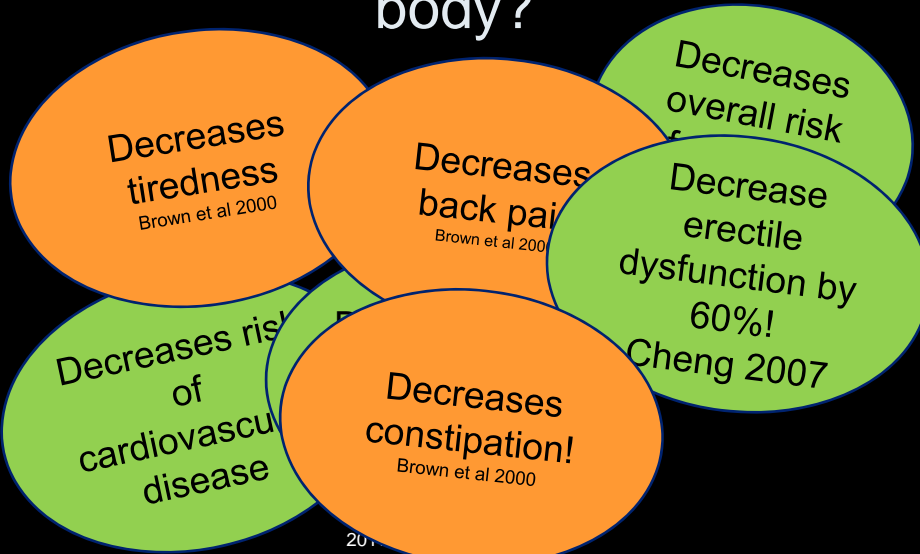
Vigorous not able to say more than a few words without pausing for breath

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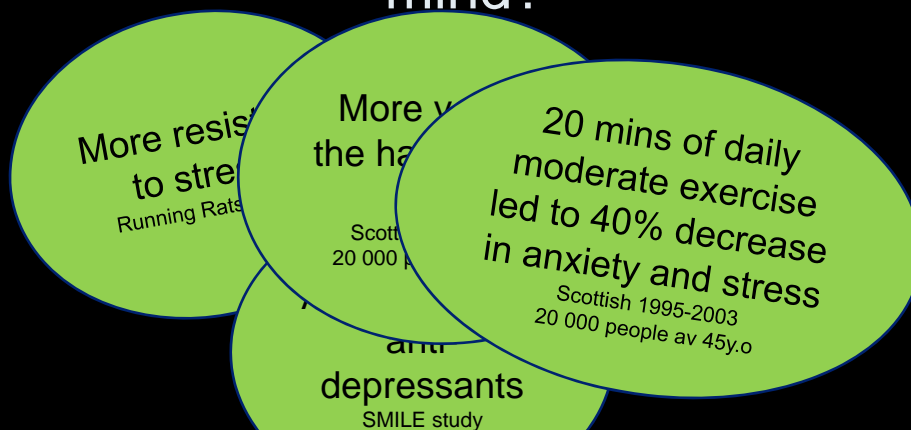


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Why is moving so good for your body?



And what does it do to your mind?



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Sit Less



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How bad **is** sitting?
Looks like it can kill you!

Dunstan et al **Circulation** Journal of American Heart Association 2010

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And it's all the other stuff that
goes with it...



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So

1. Move more
2. Sit less
3. Sleep more

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mindfulness

Is about putting the plates down when you go to sleep



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Do's and Don'ts

DO

Have **dim** lights
Have a **bath** before bed
Drink **warm** milk
Try a **mindfulness**
exercise or **Yoga Nidra**
Chill out 30 mins before
bed
Read

DON'T

Check **emails**
Have a **phone** on
Have **bright lights**
Have **TV** in the room
Get too **hot!**

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Look happier

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Send the messages from your
body to the brain



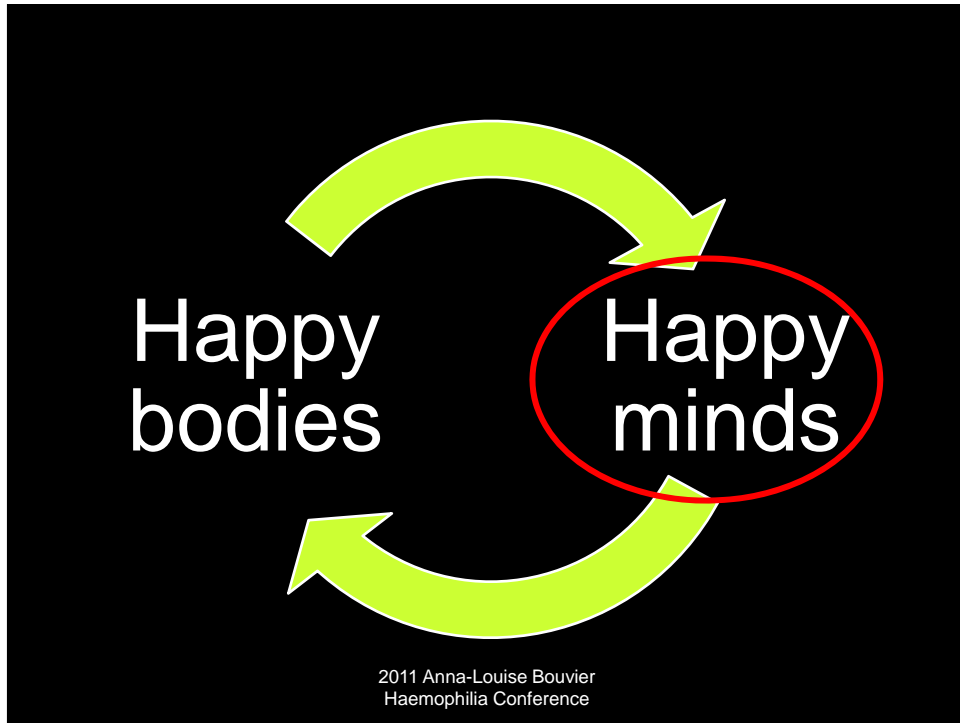
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Sitting

Bottom
bones

Shine
your light

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- ## Give
- Live longer and had higher levels of physical wellbeing
 - 100 hours a year
 - Higher levels of mental health
- 2011 Anna-Louise Bouvier
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Gratitude

three good things

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Letting GO



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To look after you....

body

Move more

Sit less

Sleep more

Look happy

mind

Give

Be Grateful

Let Go

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everyday basics
for a better back
by anna-louise bouvier

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- stronger, flatter stomach
- less aches and pains

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From the co-author of SPOTLESS

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7 STEPS to EASING ACHES and LOOKING GREAT

Jennifer Fleming + Anna-Louise Bouvier

www.annalouisebouvier.com.au

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and what about your
bottom line!



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