

THE FORCE MULTIPLIER

CAFFEINE & ALCOHOL

- consider hidden caffeine
 - stay hydrated
- what works for you?

SETTING A ROUTINE

- waking & sleeping
 - no snooze
- evening rituals

EVENING MEALS

- not too late
- cooked veg, carbs & protein
- avoid spicy & fatty

TECH CURFEWS

- 1-2 hours before bed
 - collaborate
- read, bath, hot drink

OTHER TIPS

- mindfulness
- sleep environment
 - exercise

We all need 7-9 hours

FUEL YOUR MIND

BLOOD SUGAR

- protein breakfast
- combine protein & carbs
- snack regularly

GUT BACTERIA

- rainbow plate
- less processed food
- live yogurt & ferments

GOOD FATS

- with every meal
- oily fish x 2 per week
- nuts, olives, oils, eggs

CAFFEINE

- delay first cup
- not after 3pm
- try rooibos, chicory blends

ALCOHOL

- 14 units per week
- 3-4 nights per week
- alternative drinks

Small steps lead to big change

ENERGISE MIND & BODY

STRETCH BREAKS

- set a timer
- in meetings
- do in teams

CARDIO

- 150 mins per week
- classes, alone, team sport
- do it with a friend

STRENGTH

- 2-3 days per week
- resistance bands
- weights, cans, water bottles

FLEXIBILITY

- 2-3 days per week
- yoga or classes
- watching tv, try probs

NEUROMETER

- 2-3 days per week
- juggling, dance, improvise
- get creative

Reduces stress, improves focus, boosts learning

USE IT OR LOSE

TAKE BREAKS

- every 45-90 mins
- move, meditate, connect
- try tech free

BATCH WORKING

- power hours
- clear goals
- manage expectations

GET OUTSIDE

- once or twice a day
- natural screen savers
 - mindful walks

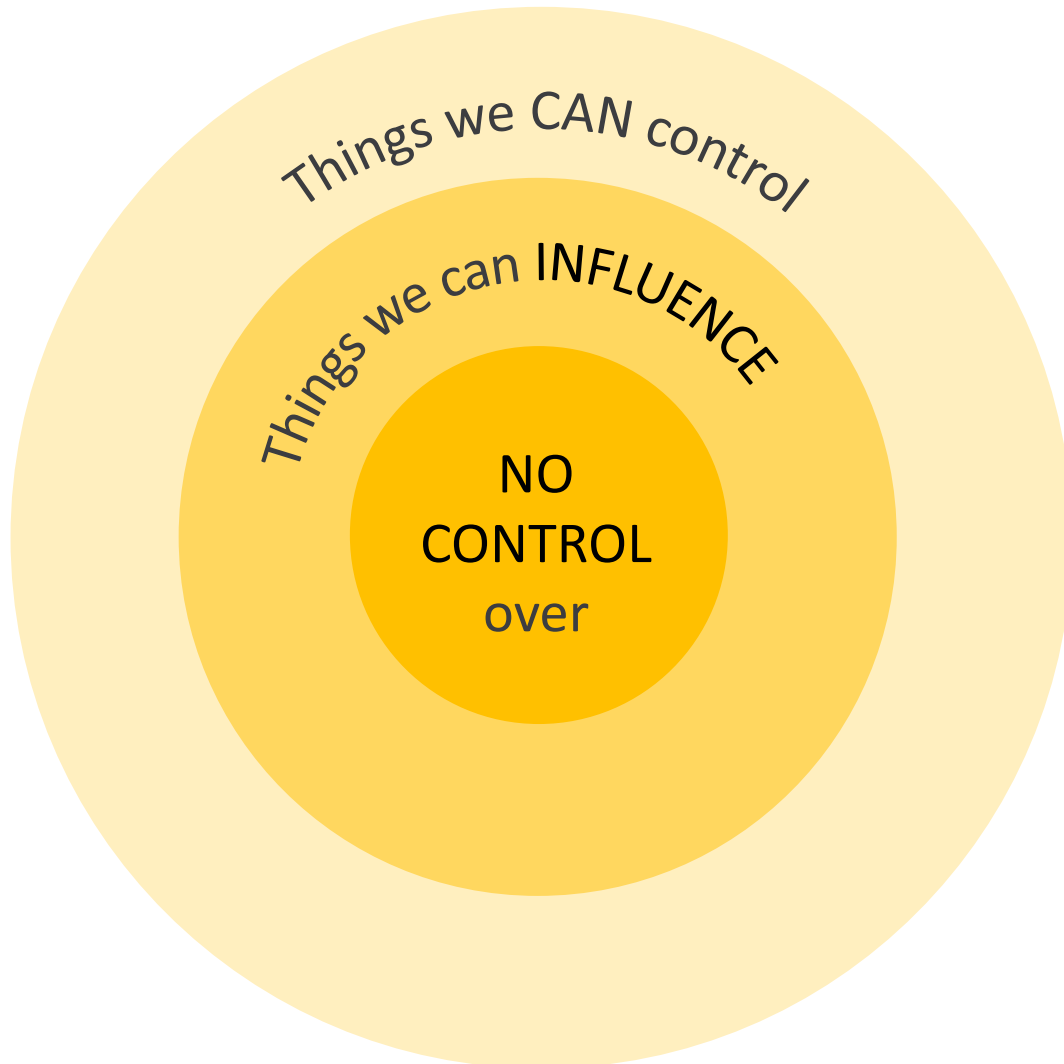
KEEP LEARNING

- end of day check in
- connect with others
- try new hobbies

CONNECT

- avoid complaining
 - add laughter
- practice kindness

Peak performance is sustainable performance



HELPFUL STRATEGIES for no control

HELPFUL STRATEGIES for control / influence

PUTTING IT INTO ACTION

WHAT ONE THING WILL YOU START DOING AS A RESULT OF TODAY?

WHAT ONE THING WILL YOU STOP DOING?

WHAT ONE THING WILL YOU KEEP DOING?

SLEEP

- Why we sleep
By Matthew Walker
- Calm App

SWITCH OFF

- Deep Work
By Cal Newport
- Flora App

NUTRITION

- Jamie's 30-minute meals
By Jamie Oliver
- www.foodforthebrain.org website

MINDSET

- [The Chimp Paradox](#)
By Stephen Peters
- [The Happiness Advantage](#)
By Shawn Achor

BE MINDFUL

- Finding Peace in a Frantic World
By Mark Williams & Danny Penman
- soundcloud.com/charlottewiseman1

SUPPORT NETWORK

- Managers • HR team
-
-
-

STAY ACTIVE

- Fitness Blender online trainer
- Nike App

OTHER NOTES

- NHS • Freephone 111 •
- Rethink Advice • 03005000927
- Mind Infoline • 0300 123 3393
- Samaritans • 116 123