

Inner Strength - Outer Strength

FOUNDATIONS

Sleep

Although we often think of sleep as inactive time, the exercises and practices we do when awake are often assimilated into our bodies and minds during sleep. Without adequate sleep (both quality and quantity) it is hard for us to make progress on any wellness initiatives, whether for the body or for the mind.

How to improve your sleep:

- Create a daily bedtime ritual to calm down from the activity of the day and prepare for sleep.
- Avoid looking at screens for at least an hour before bedtime.
- Create a sleeping environment that is dark, quiet and free from clutter or distractions.
- Pay attention to your mind and body. If you feel drowsy during the day, you may need more sleep.

Some books/experts you may want to consult include:

- *Why We Sleep* by Matthew Walker
- *Sleep* by Nick Littlehales
- *Eat Move Sleep* by Tom Rath
- *How to Sleep Well* by Neil Stanley

<https://www.mandarinoriental.com/en/spa/inner-strength-outer-strength#isos>



Vitality

Concepts and exercises around nutrition, fitness, and other wellness practices designed to keep us physically robust and resilient to illness.



Mindfulness

An introduction to meditation and mindfulness practices to help us develop skills for controlling our attention and managing anxiety



Authenticity

Positive psychology practices to help us better understand our own strengths and how to employ them in pursuit of our most important values and goals.