

@COACHINGSOCIETY

LIFESTYLE 101

YOUR GUIDE TO SLEEP, STRESS AND
LIFE BALANCE



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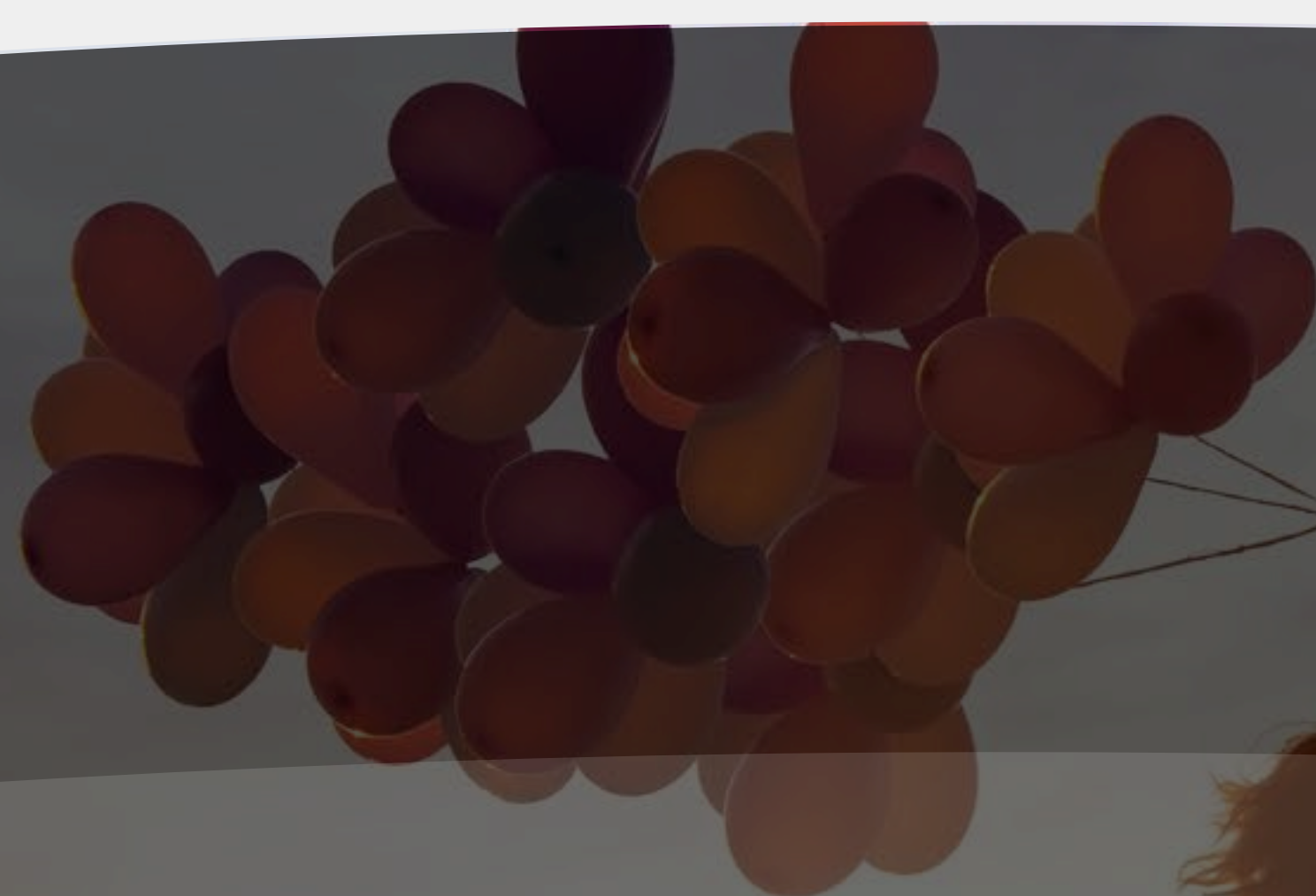


HEY!

Welcome to Lifestyle 101 - a guide to managing the foundations of your health and fitness.

We spend so much time and energy focusing on the direct variables impacting our progress (training and nutrition) that we often overlook the very thing that our success is built off - **our ability to manage our lifestyle in and around fitness.**

If you struggle to manage **stress**, feel low on **energy**, suffer with your **mindset**, and/or can't sustain a solid **sleep routine** - your health and fitness routine will be a ticking time-bomb. Throughout this guide, we'll be looking at ways you can **bulletproof** your mindset to give you the best chance at overall success and happiness.



CONTINUE



SLEEP AND ENERGY

The cornerstone of any successful fitness journey. Your ability to manage your external stressors and muster up the energy to prioritise self-improvement will be pivotal.

CONTINUE



ASSESSING YOUR SLEEP

Sleep is often overlooked when it comes to general health. It's seemingly the first thing we sacrifice in the pursuit of something.

'I'll get up an hour earlier and train'

'I've got work to do - late night it is'

There's nothing directly wrong with early mornings or late nights, provided that you are actually getting adequate sleep. We can generally determine how productive your sleep is by considering;

- **Sleep Quantity**
- **Sleep Quality**
- **Sleep Habits**

Sleep Quantity

As it suggests, the amount of sleep you get is a huge part of how effective your rest is. You may *feel* like you can run off less sleep than the recommended, but something will eventually give. That could mean deviating from your nutritional setup, missing a session or two, lack of activity due to tiredness, or worse - mental burn-out from lack of sleep.

Whether you feel like you can or not, a general rule-of-thumb is to consistently hit 7-9 hours of quality sleep each night.

ASSESSING YOUR SLEEP

Sleep Quality

As well as the amount of sleep you get being adequate, there also has to be an element of quality to it. It's no good sleeping for 8 hours if you're tossing, turning, and suffering from broken sleep.

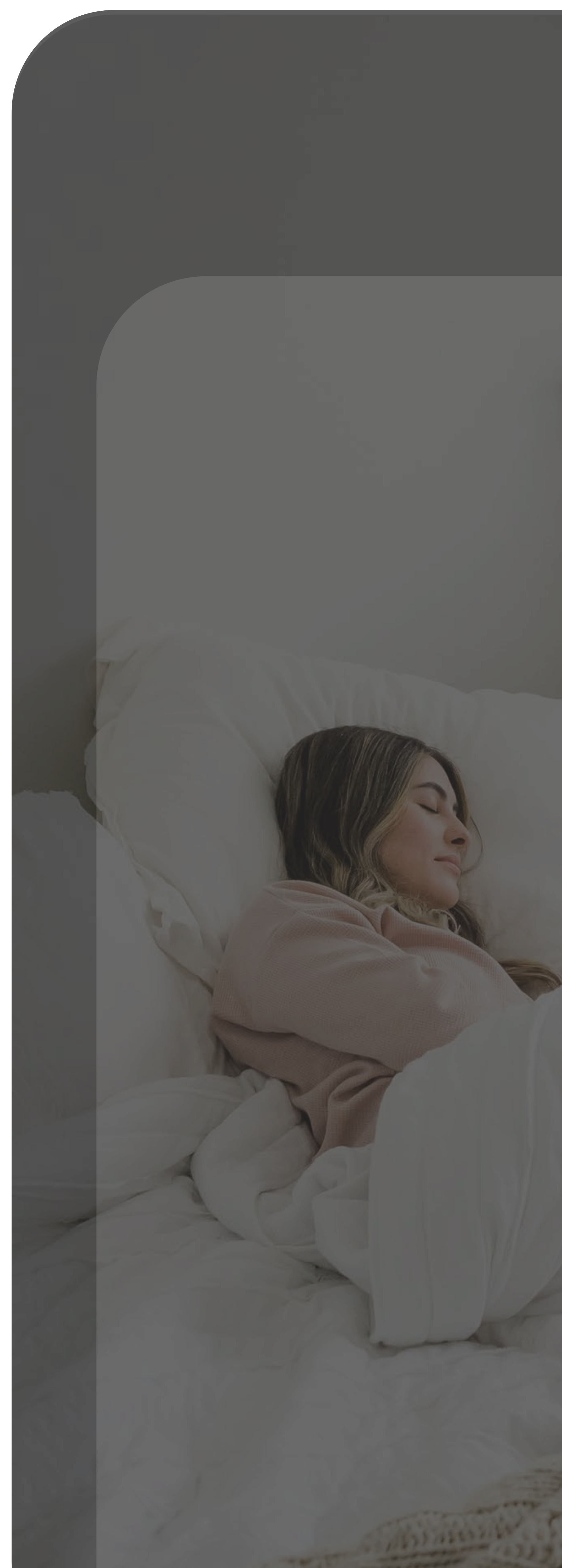
Disruptive sleep can sometimes be unavoidable, but there are some things you can control, which I'll cover on the next page in '**Bulletproofing your Sleep**'.

Sleep Habits

The third component to how well you can re-charge is covered by your ability to make your sleep routine as 'healthy' as possible. This generally covered by creating a consistent, sustainable sleeping pattern, supported by habits that contribute positively towards both your sleep quality and quantity.

Let's look at ways of bulletproofing your sleep...

BULLETPROOFING SLEEP



BULLETPROOFING

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SLEEP

As mentioned in the previous page, ensuring you're well prepared to rest, and the rest you do get is of quality is completely within your control. Implementing as many of the following methods as possible prior to your sleeping window will only benefit your sleep quantity and quality;

- 1 Having a structured sleep and wake time** - getting into a habit of knowing when you're going to sleep and when you're waking up helps to cement a solid sleep routine. Keep this achievable and consistent throughout the week and at the weekend when possible.
- 2 Limiting caffeine intake within 6 hours of your bedtime** - if you were to drink a can of Monster (200mg caffeine) at 5pm, 100mg of caffeine will still be in your system at 11pm. Other drinks like tea, coffee and sodas also contain caffeine, so aim to limit these as you approach the afternoon.
- 3 Consuming your final meal of the day 2+ hours pre-bed** - eating a big meal right before you go to bed isn't the best idea (unless you like acid reflux). Consume your final meal of the day a couple of hours before you sleep to give you body the best chance of digesting the food.
- 4 No TV, phone or laptop usage within an hour of sleep** - blue light exposure pre-bed can cause disruption to sleep quality and impact your ability to actually get to sleep. Try to switch your phone off, wind down without television and get your mind settled before you try to sleep.

ENERGY MANAGEMENT



ENERGY

MANAGEMENT

Bulletproofing your sleep habits is one piece of the puzzle when it comes to optimising your energy levels.

We've all had days where training, steps and nutrition feel like a chore because energy levels just aren't there. Optimising your approach so that these days are few and far between will give you the best chance of stringing days, weeks and months of progress together. You can ensure energy levels are prioritised by;

1

Ensuring that you stay hydrated. A general rule-of-thumb is to drink one litre of water per 50lbs of bodyweight, but replenishing lost fluids through exercise and countering alcohol/tea/coffee with additional water is advised.

2

Prioritising micronutrients within your diet by consuming adequate amounts of fruits and vegetables. Ensure that ~80% of the calories you consume contribute some nutritional value.

3

Regulating caffeine intake as to not become reliant upon it. Caffeine should be used as a stimulant, and not as something to combat fatigue or tiredness.

4

Low levels of Vitamin D is a common deficiency and can be a contributing factor towards low energy levels. Getting out and about in the sunlight, as well as daily supplementation can help to combat this.

STRESS AND HAPPINESS



STRESS AND HAPPINESS

Stressors in life are often inevitable, but what you **can** do is control how well you respond to, and manage them. Your ability to deal with life's stressors will go some way towards determining both your health and fitness destination, and your overall contentness in life.

CONTINUE



STRESS

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Stress is sometimes part and parcel of life. Whether through family life, relationships, career, financial, or various other forms, they can all take their toll. Even exercise, nutrition, and managing your health and fitness can be stressful to an extent. That being said, prioritising your health is obviously beneficial towards improving general mindset.

What you **can** manage is how you deal with the stressors that life throws at you (to an extent).

You **can't** control that the gym is busy, but you **can** go in there with a plan of action to get you in and out.

You **can't** control people posting negative things on social media, but you **can** control who you follow and unfollow.

Essentially, you will end up in situations that cause you stress, but there are ways in which you can respond which minimise the stress you feel.

CONTINUE



STRESS

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MANAGEMENT

With regards to your training and nutrition, you can mitigate the **stress with structure**.

- 1 Following a structured training programme** - knowing what you're going into the gym to do helps keep training efficient. No-one wants to be spending hours aimlessly walking the gym floor, so having a good idea of how your training is going to look is a great way to keep training as stress-free as possible.
- 2 Pre-tracking and preparing food in advance** - dieting can be stressful without a 'winging it' mentality. Meal prepping and getting your food diary in order can make nutrition a lot smoother to manage, and also reduce the possibilities of succumbing to cravings, or blowing your food and drink out of the water due to poor planning.
- 3 Focus on what you enjoy** - if you prefer going for long walks in the park over stomping on the treadmill, go for it. Rather train at the weekend when you have a little more time on your hands? No problem at all. Having a structure that compliments your hobbies, lifestyle **and** goals means that your structure will be a lot easier to stick to.
- 4 Don't pour from an empty cup** - this one's less structure-based, but nonetheless, it's important to ensure that you're prioritising yourself and your goals as much as possible. You may think you're doing others a disservice by focusing on yourself, but in doing so, you're not only satisfying your own progress, but developing the best version of yourself to help others.

NUTRITIONAL LABELS



SIGNS YOU'RE BURNING OUT

It's very important to know what to look for within yourself (and others) when it comes to mental burn-out. Here are some of the signs you should be looking out for;

1

You're mentally and physically exhausted.

2

You're irritable.

3

Your ability to focus is impaired.

4

Change in appetite and sleep habits.

5

You find little to no enjoyment in the hobbies you usually like.

6

You have a negative outlook on everything.

7

Increased self-doubt and loss of motivation.

8

Decreased satisfaction and sense of accomplishment.

9

Isolating yourself from others.

10

Procrastinating, and taking longer to get simple tasks done.



LIFESTYLE MANAGEMENT

A silhouette of a person running on a beach at sunset. The person is in the center, running towards the right. The background shows the ocean and a sunset sky with a large, bright sun partially obscured by clouds. The overall tone is warm and motivational.

Life can sometimes feel like you're spinning plates. Controlling all of the variables that go into your quality of life, and being able to identify what will benefit you (or hinder you) from improving your lifestyle, is vital on your journey.

CONTINUE

A dark, downward-pointing arrow shape, indicating a continuation or next step.

LIFESTYLE

MANAGEMENT

As well as the obvious elements of improving quality of life through training and nutrition, there are other areas which can have a bearing on this. It's important to understand what will benefit us, hinder us, and ultimately determine our overall lifestyle. Below are a few variables which will play a part in your journey;

- **Alcohol Consumption**
- **Work:Life Balance**
- **Relationships**

Alcohol Consumption

An obvious one from a calorie-perspective, but it's generally the knock-on effect of alcohol that could cause it to become a speedbump to your progress. That's not to say that alcohol should be completely avoided, but it is important to consider;

- 1 The effects on mood and levels of anxiety** - alcohol is a depressant, so over-consumption or over-reliance upon it is likely to impact on your mental well-being.
- 2 Impaired training performance/recovery** - if you're due to train the day after a night out, training performance may suffer as a result of dehydration and general fatigue. Even if you're due a rest day, recovery can also be impacted, further contributing towards risk of injury.
- 3 Heavy influence on other variables** - food choices pre/intra/post drinking, sleep quality/quantity, and lack of activity can all be bi-products of overconsuming alcohol. These all play a direct role in your progress.

CONTINUE



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MANAGEMENT

Work:Life Balance

Sometimes easier said than done, and one of the most volatile plates you'll arguably spin. The main focus with a variable like this is focusing on what **you** can control. You may struggle to control what happens in work, and maybe sometimes when/how long you're in work, but what you **can** control is what you do outside of those hours. Be as organised and routine as you can outside of working hours with things that benefit you. Ensure adequate time for hobbies, your goals, and enough downtime to allow you to mentally recover from your day's work.

It's massively important for the longevity of your fitness journey that you're able to flick the switch between work and life. The analogy (again) that **you can't pour from an empty cup** is suitable here. Ensure that your priorities are yours and you'll find that the carryover into your working life actually benefits in tandem.

Relationships

This isn't wholly exclusive to your partner, but also includes;

- **Family**
- **Friends**
- **Colleagues**

Having a circle of people around you who support you on your journey is crucial to your success. They don't necessarily **have** to understand your goals, but they should respect them and support you on your journey. There'll be enough natural speedbumps on the way without those in your circle making things more difficult for you.

A dark, moody background featuring a spiral notebook, a pair of glasses, and a green plant. The notebook is open, showing a page with the word "TODAY" visible. The glasses are resting on the notebook. The plant has large, dark green leaves. The overall scene is dimly lit, creating a contemplative atmosphere.

**FOCUS YOUR ENERGY
ON WHAT YOU CAN
CONTROL**

