Guide to Life
Looking After Yourself

The Skills You Need
Guide to Life
LOOKING AFTER YOURSELF

Developing Skills for Life

What are the key skills that you really need to survive and grow as a person? No doubt each of us could come up with a slightly different list. In writing this book, however, we felt that we should start at the beginning.

Before you can do anything else, it is vital to be able to look after yourself in both body and mind: the most basic ‘needs’ in Maslow’s famous hierarchy. Once you can do that, you can then harness the power of your mind to help you to develop, learn and achieve more in life.

This, then, is the Skills You Need Guide to looking after yourself in body and mind. We hope you enjoy it and find it useful.

The Skills You Need Team
CONTENTS

Looking After Your Body 5
A Framework for Thinking 5

Rest and Sleep 6
How Much Sleep Do We Need? 6
Tips for Sleeping Well 7

Food, Diet and Nutrition 8
A Healthy, Balanced Diet 9

Exercise 10
Tips for Exercising 10

Doing the Right Thing 11

Looking After Your Mind 12

Stress and Health 14
Managing Stress 15

The Good and Healthy Mind 17
Tips for Maintaining a Healthy Mind 18

The Power of the Mind: Positive Thinking 19
The Effect of Negative Thinking 19
The Power of Positive Thinking 19
Positive Thinking in Practice: The Placebo Effect 20
Develop Habits of Positive Thinking 21
A Virtuous Circle 21