

The Areté e-Zine

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FROM THE EDITOR

If the current pandemic has taught us nothing else, then compassion must be the key component for our society to truly function at its best. Everyone should strive to have empathy and compassion for others. By genuinely caring for, and empathizing with others, shows our compassion.

Truly understand, that not everyone may not have had the same opportunities as you, and may need some help. Your compassion and consideration to others, can make a huge difference.

Actively taking positive action and helping where we can, is worthwhile for everyone concerned. It really does not matter how small the consideration is - a little is so much better than nothing at all.

Be selfless, never expect anything in return! – Remember it's not about you! Volunteering in your local community is a great way to help others and can also benefit your own happiness and well-being.

Be understanding, keep an open mind and try not to be too judgmental.
It does not matter whether you are emotionally or physically supportive, you can always show kindness and empathy, e.g., by opening a door for someone, smiling and engaging in conversation.

Alternatively, anonymously pay for someone's meal, or donate to a local food bank. These are all great ways to practice acts of kindness. Remember to always, express your own gratitude and be thankful for those around you and everything that you are fortunate to have in your own life. Say "**Thank You**" often.

If together, we actively adopted this as a social philosophy, then we could certainly make our world a better and kinder place for all of us, as well as providing a meaningful example to our children.

Until Next Time… **Jonathan**



HOW DIET AND EXERCISE AFFECT YOUR SLEEP

It's 3 A.M. again, and that marks the third restless night. Unfortunately, if this sounds familiar, you are not alone.

Approximately 16 Million people in the U.K. struggle with sleep problems, and about 31% of the British population experience insomnia.

The culprit? Research has many ideas, but two common factors always play some role or responsibility: diet and exercise.

Metabolism

Diet and exercise and your metabolism go hand in hand. If you adopt a proper exercise routine and diet, your metabolism will stabilize, leading to a balanced weight and better sleep. However, if you don't, you can negatively alter your metabolism leading to increased weight.

Increased weight can restrict airways, cause inflammation and stress on the body, affecting the way you sleep.

> **A well-spent day brings happy sleep.**
>
> Leonardo da Vinci

Heavy on the Digestive System

Big meals right before bed that are heavy in sugar, fats, and protein will affect your sleep and lead to poor digestion. This can lead to increased blood sugar, inflammation, blood pressure, and other alignments, making it difficult to fall asleep.

A well-balanced diet keeps your blood sugars and flow balances and allows oxygen to flow throughout the body easily.

Stress and Depression

Diet can reduce or worsen symptoms of depression and anxiety that can, in turn, worsen the symptoms of insomnia. Avoid foods high in sugar or fats to reduce inflammation. Inflammation is the primary factor for adverse health effects.

Shifts to Your Circadian Rhythm

Research shows that changing your diet can reprogram your body's clock or circadian rhythm. Poor sleep is often linked to obesity or metabolic diseases resulting from improper diet and exercise.

Sleep deprivation also increases hormones telling you that you are hungry when you are not keeping the ugly cycle going and increasing or worsening obesity. Therefore, it's crucial to adopt a healthy diet first when adjusting your sleep schedules. Reducing obesity is the first step to proper sleep.

Dehydration

A common yet easily overlooked culprit to lack of sleep is dehydration. An Improper diet full of sugar and salts can rid your body of needed hydration that leads to symptoms of dehydration such as irritability, fatigue, or insomnia.

It dries out your mouth and nasal passages, making it difficult to get to sleep or be comfortable throughout the night. Dehydration can also lead to cramps, inflammation, and lack of oxygen.

Ask your nutritionist and doctor what exercise routine and diet plan are best for you if you suffer from sleep problems. Diet and exercise or the lack thereof are likely to blame.

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HOW TO FIND COURAGE IN YOURSELF

If Courage is more than just having confidence or getting rid of fear. It's about doing what is needed despite the fear. Courage is an essential quality to develop if you want to build a successful career, business, and have a fabulous relationship with friends and family. Ready to get started? Here are ways you can begin finding the courage within yourself.

Identify What Is Holding You Back

Ask yourself bold and honest questions to discover what is holding you back. Why do you feel like you need to find more courage? Are there people or situations causing you to be fearful? Is it your lack of skills or knowledge? What are your fears and why do you fear these things? When you can identify the exact cause, you can create a solution.

Experience More

Expand your comfort zone. What this means is you need to experience more life outside of things that you know. It’s normal to keep doing things that bring you joy or comfort. But the more you experience, the more you will understand other perspectives. Even if something seems scary on the surface, it's often only due to a lack of experience. When you challenge yourself, it will allow you to experience your strength and courage.

“

Do Something Every Day That Scares You!

Eleanor Roosevelt



Learn Forgiveness

You must expect that you will fail or make a mistake at some point in your life. No one can get through life without it. Mistakes provide you with a chance to improve or discover new passions or hobbies.

When you make a mistake, forgive yourself. Identify where you can improve but don't harp or dwell on it without using the information to improve yourself.

What Advice Would You Give A Friends?

Take a moment to put yourself in your friend's shoes. If they were to come to you about this concern, what advice would you give them?

It is likely because you care for your friend so much you won't see them as anything but courageous why be more hash with yourself? Keep this in mind anytime you don't believe in yourself.

Play It Out and Practice

If certain events or situations prevent you from truly being yourself, a great way to get over this is to practice or play it out.

For example, if you want more courage to ask your boss for a raise, act out the conversation you plan to have with your boss. Look at yourself in the mirror and practice assertive communication.

In the end, if you want to find more courage within yourself, you must act. Courage is no different than any other skill. If you ignore it or choose not to work on it, it will be harder to find and maintain.

> **Courage results when one's convictions are bigger than one's fears.**
>
> Orrin Woodward



> **Live each day as if it was your last!**
>
> **Learn as if you would live forever.**
>
> Mahatma Gandhi

RESOURCES & INFORMATION

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HELPING PEOPLE TO HELP THEMSELVES

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