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CHAPTER

01

INTRODUCTION

INTRODUCTION

HOW ARE YOU TODAY?



We all have mental health, and we all have different factors that drive our form. Since rolling out the FormScore app far and wide, our wonderful Formsters (users of Form) have given us plenty of feedback when it comes to what impacts their mental wellbeing.

You see, we're not just interested in how you are, but why you are feeling that way: what's making you feel fulfilled, what's stressing you out, and what you might need to adjust in order to feel better. We soon realised that the different areas affecting your wellbeing could be split into 14 different areas: these became our 14 drivers of form. These are not exhaustive, and we know that wellbeing is highly personal but there should be something for everyone in these pages.

Now, none of these things are 'bad'; they're just areas of your life that, if managed effectively, allow you to thrive. At FormScore, we're big on being intentional about wellbeing (that is, taking active steps to look after your mental health), and we hope this ebook will help you to do just that.

You'll find chapters on **motivation; sleep; exercise; stress; work; nutrition; relationships; purpose; finances; nature; health; kids; energy, and travel**. Each chapter will give you the low-down on why it matters so much, along with practical tips for improving your relationship with that particular area of your life, and plenty of additional resources.

It's crucial that, during these challenging times, we all take steps to really look after ourselves; that we listen to our inner voice and look out for signs of internal struggle – because we're suffering with mental ill-health in greater numbers than ever before. We've faced isolation, loneliness, and loss of livelihoods; we've experienced lockdowns, home-schooling, and financial uncertainty; we've been cooped up, stressed out, and desperate for some semblance of normality.

We hear you, and we're here for you.

So, take a read through these digital pages, and give yourself permission to fully invest in your own wellbeing. And when you've soaked up all of the hints, tips, and tricks of the trade, do let us know how you're feeling through the FormScore App

Be well,

Rob

CHAPTER

02

MOTIVATION

MOTIVATION

GETTING STARTED ON YOUR WELLBEING JOURNEY

Finding your get up and go. It can be a tall ask; especially given the general malaise most of the country is feeling following the perpetual pandemic-ness of the past year. But your wellbeing matters, so find it you must.

Our motivation levels are impacted by a whole range of factors, including:

- 
- The weather
 - Hormones
 - Physical health
 - Mental health
 - Life events
 - Sleep quality
 - Confidence
 - The people we surround ourselves with
 - The specificity of our goals



FIND YOUR WHY

We all have areas of our lives we'd like to improve on. You'll actually find a lot of them covered in this book.

The key to getting (and staying) motivated is tapping into why you want to improve those things. Without that understanding, you're likely to feel overwhelmed – at which point you can kiss vim and vigour goodbye.

That's why Form is so focused on being intentional about our wellbeing.

Setting intentions helps us to be specific about our goals, which in turn leads to higher levels of motivation. When you can visualise what you want – see your why – you're less likely to be side-tracked or knocked off course. Fixing on a small number of goals is also a great way to give yourself that initial push!

But it's also about looking at your life and learning to recognise what no longer serves you. Our energy stores can become quickly depleted if: we're in a job that doesn't play to our strengths; we're surrounded by people who don't share our values; we're perpetually carrying out tasks we don't enjoy, or we're living in a way that doesn't support our wellbeing.

Staying motivated does take work, but it's work you can absolutely manage when you have clarity of purpose (and Form to help you on your way).



Watch

1

The first step can be the most difficult. You have to choose to take it.

2

It's about being intentional and deciding that prioritising wellbeing is important to you, and then taking that step forward.

3

Be kind to yourself when starting something new.

4

Start small.
Build up over time.

5

Be kind to yourself along the way. It's ok to slip up, as long as you get up and keep going.

SIGN UP

Has a friend shared this ebook with you?
Do you like what you've read so far?
Then [JOIN OUR NEWSLETTER COMMUNITY](#)
to get more personalised insights about your wellbeing, delivered straight to your inbox

CHAPTER

03

SLEEP

SLEEP

WHY SHUT-EYE IS GOOD FOR THE SOUL

There's no question about it: we're a whole lot happier after a good night's sleep. When we get into a pattern of sleeping soundly, we tend to wake up feeling more refreshed, more positive, and ready to take on the world.

But quality sleep can sometimes prove elusive; especially for those of us with busy lives, young children, or worries that keep us awake at night. And it's when sleep evades us that our form, and our overall wellbeing, starts to suffer.

In fact, poor sleep is linked to:

- Obesity
- Diabetes
- A weakened immune system
- An increased chance of developing anxiety and depression
- A greater risk of heart disease or stroke



- A shorter life expectancy
- A lower libido



That's why setting yourself up for the most peaceful night possible is a really good place to start when it comes to boosting your form, and looking after your mental and physical health.

COPING WITH SLEEP PROBLEMS

The cyclical nature of sleep can leave you in a bit of a pickle: if you have a mental illness, it might be harder for you to sleep well, while a lack of sleep can increase your likelihood of developing a mental illness.

We're not keen on either scenario.

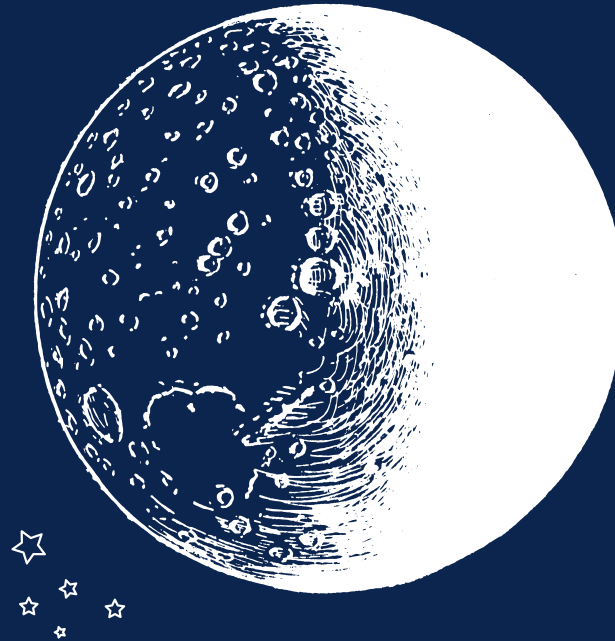
The trouble is that when you're not sleeping, you worry about not sleeping – which makes it even harder to fall asleep. There's also the chance that sleep is evading you because of panic attacks, the side effects of medication, trauma, or even daily challenges like shift work or pressing deadlines.

It's important to tune into the root cause (or causes) because changes to our sleep patterns can be the first sign that something's wrong, or needs attention.

Most people need a nightly average of 8 hours sleep to function properly, but so many factors come into play that it has to be about figuring out your own sleep needs. If you're yawning through the day, feeling short-tempered and struggling to concentrate on any given task, you probably need more rest.

ROB'S TOP TIPS FOR IMPROVING SLEEP QUALITY

- ★ Turn your tech off an hour before you go into bed. Set a technology-free zone.
- ★ Do something relaxing, like reading a book.
- ★ If you wake up during the night and you are unable to sleep, get out of bed and read a book until you feel sleepy again.
- ★ Listen to soft music, meditate, take a warm bath, stretch, do light yoga.
- ★ Have a nice cool temperature to get good sleep.
- ★ Quieten your mind by journaling and writing down the things that are concerning you.



RESOURCES FOR BETTER SLEEP



Watch | Listen

CHAPTER

04

EXERCISE

EXERCISE

WORKING YOUR WAY TO WELLBEING

Don't shoot the messenger, but exercise is pretty much essential for good form.

We know that some of you love it, and some of you loathe it; if you fall into the latter camp, it's worth bearing in mind that you don't have to be competing in triathlons or running marathons to give your form a boost. When it comes to wellbeing, all movement counts, so don't be put off if your athletic prowess leaves something to be desired. One of the best ways to approach exercise is with your mental health in mind: if you focus on exercise – or movement – as a means of stress-relief or relaxation, it takes the focus off your body (and its abilities), and redirects your attention to the incredible impact exercise can have on your sense of wellbeing.

Because working out is not just about weight loss.

In fact, exercising regularly has been proven to:



- Increase happiness
- Help with relaxation and sleep quality
- Boost energy levels
- Improve brain function and memory
- Strengthen muscles and bones
- Reduce risk of chronic disease
- Make your skin healthier
- Reduce pain



Now that's got to make the sweating worth it, right?

EXERCISE AS THERAPY

In a world of high stress and constant connectivity, exercise offers an ideal way to distract yourself from your daily worries. Bringing a big old boost of the endorphins that are so essential to feeling good, exercise is, quite simply, one of the greatest stress-relief tools of all time.

If you're struggling with your mental health, exercise can really help you



to manage any symptoms – such as elevating a depressed mood, or alleviating feelings of anxiety. In fact, countless studies show that active people are less likely to suffer with anxiety and depression than sedentary people; in some cases, exercise was actually shown to be as effective as medication for symptom management.

Whether you're down for connecting with yourself through yoga, sweating it out on a tennis court, pushing yourself on a run, or dancing around your kitchen with sheer joy (and a good tune to boot), the key is to find an activity you can lose yourself in.

And we promise you this: once you get started, you'll never look back.

FEEL-GOOD RESOURCES



Watch | Listen | Check | Read

ROB'S TOP TIPS FOR MOOD-BOOSTING EXERCISE

1

Try and experiment with different types of exercise. Be curious.

2

Find a type of exercise that you enjoy. Even better - practice outside and with friends.

3

The first step is often the hardest one. Don't be put off if you're at the start and be kind to yourself along the way.

4

Make it part of your routine. You will look forward to it. Put a podcast on or some music and go enjoy it.



CHAPTER

05

STRESS

STRESS

NOT ALL STRESS IS CREATED EQUAL

Stress is part and parcel of modern-day living, and unless you plan on setting up camp with Buddhist monks for the rest of your days, you're never going to eradicate it completely. And that's okay.

A little bit of stress is no bad thing: it keeps us on our toes, and pushes us to do better. It only becomes problematic when we're stressed all of the time, or we don't adequately recover from prolonged periods of stress.

As a key driver of form, it's really important to learn to manage your stress levels so they don't have chance to take over, or take you under.

Some of the tell-tale signs that your stress levels are too high include:

- Insomnia and tiredness
- Irritability or outbursts of anger
- Periods of low mood
- Increased reliance on caffeine or alcohol

- Reduced productivity and feelings of low achievement
- Clouded thoughts
- Cynicism and defensiveness
- Regular headaches
- Reduced sex drive
- Restlessness
- Weight loss or gain
- Shortness of breath or panic attacks
- Regular or lingering colds



You see, stress doesn't only impact our mental health; it has a pretty profound impact on our bodies, too. That's why recovery from stress is so important: without giving ourselves the time and space we need to process stress, and to restore harmony to our day, our wellbeing starts to plummet.

STRESS: THE RECOVERY PROCESS

Humans are biologically programmed to face stress, then rest and recover. But in our stressed-out world, you're probably not so great at the recovery part; which makes you even more stressed, and tangles



you up in a vicious cycle of low form and suboptimal wellbeing. Well, not on our watch: we're here to tell you that NOTHING is more important than looking after your mental health.

After a stressful day at work, a fraught bedtime with the kids, or a series of unfortunate events, the key is to find ways that allow your body to relax, and return to its pre-stressed state. This gives times for your cortisol (a key stress hormone) to get back to normal.

Recovery from stress is all about finding time for you, and switching off from anything that may be triggering your stress levels. But because stress is highly personal, you're going to need to take a bit of a deep-dive and think about your own stress triggers.

It might be an uncomfortable exercise at first, but when you get down to the nitty gritty and pinpoint exactly what it is that makes your blood pressure rise and your stress levels soar, managing it becomes a whole lot easier.

STRESS-BUSTING RESOURCES



Watch | Listen | Check | Read

ROB'S TOP TIPS FOR MANAGING STRESS

- 1 Allow ourselves those breaks in the day. Schedule them.
- 2 Seek out mindful moments.
- 3 Pursue your hobbies.
- 4 Spend time with those who bring you joy.
- 5 Breathe. Breath work, yoga, or simply being aware of your breath all help.

CHAPTER

06

WORK

WORK

MAKING WORK, WORK FOR YOU

Work is very closely linked with many of our other drivers of form – like stress, purpose and relationships. While work can be a huge source of stress, it can also be where we find meaning, and where we make some of our most important connections.

Even if we didn't need the money, most of us rely on our careers for a sense of purpose and meaningful activity – but work isn't always the positive driver of form it has the potential to be. If you're not doing what you love, or you're not striking the right balance between personal and professional, your job can turn into one big energy drain.

If we don't manage to achieve a healthy work-life balance, overworking (or overly worrying about work) can eat into our reserves and cause our resilience levels to drastically drop. That's when we start to struggle with challenges or change, and our form goes into freefall.

Signs that you don't have the right balance in your life include:



- Morning insomnia
- Struggling to switch off at night
- Being unable to eat a meal without checking your phone
- Having no time for personal care, family or friends
- Irritable Bowel Syndrome (IBS)
- Chronic headaches, neck or shoulder pain
- Low levels of patience
- Constant fatigue
- Always thinking about work
- Never saying no in your job



If these signs are hitting home, something's gotta give.

Looking after yourself actually helps to improve your productivity, so not giving yourself adequate time away from work is an entirely false economy.





MAKING POSITIVE CHANGE

We have more control than we might think when it comes to making work less of a drain on our form and more of a force for good. Looking at how your job makes you feel is crucial here, as is focusing on your strengths and what you enjoy. Does work give you a sense of meaning? Is it intellectually challenging? Does it fulfil your 'why'?

Work is a huge part of our lives, so its power over our form is equally enormous. And while the market might be tough right now, life is short – so if you're not doing a job that plays to your strengths or gives you more enjoyment out of life, it might be time to reassess your options and consider a change of direction.

If that's not possible, try to rebalance work by looking at your time management, outsourcing or delegating what you're not great at or don't enjoy, and talk to your colleagues about any improvements that could be made to the company culture.

ROB'S TOP TIPS FOR REBALANCING WORK

1

Prioritise recovery so that you can perform better.

2

Prioritise breaks in the day that keep you well.

3

Don't sacrifice those moments of recovery because of busy-ness.

4

Have fun and play more in the workplace.

WORK-BALANCING RESOURCES



Watch | Listen | Check | Read

CHAPTER

07

NUTRITION

NUTRITION

FROM FUELLING TO THRIVING

Look, we're not here to be the food police; a little bit of what you fancy does you good, and we'd never try to come between a person and their treats. But what we are here to say is: GET YOUR NUTRIENTS.

As a driver of form, nutrition has few equals. When we're properly fuelled and adequately nourished we have the energy to exercise, the concentration to crack on with work, and the level-headed patience needed to deal with kids and colleagues alike. We're also far healthier.

Our diet and levels of nutrition have an enormous impact on how we think, look, and feel. Put the right things into our body, and we have every chance of thriving. Neglect our nutrition, and we risk:

- Poor mental health
- Reduced cognitive function
- Obesity
- Heart disease and stroke

- High blood pressure
- Type 2 diabetes
- Some types of cancer
- A worsening of chronic health conditions



Little wonder then that poor nutrition has been shown to have a negative impact on our form.

LOOKING AFTER YOUR GUT

Dubbed in some circles as the 'second brain', our digestive system is actually responsible for producing 90% of the body's serotonin (or, the happy hormone). The health of our gut can also impact our immunity, along with how resilient we are to stress – so taking care of it really is a no-brainer.

To keep our gut healthy, our brain functioning, and our wellbeing high, we need a good mix of complex carbohydrates, essential fatty acids, amino acids, vitamins, minerals, and plenty of water.



But we also need to watch out for anything in our diet that adversely impacts our physical or mental health. For example, too much caffeine can make symptoms of anxiety much worse; alcohol can impact our ability to sleep soundly; eating too much junk food can raise our blood pressure, while food that triggers health problems can leave us lacking in energy.

The bottom line? Make efforts to incorporate all of the things you need for physical fuel and cognitive health into your daily diet, and limit anything that makes you feel less than ideal (with some treats thrown in for good measure).

ROB'S TOP TIPS FOR EATING TO THRIVE

1

Eat a balanced diet with plenty of vegetables and fruits (vitamin C); oily fish, nuts, and seeds (Omega-3 fatty acids); get supplements for Vitamin D.

3

Think of when you consume alcohol. It affects your recovery during sleep. It's a stimulant and also a depressant.

2

Stay hydrated. Dehydration can impair cognitive function - our energy levels, moods, and memory function can be affected.

4

Follow the 80/20 rule and don't beat yourself up for the 20% of the time when you might slip up or eat treats.

RESOURCES FOR OPTIMUM NUTRITION



Watch | Listen



CHAPTER

08

CONNECTIONS

CONNECTIONS

CONNECTIONS MAKE THE WORLD GO ROUND

If the pandemic has taught us anything, it's the indescribable importance of social connections. With our support networks limited over the past year, we've all been reminded of just how incredibly valuable our friends, family, neighbours, colleagues and communities really are.

Another thing we've missed over this last year is the humble hug; which, after months of not being able to hold our loved ones, doesn't feel quite so humble anymore. Touching release oxytocin (the 'love' hormone), which as well as making us feel all warm and fuzzy, actually makes it easier to cope with stress and helps us to feel more sociable, trusting, and giving.

Feeling lonely or isolated can affect our mental and physical health pretty significantly – more than perhaps any of us realised. Conversely, having friends and other social connections is good for our

health and wellbeing, and can positively impact our form in a big way. The benefits of strong relationships include:



- Lower rates of anxiety and depression
- Higher self-esteem
- Greater levels of empathy
- A strengthened immune system
- Increased trust and cooperation
- Longer life expectancy
- Lower risk of mental decline
- More enjoyment out of life



In sharp contrast, loneliness can impact our immune system, decrease feelings of contentment, make it difficult for us to sleep, raise our blood pressure, and increase the stress hormone cortisol. Loneliness also heightens our risk of antisocial behaviour, depression and suicide.

EXPANDING YOUR CIRCLE

With more of us working from home, isolation is on the rise; which means we might need to find new ways to stay connected.



Maintaining relationships with our co-workers will call for more scheduled check-ins – replacing those off-the-cuff water cooler moments that added a little brightness and levity to the day. But we can't survive on Zoom calls alone.

Expanding your social circle can be a really positive move for your mental health: instead of focusing solely on old friends and shying away from meeting anyone new, reaching out to others with a similar interest or way of life (such as toddler parents seeking out fellow toddler parents, or a keen cricketer finding a fellow enthusiast) can help you to form valuable connections.

It's also important to think about the people you already have in your life, and assess how positive (or negative) those relationships are. The connections you form should enhance your life, and should never leave you feeling low.



ROB'S TOP TIPS FOR CREATING CONNECTIONS

1

Be more intentional about fostering and developing our social connections.

2

Look to your network for anyone who might need some help from you and offer that help.

3

Nourish yourself with social connections and surround yourself with those who bring you joy.

4

And just hug more. ♥

ROB'S TOP TIPS FOR CREATING CONNECTIONS



Watch | Listen | Read

CHAPTER

09

PURPOSE



PURPOSE

FROM PURPOSE TO POINT

If you've ever asked yourself "what's the point?", it's likely that you need a greater sense of purpose.

Finding purpose is incredibly important for our mental health and wellbeing; without it, we feel lost at sea and often struggle with motivation. Purpose gives meaning to our lives, and something to direct our energies towards.

In fact, a strong sense of purpose can:

- 
- Improve mental health
 - Lower stress levels
 - Increase the likelihood of taking part in healthy activities
 - Improve brain function, cognition and memory
 - Boost wellbeing
 - Help us to view adversity as opportunity
 - Increase satisfaction with our lives
 - Reduce the chances of premature death
 - Improve coping skills
- 

Purpose lends us direction and helps us to make decisions; guiding our behaviours and making it possible to reach our goals. To paraphrase Auschwitz survivor Viktor Frankl, we can bear almost any 'how', when we have a 'why'. Without a 'why', life can be difficult.

Ultimately, people need to feel that their life makes sense, they're significant in their world, and they're here for a reason.

DISCOVERING YOUR PURPOSE

For some people, purpose is found in family or work. You might find meaning within your own life through personal passions, or in a greater purpose – like religion, spirituality, or charity work. What most of these things have in common is a sense of belonging and recognition.

In their search for meaning, a lot of people experience what's known as 'purpose anxiety'. But it's important not to put too much pressure on yourself.

Finding purpose in your life should be something that's enjoyable; after all, it's largely about uncovering what fuels you, and pushes you to jump out of bed each morning.

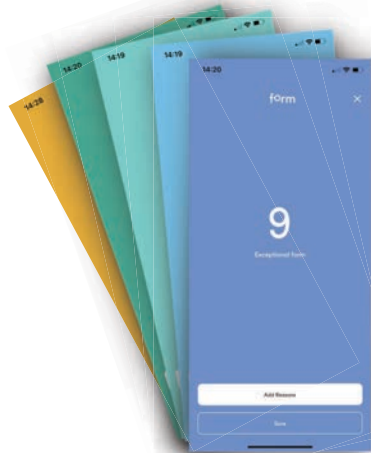
Besides, purpose is something that you can create, rather than something you need to go out and find. And it'll change throughout your lifetime.

If you're struggling to find your purpose, think about what matters most to you; that might be achieving a certain level in your career, being a great parent, or bringing happiness and positivity into the world. And it doesn't matter what other people set as their purpose: comparison doesn't work here.

Purpose is all about looking into the core of who you are, and living in a way to support that.

THE JOURNEY TO A HEALTHIER MIND STARTS NOW

Download the FormScore app



RESOURCES FOR A GREATER SENSE OF PURPOSE



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生き甲斐

The Japanese concept of ikigai
embodies the idea of
happiness in living

Essentially, ikigai, is the reason
why you get up
in the morning

CHAPTER

010

FINANCES

FINANCES

MANAGING YOUR MONEY FOR PEACE OF MIND

There's nothing quite like money worries to keep us wide awake and fretting into the night.

Our financial health is very closely linked with our mental health, which is why it's so important to prioritise our financial wellbeing. The trouble is that when we struggle with our mental health, it can be harder to get on top of our finances, and when we're not on top of our finances, we can struggle with our mental health.

In fact, our finances and mental health can impact each other in more ways than we might realise:

- Situations like talking to your bank or opening a bill could trigger panic and anxiety
- If you're feeling low you might lack the motivation to properly manage your money
- We sometimes choose to overspend for the initial 'high'

- Periods of mania in bipolar sufferers can lead to impulsive spending
- Suffering from a mental illness can impact our earning potential
- Falling into debt can create high levels of stress and lead to depression
- Having a mental health problem can raise insurance premiums
- Money worries can prevent us from socialising



Financial wellbeing is all about creating a sense of security, with the comfort of knowing you have enough money to meet your needs, and the financial freedom to be able to enjoy life. Keeping on top of your finances can also reduce conflict in relationships, and help you to feel more hopeful about the future.

HELP IS ALWAYS OUT THERE

Our financial wellbeing can fluctuate throughout our lifetime. Changes in circumstance – from redundancy and retirement, to inheritance and bonuses

– will always have an impact, but it's about planning and preparing in a way that allows you to navigate the changes with minimal stress.

If you experience anxiety around your finances, consider asking someone you trust to open bills and letters for you; online banking can also feel more manageable than going into a branch, while letting your bank know that you have a mental illness means they may be able to adapt their procedures.

Financial wellbeing is one of those areas that often calls for additional support, so you should never feel uncomfortable about seeking help. When it comes to our wellbeing, there are plenty of areas that can be managed by us alone, but when you have money worries, the sensible approach is always to enlist help from the experts or financial support services.

Whether you're experiencing debt or you just need a little guidance around how to budget your money, taking control of your finances is one of the biggest steps you can

take to improve your quality of life, and give your form a big old boost.

ROB'S TOP TIPS FOR MANAGING YOUR MONEY

(Credit to Schroders Personal Wealth for the ROCKET model)

1

Review your household expenses.

4

Keep on track of your finances.

2

Organise your finances.

5

Expect the unexpected.

3

Create a financial plan.

6

Take financial advice.



FINANCIAL RESOURCES



Watch | Listen | Check | Read

CHAPTER

011

NATURE

NATURE

FINDING SOLACE IN THE GREAT OUTDOORS

There's a very good reason that nature was the theme of Mental Health Awareness Week 2021.

During lockdown, when we were confined to our houses and cut off from our support networks, many of us found a great deal of comfort in nature. Our daily walks were a source of solace, and helped to remind us of everything good in the world.

Nature also helps to humble us, and put some of those niggling daily worries into perspective: there's a whole universe going on around us, and it's not going to end if we send that email ten minutes later than planned.

Exposure to nature has been proven to:



- Reduce hypertension (high blood pressure)
- Boost mood and vitality
- Alleviate symptoms of anxiety and depression

- Restore attention levels
- Redress mental fatigue
- Improve feelings of contentment
- Inspire mindfulness
- Lower feelings of stress or anger
- Help you to feel more relaxed
- Aid a more active lifestyle
- Increase the likelihood of forming connections



Our own Form data shows that nature is an incredibly positive driver of form, and that time spent in (and surrounded by) nature boosts our wellbeing in a way that few other things can.

THE HEALING POWER OF NATURE

With more of us suffering from mental illness than ever before, it's reassuring to know that nature – something that's free and accessible to all – can help to manage symptoms of anxiety, depression, and stress. It's also wonderful for our little people.

Children who spend time in the natural world have been shown to experience an increase in self-esteem, higher levels of

creativity, and the confidence to take risks through discovery.

Nature can even help to alleviate the symptoms of ADHD due to its ability to calm and soothe.

If you live in the middle of the city, or you find it difficult to get outside, you can still reap the benefits of the natural world. Getting out for walks, exercising in nature and venturing out for hikes are all truly wonderful ways to boost your wellbeing, but gardening, growing your own food, sitting in your garden, having a cup of tea outside, taking care of animals, surrounding yourself with indoor plants, and even watching nature shows can be just as effective.

Wherever you live, whatever your limitations, there will be an element of nature that seems made for you. Hone in on it, and never let it go.

NATURE RESOURCES



Watch | Listen | Check | Read

ROB'S TOP TIPS FOR CONNECTING WITH NATURE

1

Leave your phone inside to be very present in nature.

2

Focus on wildlife. On the beauty that is around you.

3

Connect with nature. Notice what is around you. What you can hear and see, smell.

4

Experience the sense of awe and wonder that you get in nature. The view of the ocean, the mountains, an ancient forest.

5

Connect with others in nature; exercise or go for a walk with a friend.

CHAPTER

012

HEALTH

HEALTH

OUR BODIES AND MINDS GO HAND-IN-HAND

We often think of our physical health and mental health as entirely separate entities, but that couldn't be further from the truth. The two are so closely linked that it's incredibly difficult to have one without the other: when we're unwell, it has a huge impact on our wellbeing; when we're suffering from mental illness, the signs show in our bodies.

Understanding this link is really important if you want to improve your form.

When we're in poor physical health or suffering from an illness, it can be harder for us to make healthy lifestyle choices; we might struggle to exercise, reduce our social interactions, or choose foods for convenience rather than nutrition – and all of these things can have a negative impact on our mental health. For people who live with a chronic health condition, the link between mental and physical



health is even more pronounced. As well as physical issues, chronic illness can lead to:



- Emotional stress
- Mental fatigue
- Low energy levels
- Depression or anxiety
- Loss of identity
- Poor self-esteem
- Sleeplessness
- Substance abuse
- Anger and frustration
- Rumination and magnification
- Feelings of helplessness



A lot of these things can of course be experienced by people with short-term illness, too.

LOOKING AFTER OUR WHOLE SELF

Over the past year, we've all been focusing on our mental and physical health with a little more urgency. We've wanted to give ourselves the best chance of beating the virus should it come our way, while trying not to sink under the weight of worry and isolation.

In people with chronic illness, a sense of community – along with hope and purpose – has been proven to make a real difference to levels of wellbeing. And while your health journey is an incredibly personal thing, there will always be certain steps that you can take to keep your mind and body as well as can be.

Reducing alcohol intake, giving up smoking, moving more, getting enough fresh air, eating a balanced diet, and staying connected with others can all help to protect against ill health, and the effects that come along with it.

HEALTH RESOURCES



Watch | Listen | Check | Read

ROB'S TOP TIPS FOR MANAGING MIND AND BODY HEALTH

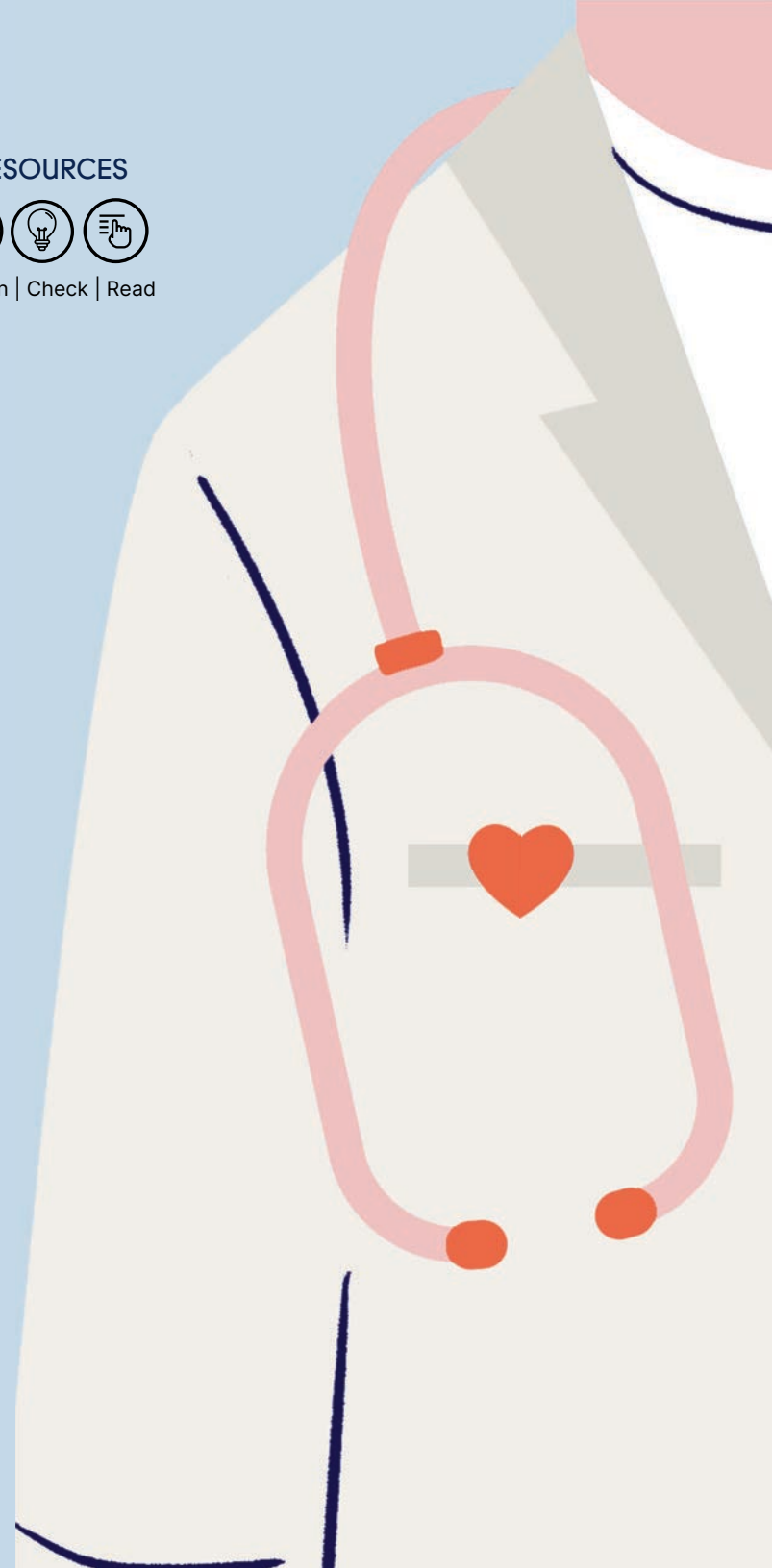
1 Being intentional about mental wellbeing can help with a physical health challenge.

2 Make sure you eat well and stay hydrated.

3 Look at how/if you can build exercise into your routine.

4 Accept where you are at, what you can do, and do what you can.

5 Practise self-kindness.



CHAPTER

013

KIDS

KIDS

LOOKING AFTER YOUR KIDS, AND YOUR STATE OF MIND

Kids drive us bonkers. There's no getting around it, but there are ways of dealing with it.

When you're a parent, it sometimes seems like your entire wellbeing hinges on how you handle your kids from one day to the next; or, more accurately, how willing they are to comply with brushing their teeth, eating their dinner, and going to bed.

It's also really hard to look after our wellbeing when we're parents: we're busy, often stressed, and we tend to put our kids' needs before our own. But as well as being important for our own mental health, looking after ourselves models healthy behaviours for our children to emulate.

It's really important that our kids see us doing things like:

- Taking breaks from work when we need them
- Setting healthy boundaries

- Practising self-care
- Eating well
- Giving ourselves time to workout
- Giving ourselves time to chill out
- Modelling healthy relationships
- Prioritising our mental health
- Being open about our mental health
- Managing stress levels and anger
- Talking about our emotions



You might feel guilty for thinking about your own needs when you're a parent, but if you don't, your wellbeing and mental health can seriously suffer.

DEALING WITH PARENTAL STRESS

As well as modelling healthy behaviours – for our sakes, and theirs – it's also important to learn ways to handle our emotions around our kids.

No one pushes our buttons quite like our children, and despite loving them with unearthly fierceness, daily parenting challenges can leave us tearing our hair out and screaming into the void.



And because many of us have been around our kids more than usual throughout the pandemic, that breaking point feels a little nearer.

The trouble is, when we lose our cool we tend to feel so guilty that our form goes into freefall.

Reducing the amount of pressure we put ourselves under, letting go of the idea of the perfect family, stopping with the social media comparisons, getting some perspective, and being kind to ourselves can all help to keep stress levels down and emotions in check.

Of course, living with a mental illness when you're a parent can be even more challenging. In these instances it's really important to seek out professional help, and talk to your family. Mental health should never be a taboo subject within the home, and having these conversations with your kids goes a long way towards smashing the stigma around mental illness.

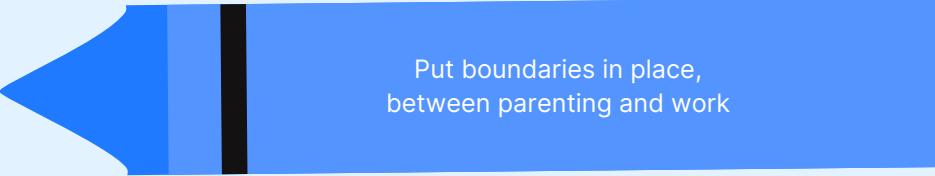
KID-COPING RESOURCES



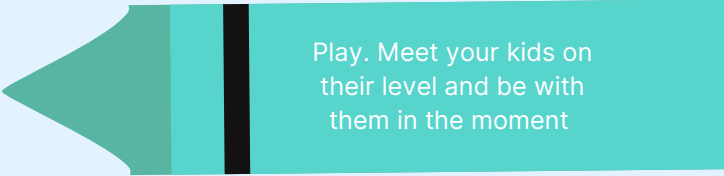
Watch | Listen | Read



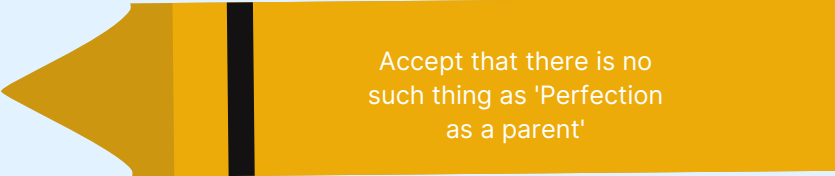
ROB'S TOP TIPS FOR STAYING SANE WITH KIDS



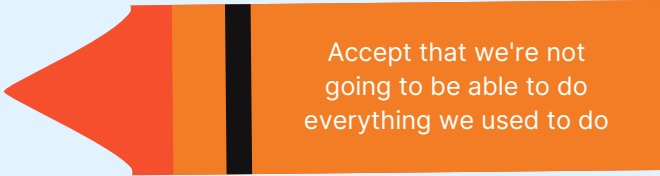
Put boundaries in place, between parenting and work



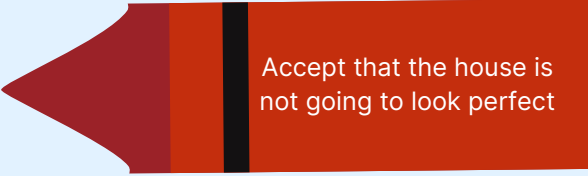
Play. Meet your kids on their level and be with them in the moment



Accept that there is no such thing as 'Perfection as a parent'



Accept that we're not going to be able to do everything we used to do



Accept that the house is not going to look perfect

CHAPTER

014

ENERGY

ENERGY

WHAT TO DO WHEN OUR LEVELS ARE LOW

If you're running on empty, your form is going to suffer. It's as simple as that.

We all have physical, mental and emotional energy. When our energy levels are low, we're left feeling tired and sluggish, and totally lacking in motivation. This has a huge impact on our wellbeing and mental health, because it stops us from being productive, achieving our goals, and carrying out healthy and meaningful activities.

Low energy is different from just feeling tired, and can be caused by lots of different variants, including:

- Eating the wrong foods
- Not getting consistent quality sleep
- Not exercising enough
- A vitamin b12 deficiency
- Low iron levels
- Too much screen time
- An unrealistic workload
- Overstimulation

- The weather
- Mental or physical illness
- A toxic relationship



It's a pretty varied list, but our energy levels really are dependent on a huge range of factors. That's why it's important to consider every area of your life when your levels are running low, and try to pinpoint the source (or sources) of your energy drain.

FINDING YOUR PEP

A lot of us are struggling with our energy levels following a year of lockdowns, isolation, money worries, health concerns, and everything else that comes with a global pandemic. It's difficult to know whether low energy has contributed to a general worsening of mental health, or whether our struggle with mental health has drained our energy.

Either way, you need to get your energy levels back to normal if you want to positively impact your form.



It might be the very last thing in the world that you feel like doing when you're worn out, but exercise really is the best way to boost energy levels (it's all those feel good endorphins). And while it's incredibly tempting to rely on takeout when cooking feels too much, getting plenty of nutrients in your diet is absolutely essential for giving you back your get up and go.

Breaking down tasks into more manageable chunks can also help if you're feeling overwhelmed by how much you need to get done on low energy reserves. But try not to put too much pressure on yourself: feeling a sense of achievement will give you a boost, but you need to be realistic until you're fighting fit again.

But before you do anything, take a good look at your life, habits and health, and hone in on where most of your energy is currently ending up.

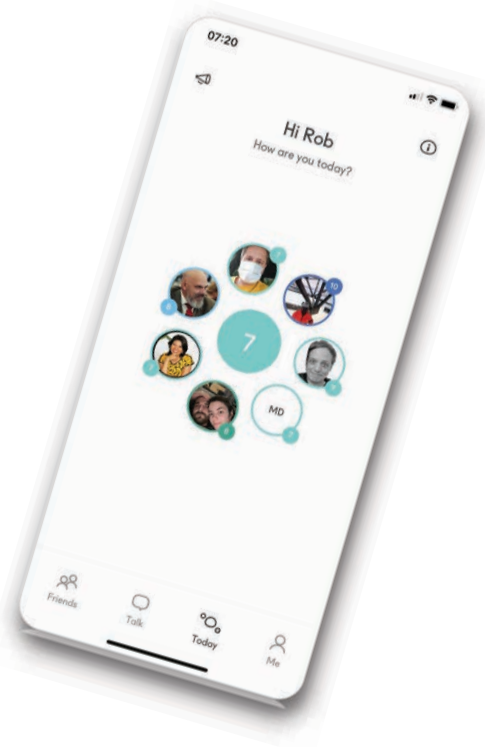
ENERGY-BOOSTING RESOURCES



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ROB'S TOP TIPS FOR INCREASING ENERGY LEVELS

1

Stress, activities, and challenges will drain that battery.

Sleep, moments of reflection, and moments of recovery, will charge that battery.

3

Keep doing the things that make you happy.

4

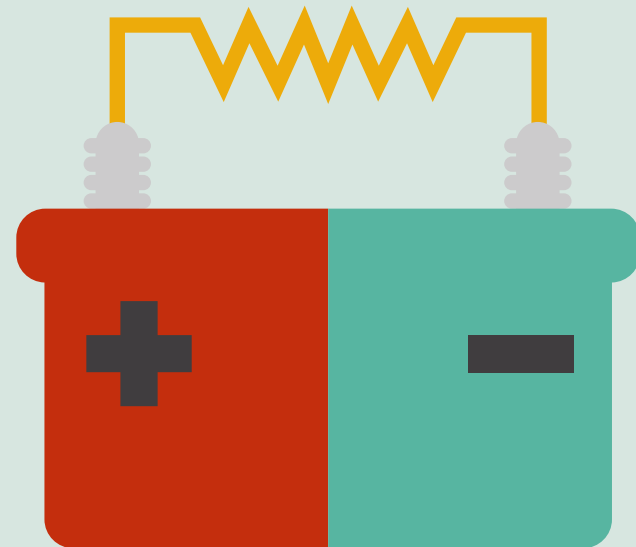
Spend time with the people that inspire you and bring you joy.

2

Keep taking breaks in the day.

5

Prioritise sleep.



CHAPTER

015

TRAVEL

TRAVEL

REDISCOVERING THE WORLD AROUND US

Travel has been in short supply this past year. Who could have imagined a time when we'd be unable to cross the borders into our next town without a rock solid reason? Many of us are sorely missing being able to hop on a plane, jump on a train, or sail off over the seas in search of new adventures.

On the flip side, not having to endure endless business trips or long commutes has been a welcome relief to so many of the workers amongst us. Swapping morning jaunts into the office with a hop, skip and a jump to the home office has made a lot of realise just how much of our lives were being taken up by lengthy journeys to and from work.

In fact, too much business travel can lead to:

- Anxiety and depression
- Trouble sleeping
- High alcohol consumption

- Poor diet
- Obesity
- Less time for exercise
- Lower levels of self-care
- Unhealthy work-life balance
- Excessive tiredness
- Damage to personal relationships



Our attitudes to work and travel have changed dramatically since the dawning of the pandemic; it's likely that many of us will be travelling and commuting much less as we emerge from lockdown, and that personal travel will be back on the cards with even more prominence.

HAPPY TRAVELS

Travelling for pleasure is incredibly good for our form: travel broadens the mind, while the opportunity to connect with nature in different geographies is both restorative and exceptionally beneficial for our wellbeing.

If you do find yourself having to travel for work, it's worth investing in some good self-care.



Taking an eye mask for long journeys to help you sleep; reducing alcohol consumption so you feel more energised; practising mindfulness and listening to guided meditations for greater calm and clarity, and making regular video calls home to stay connected to loved ones can all help to protect our form.

There's also a rise in the number of business hotels with a good wellness provision, so if your employer is expecting you to travel on the regular, it's worth plumping for accommodation that can help with your mental and physical wellbeing.

ROB'S TOP TIPS FOR TRAVELLING WELL

1

Keep as much of your routine as possible, particularly sleep and exercise.

4

Stay hydrated, particularly when we're on a plane traveling long-haul.

2

Think about being disciplined about your food and alcohol consumption.

5

Try to just schedule a little bit of time that you can switch off from work and perhaps take in the sights.

3

Travel mindfully. Listen to an audiobook.

TRAVEL RESOURCES



CHAPTER

016

HELPING OTHERS

HELPING OTHERS

GIVING MAKES US FEEL GREAT

Helping others is such a heart-warming way to boost our own wellbeing: what could be better than feeling good because you've made someone else happy?

When we show kindness, generosity or good will to others, it meets a very basic human need: relatedness. As humans, we all like to feel part of something, and helping other people (whether that's friends, family, a local community, or people we may have never even met) can create some seriously strong connections.

The act of giving actually activates our brain's reward centres, which releases our feel-good friends: endorphins. But that's not all.

Research shows that giving can also:

- Boost our happiness levels
- Improve our emotional wellbeing

- Bolster our sense of self-worth
- Increase life satisfaction
- Help us to feel more hopeful
- Reduce symptoms of anxiety and depression
- Provide a sense of meaning and purpose
- Improve our mood
- Reduce stress levels
- Make us feel more competent
- Extend our life expectancy

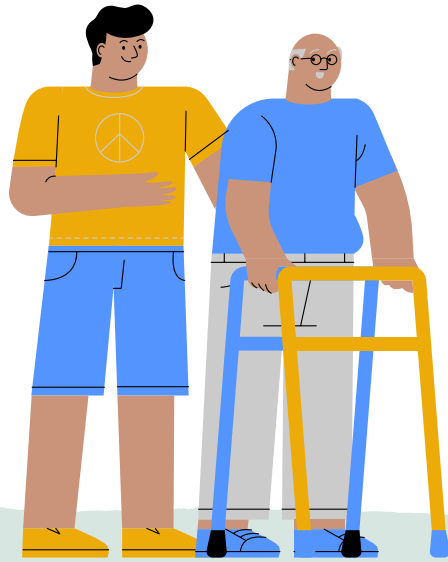


Studies have even shown that regardless of income or socio-economic status, people who donate money to charity each month, or who regularly buy gifts for others, are happier than those who don't.

HOW TO GIVE, WITHOUT BURNING OUT

It's important that when you're helping others, you don't feel burdened or under pressure; that's no good for anyone. It's also worth remembering that giving isn't just about money or material goods.

Carrying out a random act of kindness, making a thoughtful gesture, volunteering your time or talents, or even



offering someone a smile and some encouraging words can make all the difference in someone else's world – and leave you feeling pretty good in your own skin.

There are always opportunities out there for doing a little good in the world. Whether you plan it out or simply help a neighbour in a moment of need, you'll not only be spreading happiness, but boosting your own, too. And because people tend to pay good deeds forward, your act of helping others could inspire a whole round of good deeds that spread cheer wherever they go. Now that really is something to feel great about.

ROB'S TOP TIPS FOR HELPING OTHERS

1

Look for opportunities to give random acts of kindness.

3

Reach out to that person who's struggling. Be there for someone who's on low form.

2

Volunteer in your community and do your bit to care for the environment.

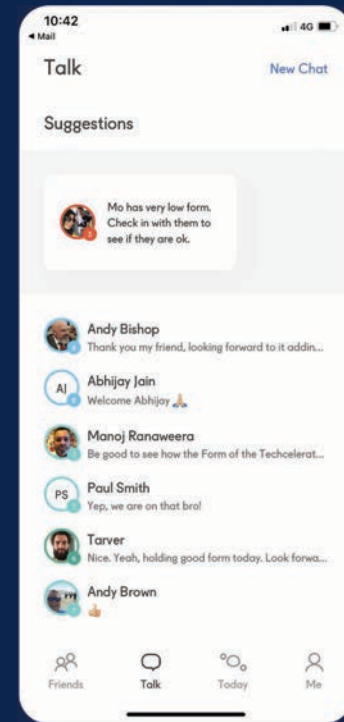
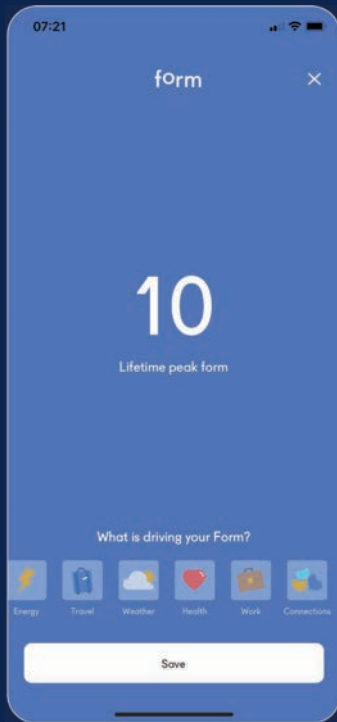
4

Help a colleague with a piece of work where it's not directly going to benefit you.

RESOURCES FOR HELPING OTHERS



Watch | Listen | Check | Read



We built the FormScore App to help people be more intentional about their wellbeing and to support those they care about. At the core of this is the ability to build up insights into how these drivers of form are impacting your wellbeing and then proactively manage them.

form

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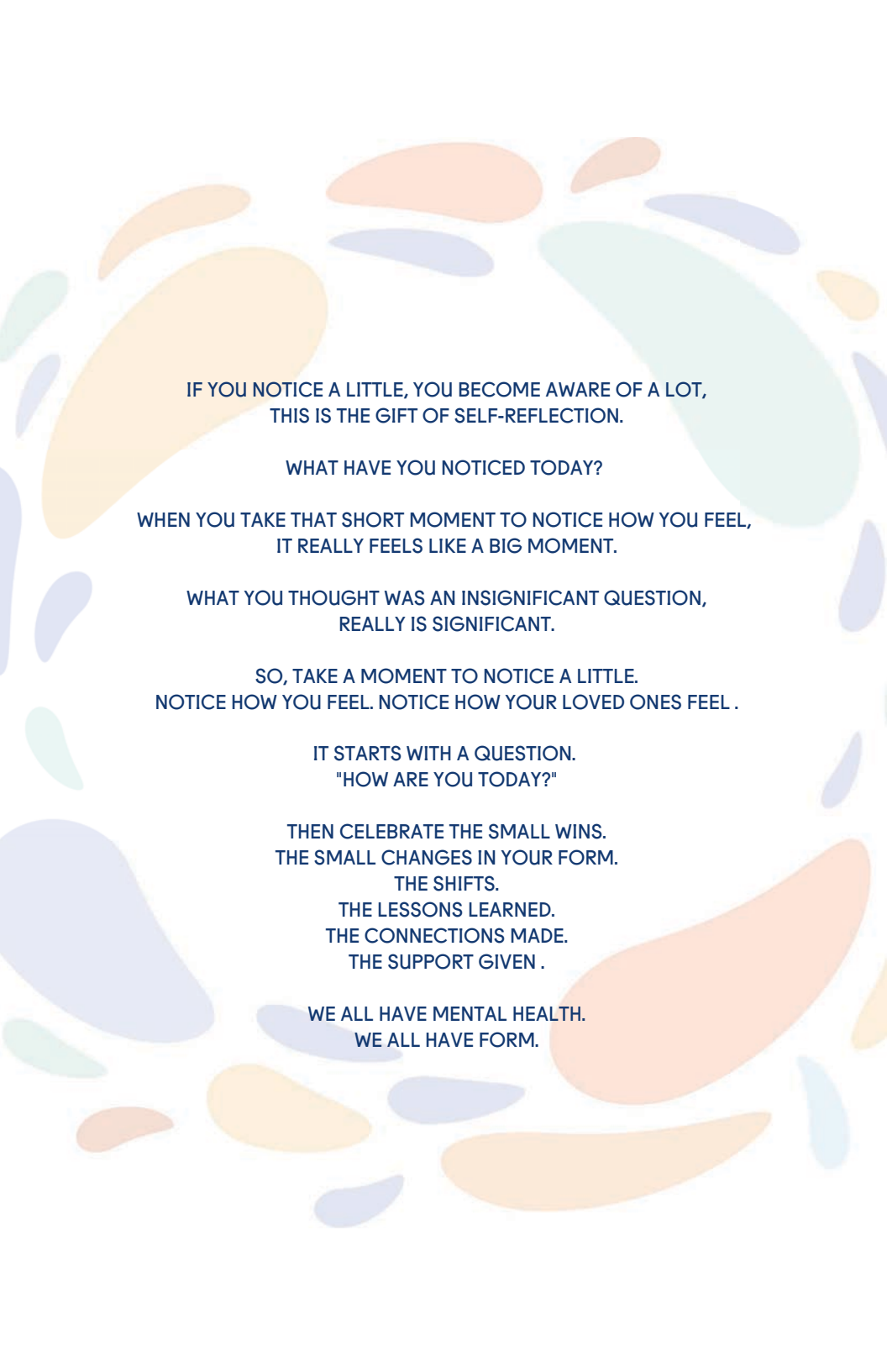




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IF YOU NOTICE A LITTLE, YOU BECOME AWARE OF A LOT,
THIS IS THE GIFT OF SELF-REFLECTION.

WHAT HAVE YOU NOTICED TODAY?

WHEN YOU TAKE THAT SHORT MOMENT TO NOTICE HOW YOU FEEL,
IT REALLY FEELS LIKE A BIG MOMENT.

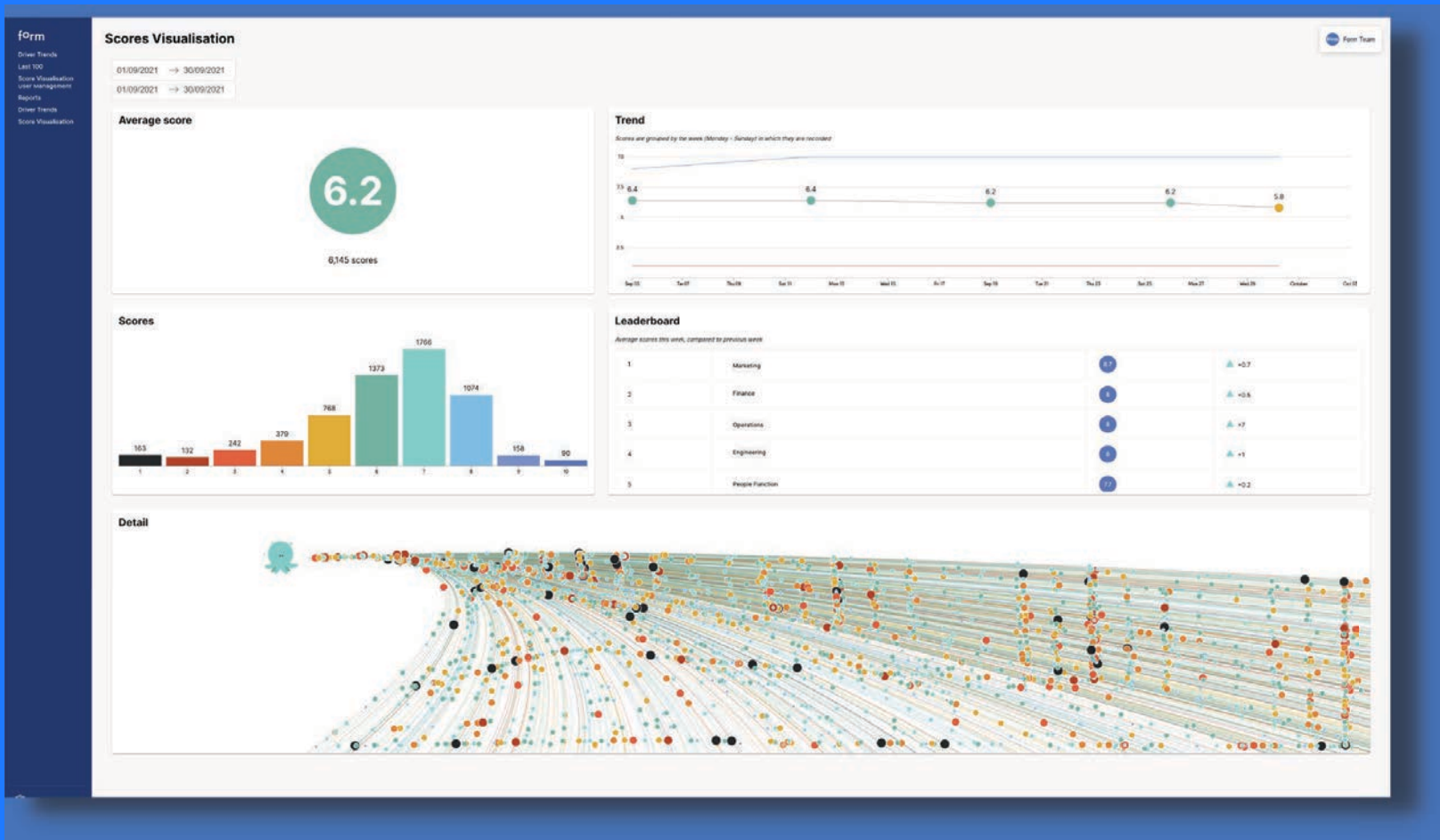
WHAT YOU THOUGHT WAS AN INSIGNIFICANT QUESTION,
REALLY IS SIGNIFICANT.

SO, TAKE A MOMENT TO NOTICE A LITTLE.
NOTICE HOW YOU FEEL. NOTICE HOW YOUR LOVED ONES FEEL .

IT STARTS WITH A QUESTION.
"HOW ARE YOU TODAY?"

THEN CELEBRATE THE SMALL WINS.
THE SMALL CHANGES IN YOUR FORM.
THE SHIFTS.
THE LESSONS LEARNED.
THE CONNECTIONS MADE.
THE SUPPORT GIVEN .

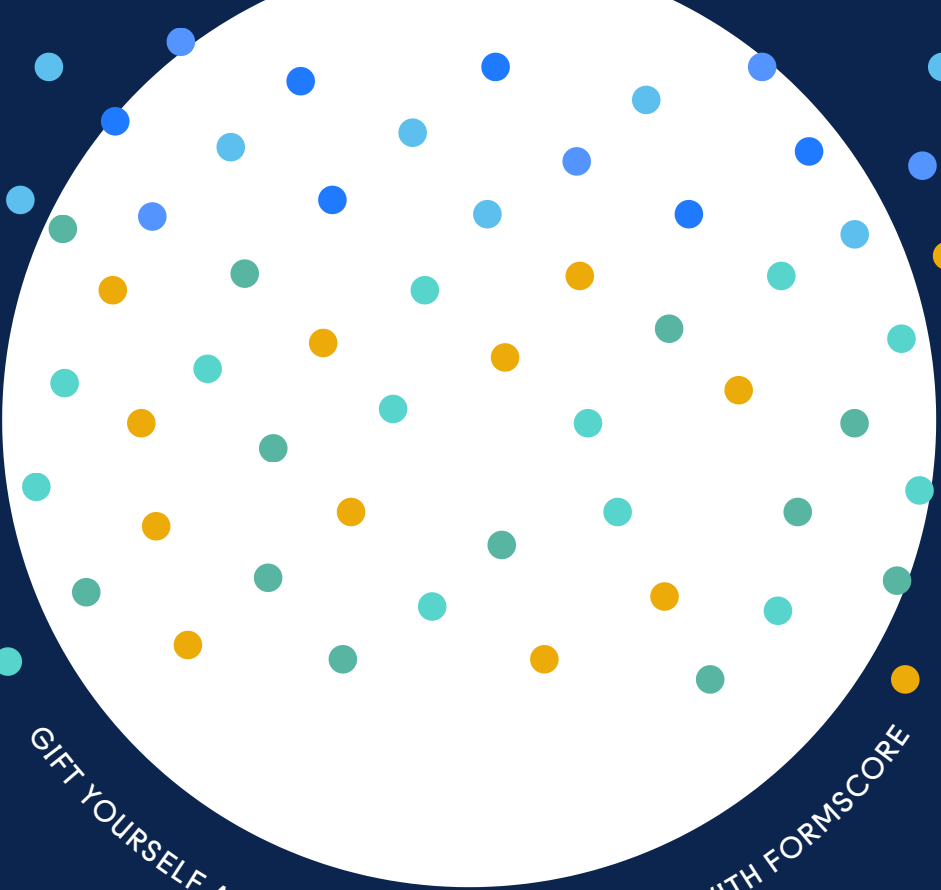
WE ALL HAVE MENTAL HEALTH.
WE ALL HAVE FORM.



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