



**THE SKILLS YOU NEED**

# **GUIDE TO LIFE**

**LOOKING AFTER YOURSELF**

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Skills You Need

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# 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

# 1

## LOOKING AFTER YOUR BODY

**You only get one body in this life, so you need to look after it.**

What's more, looking after your body is important for your general health. Around the world, there is a growing problem of chronic, lifestyle-related diseases. These are diseases that are, effectively, caused by the way that we live our lives. Most, if not all of them, are associated with not looking after our bodies. Many are associated with being overweight and not taking enough exercise, or by putting the wrong substances into our bodies. These diseases and conditions include:

- Adult-onset diabetes;
- Heart conditions;
- High blood pressure; and
- Many forms of cancer.

You cannot, of course, avoid every illness or condition. Many are not lifestyle related. However, looking after your body will go some way to helping you to live a healthier life, for longer.

**The problem is that advice about caring for your body is conflicting and often confusing. It is sometimes hard to know what's best. Many people abandon any effort to take care of themselves because it's just too difficult.**

But the application of a little science, and quite a lot more common sense, can go a long way to helping you to work out what's best for you and your body. We provide a framework for thinking about doing the right thing by your body across three key aspects: rest and sleep; food, diet and nutrition; and exercise.

# 2

## A FRAMEWORK FOR THINKING

In any aspect of caring for yourself, there are three questions to ask:

- What do I want to do?
- What is best for me?
- What am I actually going to do?



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