

LIVE WELL WORK WELL



Health and wellness tips for your work and life—
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Imposter Syndrome: What You May Have in Common with Einstein

Two-thirds of British adults have experienced mental ill health at some point in their lives, according to a recent survey by the World Health Organization. Even though you are probably familiar with the more common mental health conditions—including stress, anxiety and depression—you may not be aware of the equally common imposter syndrome.

Individuals with the condition are unable to internalise and appreciate their accomplishments, and they have a persistent fear of being exposed as a fraud. What's more, it's a relatively common condition, as an estimated 70 per cent of successful people—such as Maya Angelou, Meryl Streep and Albert Einstein—have experienced the condition. You may have even felt it at one time or another. To help rid yourself of irrational imposter-syndrome fears, follow these three tips:

1. Recognise that it is not your fault for feeling this way.
2. Do not worry about being labelled as arrogant for acknowledging and taking pride in your accomplishments. If you do, remind yourself that you worked hard and have earned it.
3. Remind yourself that it is OK to stand out from others, and you should pursue your passions and goals.

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Poor Diet is a Factor in 1 in 5 Deaths Worldwide

About 60 per cent of adults in the United Kingdom are overweight or obese, according to the latest figures from the NHS. Obesity leads to a whole host of health conditions, including type 2 diabetes, heart disease and some cancers. The main culprit is poor diet, which is a factor in 1 in 5 deaths around the world, according to a recent study conducted by the Institute of Health Metrics and Evaluation at the University of Washington in the United States. The study found that millions of people have adopted a diet that is high in salt and low in whole grains, fruit, nuts and seeds, and fish oils.

Here are eight tips from the NHS to help ensure that your diet is nutritious and well-balanced:

1. Base your meals on starchy carbohydrates, such as potatoes, bread, pasta, rice and noodles. Try to choose wholegrains or higher fibre versions with less added fat, salt and sugar.
2. Eat at least five portions of fruits and vegetables every day.
3. Eat more oily fish—such as salmon, sardines, mackerel and trout—for their rich natural sources of vitamin D and omega-3.
4. Cut down on saturated fats, such as those found in butter, ghee, chocolate, cheese and fatty cuts of meat. In addition, you should cut down on sugar.
5. Eat less salt. If you feel that your food is somewhat bland, try using extra herbs, spices, citrus juices or vinegar.
6. Exercise at least twice a week. The activity doesn't have to be too intense. You can go cycling, take a brisk walk, go for a swim or go on a run.
7. Drink between six and eight glasses of water each day and avoid drinking too many fizzy drinks and alcohol.
8. Don't skip breakfast, as it is a good source of fibre, calories, vitamins and minerals that jump-start your day.

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9 WAYS TO FIT 30 MINUTES OF EXERCISE INTO A BUSY DAY

1. Cycle to and from work.



2. Take a jog or a walk during lunch.



3. Find a workout buddy to help you stay on track and focused.



4. Work out at home.



5. Go on an exercise date with a friend or your significant other.



6. Go on a brisk walk around your neighbourhood.



7. Play or go on a walk with your pet.



8. Go for a swim.



9. Join a local sports team.



Everyday Activities Can Beat Going to the Gym

Even though the recommended amount of physical activity is about 30 minutes each day, not everyone is able to make that commitment. What's more, that amount can be intimidating to someone who rarely exercises. However, inactivity can lead to serious and sometimes fatal health conditions. Thankfully, you don't have to join a gym to live a long, healthy life. According to a recent study published in the *Lancet* medical journal, incorporating physical activity into your everyday life may prevent heart disease and early death more effectively than just going to the gym.

Regular exercise has numerous benefits other than just good physical health, including the following:

- Improved mood
- Increased energy
- More restful sleep
- Improved memory and brain function

In order to receive those benefits, you will have to exercise an average number of minutes each week based on your age. Based upon research conducted at Sheffield Hallam University, you should follow these guidelines for exercising:

- If you are between the ages of 19 and 64, you should participate in some type of moderate exercise—such as a brisk walk, water aerobics or tennis—for at least 150 minutes each week. Alternatively, you can participate in 75 minutes of vigorous activity, which includes running, uphill cycling and football.
- If you are 65 years old or older, you should participate in at least 150 minutes of moderate exercise each week.

However, as the *Lancet* medical journal study illustrated, it's sometimes difficult to find time during your day to get in 30 minutes of exercise. For that reason, here are some simple exercise ideas to keep you active throughout the day:

- Take the stairs instead of riding a lift. You can also try taking every other step to work your leg muscles more.
- Cycle to your destination rather than drive.
- Walk to a co-worker's desk to ask a question rather than communicating by phone or email.
- Go dancing on a night out rather than seeing a movie or eating at a restaurant.
- Stretch or do yoga while you are watching TV. During commercial breaks, walk around or do jumping jacks.