


**NURTURE YOURSELF  
AND YOUR ORGANISATION**

Dr. Amanda Devine  
Ms. Ros Sambell

[www.ahdnetwork.com](http://www.ahdnetwork.com) © 

---

---

---

---

---

---


---

---

Lovely to see you !

What do you want from this session?

Three things that you are grateful for today:  
Self  
Home  
Workplace

[www.ahdnetwork.com](http://www.ahdnetwork.com) © 

---

---

---

---

---

---

---

---

**R U thriving or not?**

THRIVING

- Self
- Home
- Workplace

BARRIERS ● ● ●

- Lack of quality sleep
- Poor nutrition
- Lack of exercise
- Financial stress
- Work stress
- Not enough me time
- Not enough quality time with family and friends
- Not being appreciative/grateful
- Not being appreciated
- Feeling powerless or lack direction

Which ones resonate with you?

---

---

---

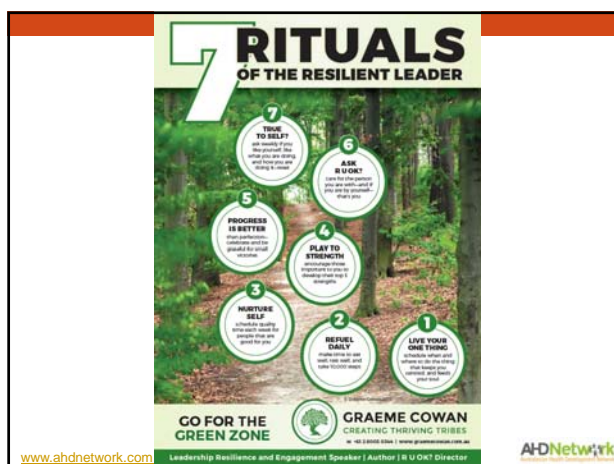
---

---

---

---

---




---

---

---

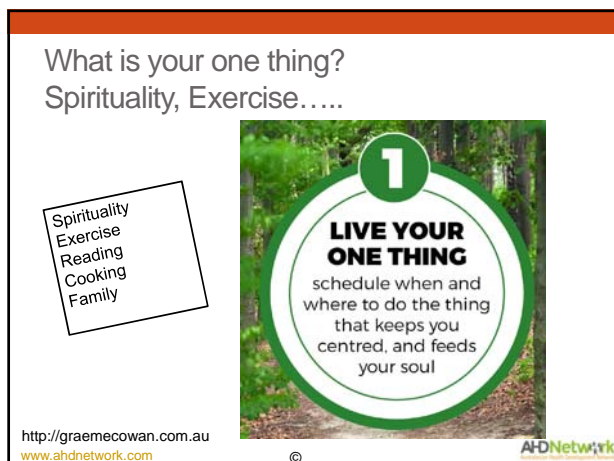
---

---

---

---

---




---

---

---

---

---

---

---

---




---

---

---

---

---

---

---

---

### Building resilience:

Factors that influence your wellness,  
happiness, productivity, sense of  
wellbeing, contribution to community

**Education**  
**Stress management**  
**Exercise**  
**Nutrition**  
**Connectedness**  
**Environment**  
**Emotional Intelligence**

[www.ahdnetwork.com](http://www.ahdnetwork.com)

©

AHDNetwork

---

---

---

---

---

---

---

---

### Components that nurture you

- Education –PD, leading & leading change, conflict resolution
- Stress management – nurturing self, manage stress to optimize performance
- Exercise – 10, 000 steps, 30 mins 5 x week
- Emotional Intelligence – ability to read the situation and people around you and respond appropriately
- Nutrition
- Connectedness
- Environment

[www.ahdnetwork.com](http://www.ahdnetwork.com)

©

AHDNetwork

---

---

---

---

---

---

---

---

### Components that nurture you

- Education
- Stress management
- Spirituality
- Exercise
- Emotional Intelligence
- Nutrition – this session
- Connectedness-building communities and relationships and these can happen at home, with friends and in the work place
- Environment - provide the support for growth to occur. If the environment is not supportive at home or in the workplace then change is needed

[www.ahdnetwork.com](http://www.ahdnetwork.com)

©

AHDNetwork

---

---

---

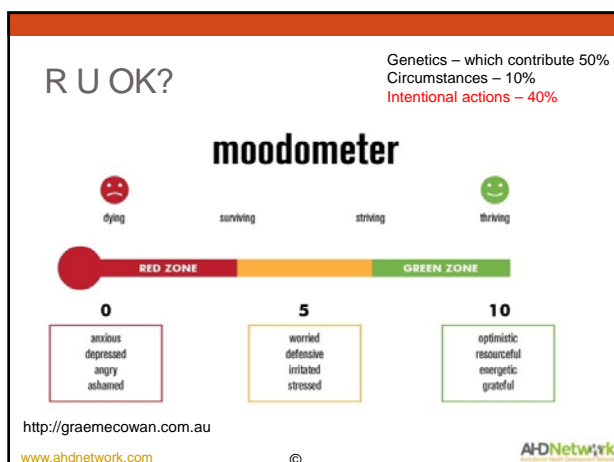
---

---

---

---

---




---

---

---

---

---

---

---

---

Activity:  
Create your personal mission statement

- Purpose = what you want to do while you are here, why we exist and reason for being.
- Vision = what you would like to become.
- Mission = how you will accomplish your vision.

*Deliberate practice*

[www.ahdnetwork.com](http://www.ahdnetwork.com) © AHDNetwork

---

---

---

---

---

---

---

---

## Summary

[www.ahdnetwork.com](http://www.ahdnetwork.com) © AHDNetwork

---

---

---

---

---

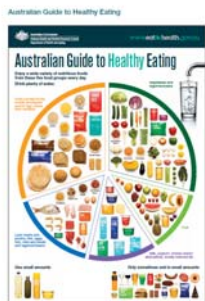
---

---

---

## Nurture through nutrition

- Meeting your targets
- ADG
- 24 hour recall



[www.ahdnetwork.com](http://www.ahdnetwork.com)

©

Australian Guide to Healthy Eating

## Step 1

What do I eat and drink?

- 24 hour recall
- The purpose of this exercise is to list all foods consumed in the past 24 hours.
- Note everything that you had to drink as well as eat throughout the entire twenty four hour period.
- Detail is important, so be specific as possible when recalling your consumption.

[www.ahdnetwork.com](http://www.ahdnetwork.com)

©

AHDNetwork

## 24 hour recall sheet

[www.ahdnetwork.com](http://www.ahdnetwork.com)

©

AHDNetwork

## Step 2

- Calculate your serves from each food group
- Each serve is equal to 1 unless stated otherwise



[www.ahdnetwork.com](http://www.ahdnetwork.com)



AHDNetwork

---

---

---

---

---

---

## Determining food groups serves per meal

[illegible]

[www.ahdnetwork.com](http://www.ahdnetwork.com)

©

AHDNetwork

---

---

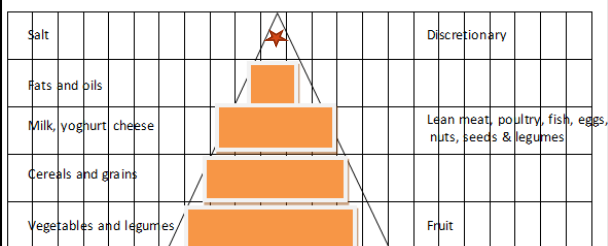
---

---

---

---

## What does your pyramid look like?



[www.ahdnetwork.com](http://www.ahdnetwork.com)

©

AHDNetwork

---

---

---

---

---

---

## Goal setting

1. CHOOSE wholegrains rather than refined cereals or grains
2. READ....
3. PREPARE...
4. COOK...
5. BUY...



[www.ahdnetwork.com](http://www.ahdnetwork.com)

©

AHDNetwork

---

---

---

---

---

---

---

---

## Emerging areas to nurture yourself

- Gut health and your microbiome
- Risk factor for chronic disease
- Fibre and resistant starch



[www.ahdnetwork.com](http://www.ahdnetwork.com)

©

AHDNetwork

---

---

---

---

---

---

---

---



[www.ahdnetwork.com](http://www.ahdnetwork.com)

©

AHDNetwork

---

---

---

---

---

---

---

---

## Life course nutrition in a nutshell

- Neuro – brain health
- Sarco – fat free mass
- Skeletal – bone and joint health
- Vascular – heart health
- Digestive – gut health

www.ahdnetwork.com

©

AHDNetwork

## Life course nutrition in a nutshell

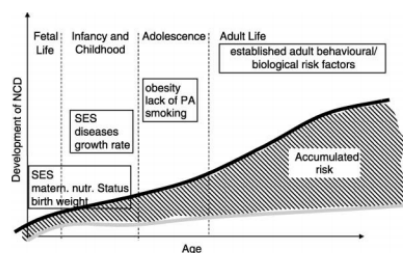


Fig. 2 Scope for NCD prevention—a life course approach. Source: adapted from Aboderin *et al.*<sup>7</sup>

Public Health Nutrition 11(4): 303–317

DOI: 10.1017/S1368825009990090

A life course approach to diet, nutrition and the prevention of chronic diseases

1. Donnan KE<sup>1</sup>\*, C. Nadeau<sup>2</sup> and WPT James<sup>3</sup>  
<sup>1</sup>Division of Human Nutrition, Columbia University, New York, USA (currently at UNICRI); <sup>2</sup>Department of Nutrition for Health and Development, World Health Organization, Geneva, Switzerland; <sup>3</sup>International Obesity Task Force, London, UK

www.ahdnetwork.com

©

AHDNetwork

## Optimise your wellness and vitality through nutrition

- Omega 3
- Tumeric
- A, C, E, Selenium
- Wholegrains
- Vegetables – beetroots, green leafy
- Fermented foods
- Brain health
- Bone and joint health
- Heart health
- Optimising fat free mass
- Gut health

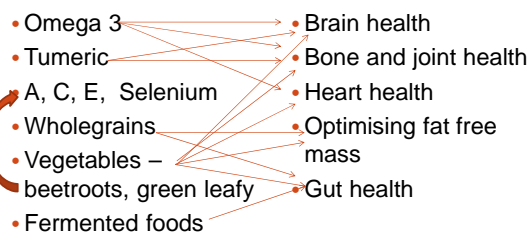
www.ahdnetwork.com

©

AHDNetwork



## Optimise your wellness and vitality through nutrition



[www.ahdnetwork.com](http://www.ahdnetwork.com)

©

AHDNetwork

## Rethink your goals

1. CHOOSE wholegrains rather than refined cereals or grains
2. READ....
3. PREPARE...
4. COOK...
5. BUY...



[www.ahdnetwork.com](http://www.ahdnetwork.com)

©

AHDNetwork

## Reflection and journaling

- What are your two most important take home messages from today?
- Write two thing down...
- Now you have started your journal

[www.ahdnetwork.com](http://www.ahdnetwork.com)

©

AHDNetwork

THANK YOU

[www.ahdnetwork.com](http://www.ahdnetwork.com) © AHDNetwork

---

---

---

---

---

---

---