

## THE POWER OF SELF CARE

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Masterclass Student Log

	BRAIN FOOD	SLEEP	WHOLE BODY MENTAL HEALTH	EMOTIONS IN THE BODY	EMOTIONAL GRANULARITY
What did you learn?	<p>What goal did you set yourself? How long will you do this for?</p> <p>_____ Leafy greens</p> <p>_____ Omega-3</p> <p>_____ Sugar</p>	<p>Test: Day 1</p> <p>Sleep time _____</p> <p>Average catch distance _____ cm</p> <p>Test: Day 2</p> <p>Sleep time _____</p> <p>Average catch distance _____ cm</p>	<p>What fruit might help you prepare for a test?</p> <p>_____</p> <p>What food might help you prepare for a sports match?</p> <p>_____</p>	<p>Where in your body do you feel your emotions most?</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>What emotional vocabulary did you gain?</p> <p>_____</p> <p>_____</p> <p>_____</p>
Top tips	<ul style="list-style-type: none"> <li>✓ Leafy greens give you a younger brain</li> <li>✓ Omega-3 fats reduce the risk of developing Alzheimer's</li> <li>✓ Carbohydrates break down into sugar</li> </ul>	<ul style="list-style-type: none"> <li>✓ Blue light interferes with sleep</li> <li>✓ Try to eliminate screens 30 mins before bed</li> <li>✓ Create a regular sleep routine</li> </ul>	<ul style="list-style-type: none"> <li>✓ Healthier diets improve your mood</li> <li>✓ Brightly coloured berries are brilliant!</li> <li>✓ Get in the habit of adding superfoods to your regular diet</li> </ul>	<ul style="list-style-type: none"> <li>✓ Emotions aren't just in the mind</li> <li>✓ Listen to your body to better understand your emotions</li> </ul>	<ul style="list-style-type: none"> <li>✓ Recognising the emotional state you're in and talking about it, can be helpful</li> <li>✓ Identify what helps you move from one emotion to another</li> </ul>