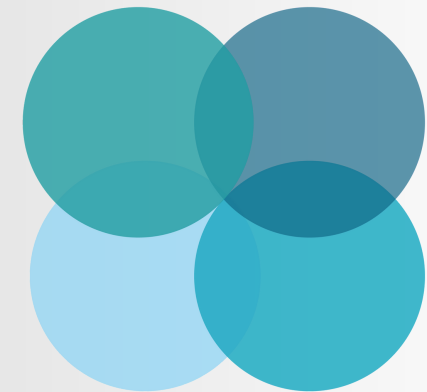


THE 4 PILLARS OF HEALTH



Nutrition | Movement
Sleep | Relaxation

BALANCE
The key to Quality living

What are pillars of health?

Good health is composed of multiple components or pillars of good physical and mental health. These pillars comprise ***nutrition, movement, sleep, and relaxation.***

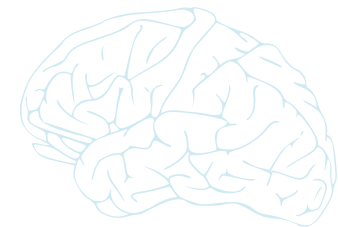
Dietary and lifestyle choices

The lifestyle choices we make around what, when, and how we eat, taking regular exercise, trying to get quality sleep, and being able to wind down at the end of the day are all lifestyle choices and health decisions that most individuals can make daily.

How these important 4 pillars work

These 4 pillars of health work in tandem to keep your body and brain healthy. Life's unpredictability can often lead to imbalances in one or more of these pillars, and if left unaddressed, these imbalances can lead to physical and mental health illnesses.

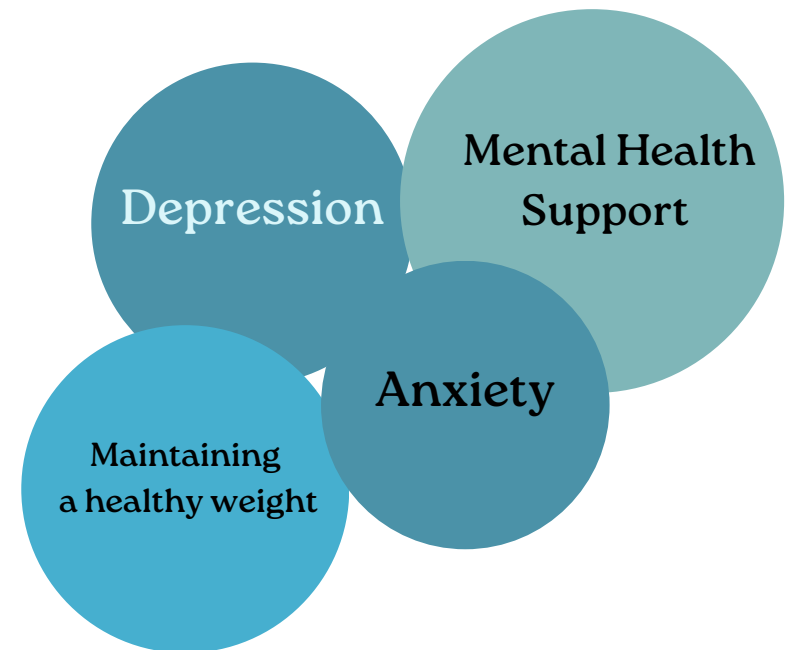
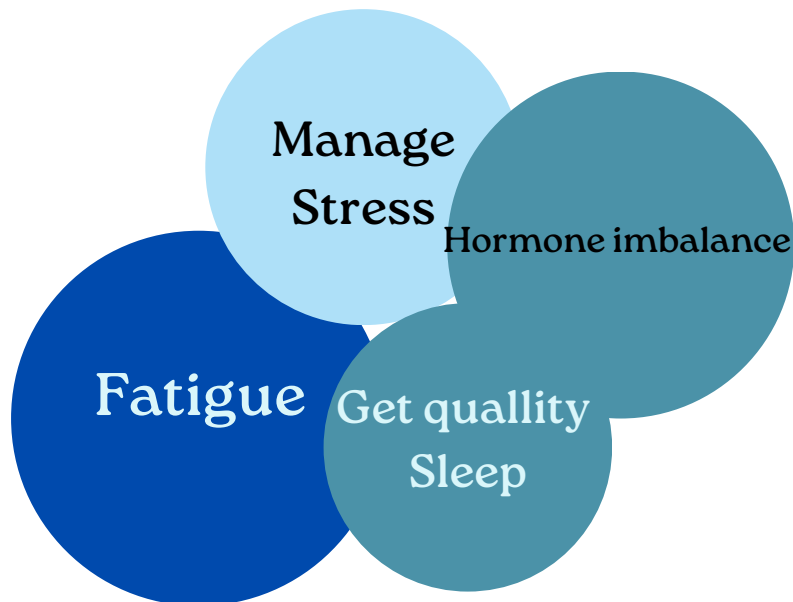
Making small adjustments to your eating habits, stress management, sleep quality, and daily physical activity can result in significant improvements in your health and the quality of your life.



Maintaining Balance.

In today's fast-paced world, finding the right balance in our lives has become more challenging than ever. We're constantly bombarded with information about what's healthy and what's not, making it difficult to make the best choices for our well-being. This overload of information isn't just overwhelming; it can also have a profound impact on our physical and mental health.

Changing dietary and lifestyle habits is not easy, but it is possible with patience, perseverance, and the right support.





There are many "pillars" to support our mental health such as exercise, getting quality sleep, and managing stress, but one of the most obvious yet under-recognised factors in the development of mental health is nutrition.

Our brains are always on, they work hard even while we sleep.

The brain has a huge demand for energy, it consumes around 25% of the energy and many of the essential nutrients that we take in from the food that we eat.



Much of the food we eat will end up being the very fabric of our brains.

Depriving our brains of the essential nutrients it needs can cause mental health illnesses such as depression and anxiety.

Balance My Life - 4 Pillars programme.

Taking a holistic approach to health means looking at all the elements that impact health and striving to achieve the correct balance in each area. Balance My Life programmes incorporate four pillars that support good physical and mental health: **nutrition, movement, sleep, and relaxation.**

Option 1. A deep dive into the The 4 Pillars of Health Workshop. (Approx 3 to 4 hours)

All the systems in our body work synergistically to maintain balance. This interactive workshop will delve into how nutrition, movement, sleep, and relaxation support these systems and how maintaining balance among all of them can enhance the quality of your life.

(all of the topics on the below list will be covered in this workshop)

Option 2. Individual workshops

Some of the most popular 1-hour workshops

- The essential nutrients for optimum health
- How to eat well to feel well
- Managing fatigue
- How to manage your weight with diet and lifestyle
- Food, Mood ,and the Gut-Brain Connection
- Sleep - why we need it and steps you can take to get quality sleep
- Stress - How stress impacts our physical and mental health - learn strategies to manage stress
- Supporting the Immune system - Building a robust immune system
- Exercise- how much and when is the best time to do it
- Hormone health - Supporting hormone health with good nutrition and lifestyle

All programmes are customised for each Individual/Group

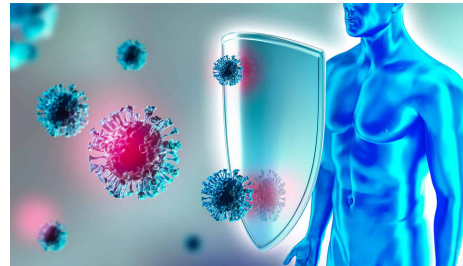


What the research says!



Scientific findings encourage the integration of micro- and macronutrients in a well-balanced and varied diet, accompanied by a healthy lifestyle, for preservation of normal brain function and well-being

[Frontiers in Nutrition](#)



Healthy people are more resistant to disease, and often fare better if they are infected.

Good health habits can help your immune system operate at its peak.

Exercise and good nutrition aren't the only habits that can help. You should also try to get consistent, high-quality sleep and manage your stress level.

Lack of sleep and chronic stress can impair immune function.

[Harvard Health](#)



Nutritional Treatments: The Next Frontier in Psychiatry

Here's how nutrients can ameliorate psychiatric

The typical Western diet of ultra-processed foods does not adequately meet the brain's nutritional requirements and is a proven risk factor for the subsequent emergence of mental disorders in both adults and children

[Nutritional Psychiatry](#)



A Little about me.

Founder of Balance My life!



After a successful career as a Certified Public Accountant spanning many years. I decided to explore alternatives to move away from the corporate world, fuelled by a passion for health and nutrition I converted this passion into a meaningful career by retraining as a Nutrition and lifestyle coach.

In 2017 I achieved my certification in Nutrition & Lifestyle Coaching and since then I have delivered health and wellness programmes to the education, charity, and business sectors as well as educating, coaching, and supporting individuals, families, and communities to embrace a healthier lifestyle.

At the core of my approach is a framework that addresses four fundamental pillars of health: nutrition, movement, sleep, and relaxation. Through this holistic approach, I empower individuals with the essential tools to nourish their bodies, incorporate more movement into their daily routines, improve their sleep patterns, and find moments of relaxation to combat stress.

My journey as a Nutrition and Lifestyle Coach has led me to a fascination with the intricate connection between nutrition and mental health. I have delved into extensive research, uncovering a compelling correlation between dietary choices and their profound impact on both physical well-being and mental health.

My main goal is to raise awareness of the profound impact our dietary and lifestyle choices have on our physical and mental health. By sharing my knowledge and experiences, I hope to inspire positive change in individuals, communities, and workplaces, cultivating a life that is healthier, happier, and more balanced.

Please feel free to contact me for more information.

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