

# IMPROVE PERFORMANCE WITH NESTS AND HEALTH:

Better Nutrition, Exercise, Sleep, Thinking, and Social support

(2-day course with 3,827 PowerPoint slides)



Happier  
Horizons

## HOW THIS COURSE HELPS YOU IMPROVE YOUR PHYSICAL HEALTH, MENTAL HEALTH, AND PERFORMANCES:

The majority of adults in the United States have at least one symptom of a sleep problem, are overweight or obese, and do not exercise regularly. Mimicking their behaviour won't provide health, performance, or happiness. However, if you abstain from detrimental behaviours (e.g., avoid tobacco) and follow the NESTS approach to health (Nutrition, Exercise, Sleep, Thoughts, Social support), then you will benefit substantially. The first two sessions introduce the benefits of NESTS, question whether you're doing all the things you need to do to achieve your goals, and provide research about destructive behaviours (e.g., alcohol, marijuana, shisha, unprotected sex) in a manner designed to shock. Next, you will be advised to eat with moderation, variety, and balance; consume 9 fruit/vegetables servings/day; eat the 10 Mayo Clinic Great Foods; and have a low daily Glycemic Index average. You will discuss research showing exercise improves physical health, mental health, brains, and happiness and six simple exercise physiology guidelines. After examining a one-day menu, a Healthy Eating Pyramid, the flexitarian approach, two recommendations (25 grams of fiber/day, obtain 20-35% of daily calories from fat), and an exercise philosophy (as long as you are not doing anything dangerous, any exercise is better than nothing), you will create a personal healthy eating and exercise plan. Next, you will examine the effects of sleep on your brain, performance, and happiness and the tragic result of not getting enough sleep. You will discuss the importance of making good decisions so that vehicle commuting, long work hours, lack of vacations, and overwork cultures don't stop you from achieving NESTS and a great career. On Day 2, you will discuss the performance improvements due to increased sleep duration, the negative effects of noise, and 16 sleep tips. Next, a fake concept and the need for critical thinking are discussed. You will learn thinking causes emotions, some cognitive behaviour therapy basics, how to replace self-defeating dysfunctional thoughts, the STAC-STAR model, six dysfunctional thinking styles, and how to use an Automatic Thoughts Change Record. Next, research studies detailing the benefits of social support and confiding, John Gottman's amazing research, and three of his techniques for improving relationships are discussed. Then you will rate ten powerful social support techniques. In the last session, you will discuss Sun Tze's oracle tale about choices, Uta Hagan's ideas about being extraordinary (not mediocre), and developing flourishing health (not preventing ill health or curing ill health). Finally, you are encouraged to test yourself with three tests once per month.

## 15 COURSE OUTCOMES:

By the end of this 2-day course you will gain the ability to:

- follow a healthy NESTS lifestyle,
- change bad health habits,
- follow healthy nutrition principles and create a healthy eating plan,
- achieve exercise benefits, follow exercise physiology guidelines, and design an exercise plan,
- obtain enough and regular sleep,
- make good decisions about naps and noise,
- make good decisions about commuting, work hours, number of vacations, and work cultures, so that you achieve great NESTS and a great career;
- critically and functionally think using cognitive behaviour therapy,
- dispute dysfunctional thoughts and use an Automatic Thoughts Change Record,
- improve your social support, relationships, and confiding,
- decrease the negative effects of individualism,
- make better choices,
- pursue NESTS even when surrounded by people who don't prioritise NESTS,
- prioritise flourishing (opposed to preventing and curing ill health), and
- test yourself monthly with three questionnaires.

## NESTS:

Nutrition  
Exercise  
Sleep  
Thinking  
Social support

## DAY 1



9:00AM - 9:10AM

## SESSION 1: A SOUND MIND IN A SOUND BODY

- 3 mins - Key point of course
- 1 mins - Course overview
- 1 mins - 15 course outcomes
- 1 mins - Logistical information
- 4 mins - 5 + 1 questions

9:10AM - 10:10AM

## SESSION 2: NESTS CREATES A FOUNDATION FOR SUCCESS

- 23 mins - Do the right thing for your health
- 9 mins - Is tobacco use the right thing for you?
- 11 mins - Is alcohol use the right thing for you?
- 6 mins - Is marijuana use the right thing for you?
- 11 mins - Are sexually transmitted diseases ideal for you?

10:10AM - 10:30AM

*Break*

10:30AM - 11:30AM

## SESSION 3: THE IMPORTANCE OF NUTRITION

- 10 mins - Moderation, variety, and balance
- 12 mins - Heart disease, blood vessel disease, chronic disease, and nutrition
- 16 mins - Categorisation of food
- 7 mins - Is obesity the key to happiness?
- 15 mins - 9 fruit/vegetables servings/day, 10 Mayo Clinic Great Foods, and daily Glycemic Index average of 50-55

11:30AM - 11:50AM

*Break*

11:50AM - 12:50PM

## SESSION 4: THE IMPORTANCE OF EXERCISE

- 9 mins - Physical exercise improves physical health
- 18 mins - Physical exercise improves mental health
- 6 mins - Physical exercise improves brain functioning
- 5 mins - Physical exercise improves work performance
- 9 mins - Physical exercise improves happiness
- 13 mins - 6 exercise physiology guidelines

12:50PM - 1:50PM

*Lunch*

1:50PM - 2:50PM

## SESSION 5: HOW TO IMPROVE NUTRITION AND EXERCISE

- 24 mins - Supplements, fasting, or healthy eating?
- 19 mins - Create a healthy eating plan
- 17 mins - Create a healthy exercise plan

2:50PM - 3:10PM

*Break*

3:10PM - 4:10PM

## SESSION 6: THE IMPORTANCE OF SLEEP

- 14 mins - Do you get enough sleep?
- 6 mins - What happens if you don't get enough sleep?
- 8 mins - The impact of sleep on concentration
- 4 mins - The impact of sleep on body fat
- 10 mins - Microsleeps and drowsiness
- 7 mins - The impact of sleep on brains and happiness
- 11 mins - How much sleep do you really need?

4:10PM - 4:30PM

*Break*

4:30PM - 5:00PM

## SESSION 7: MAKE GOOD DECISIONS TO HAVE GREAT NESTS

- 6 mins - NESTS is difficult with commuting
- 4 mins - NESTS is difficult with long work hours
- 5 mins - NESTS is difficult with few vacations
- 5 mins - NESTS is difficult with over-work cultures
- 10 mins - NESTS is possible with good decisions

## DAY 2



9:00AM - 10:00AM

## SESSION 1: HOW TO IMPROVE SLEEP

- 18 mins - Sleep and performance
- 15 mins - The negative effects of noise pollution
- 27 mins - 16 tips to improve sleep

10:00AM-10:20AM

*Break*

10:20AM - 11:20AM

## SESSION 2: THE IMPORTANCE OF THINKING

- 11 mins - Critical thinking and Bill Shankly syndrome
- 9 mins - Critical thinkers are courageous (not gullible)
- 13 mins - Thoughts lead to feelings
- 10 mins - Cognitive behaviour therapy can improve thinking
- 6 mins - Evidence that CBT is effective
- 11 mins - Randy Pausch and functional thoughts

11:20AM-11:40AM

*Break*

11:40AM - 12:40PM

## SESSION 3: HOW TO IMPROVE THINKING

- 14 mins - Automatic thoughts and core beliefs
- 5 mins - The ABC and STAC/STAR models of CBT
- 12 mins - CBT disputing exercises
- 17 mins - 6 dysfunctional thinking styles
- 12 mins - Really go for it and use an Automatic Thoughts Change Record

12:40PM - 1:40PM

*Lunch*

1:40PM - 2:40PM

## SESSION 4: THE IMPORTANCE OF SOCIAL SUPPORT

- 19 mins - Social support
- 4 mins - Support from friends
- 6 mins - Support from family
- 7 mins - Support from work
- 7 mins - Don't endure your grief alone
- 8 mins - Increasing individualism is causing problems
- 3 mins - Social support aids socially and mentally
- 6 mins - A suggestion to improve social support

2:40PM - 3:00PM

*Break*

3:00PM - 4:00PM

## SESSION 5: HOW TO IMPROVE SOCIAL SUPPORT

- 17 mins - John Gottman's keys to a successful marriage
- 43 mins - Rate 10 techniques to improve social support

4:00PM - 4:15PM

*Break*

4:15PM - 5:00PM

## SESSION 6: PREVENTION IS GOOD, BUT FLOURISHING IS BETTER

- 4 mins - Sun Tze, an oracle, choices, and "obstacles"
- 6 mins - NESTS requires being comfortable in the minority
- 9 mins - NESTS and longevity
- 11 mins - Prevent ill health, but emphasise flourishing
- 10 mins - Regularly test yourself
- 5 mins - 3 questions