



# WELL-BEING ON THE GO!

## STAYING HEALTHY & ENERGISED WHEN TRAVELLING

**CHARLÈNE GISÈLE®**

PERFORMANCE & WELL-BEING COACH

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CAMBRIDGE LAW GRADUATE



BIG LAW LITIGATOR

Former Lawyer & Legal Tech/ Innovation Manager



UNIVERSITY OF  
CAMBRIDGE



WHITE & CASE



LexisNexis®



MY BURNOUT EXPERIENCE



BECOMING THE COACH I WISH I HAD

Health, Breathwork, Performance, Business, Neurolinguistic Programming (NLP) Master Coach & Clinical Hypnotherapist



The  
British  
Psychological  
Society





FOUNDED **CHARLÈNE GISÈLE®**  
COACHING & METHOD



BURNOUT ADVISOR  
& KEYNOTE SPEAKER

## Burnout Advisor to Leading Firms & Organizations

— “ —  
The Coach who busts  
high achievers' stress  
— ” —



— “ —  
The Burnout Prevention Adviser



## STRATEGIES FOR WELL-BEING ON THE GO



1 EXERCISE

2 NUTRITION

3 RELAXATION

4 SLEEP



# EXERCISE

## SUBOPTIMAL MOVEMENT & EXERCISE



Sedentary



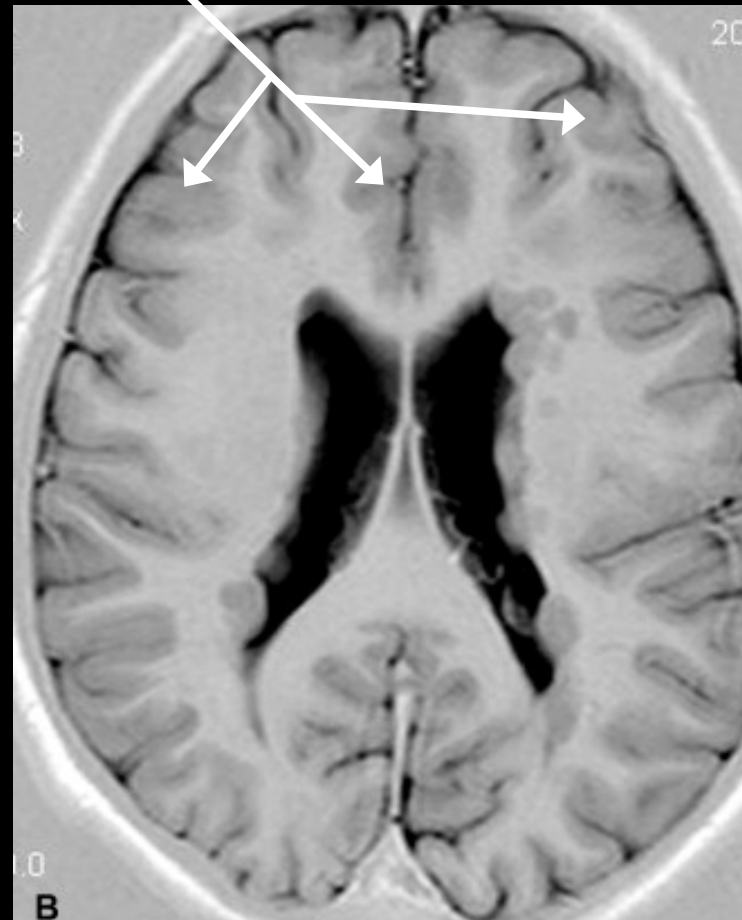
Frequent  
travels



Indoors

# CHRONIC STRESS ALTERS OUR BRAIN

GREY MATTER



Chronic stress damages the brain and shrinks grey matter volume.



Executive functions



Impulsive reactions

80% of your brain's grey matter volume is modifiable by exercise.

## OPTIMAL MOVEMENT & EXERCISE



Staying active  
daily



Scheduling  
exercise



Scheduling  
time in nature

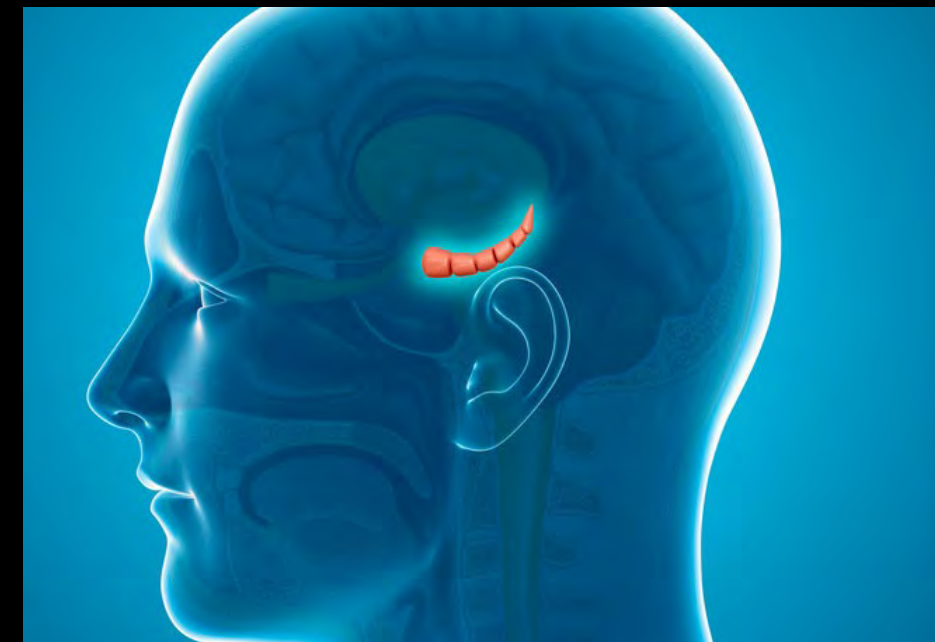
## BENEFITS OF EXERCISE ON THE BRAIN

Walking for 40 min 3 times a week has been shown to:

↑ Increase the size of the hippocampus

↑ Improve memory

↑ Increase cognitive performance



2011, Department of Psychology, University of Pittsburgh.



Schedule morning movement as your 'first meeting' of the day.

## 3 PILLARS OF FITNESS



CARDIO



STRENGTH



STABILITY



Complete at least one session of each exercise modality a week.

# 1

## CARDIO TRAINING

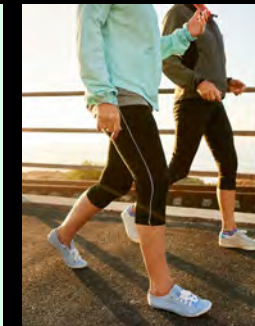
- ▶ Aerobic exercise is best for long-term sustained increases in cognitive health and performance.



Running



Preferred  
cardio  
machine



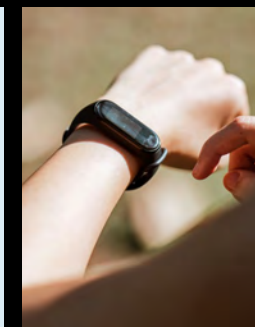
Brisk  
walking



Pack trainers  
and/or  
skipping  
rope

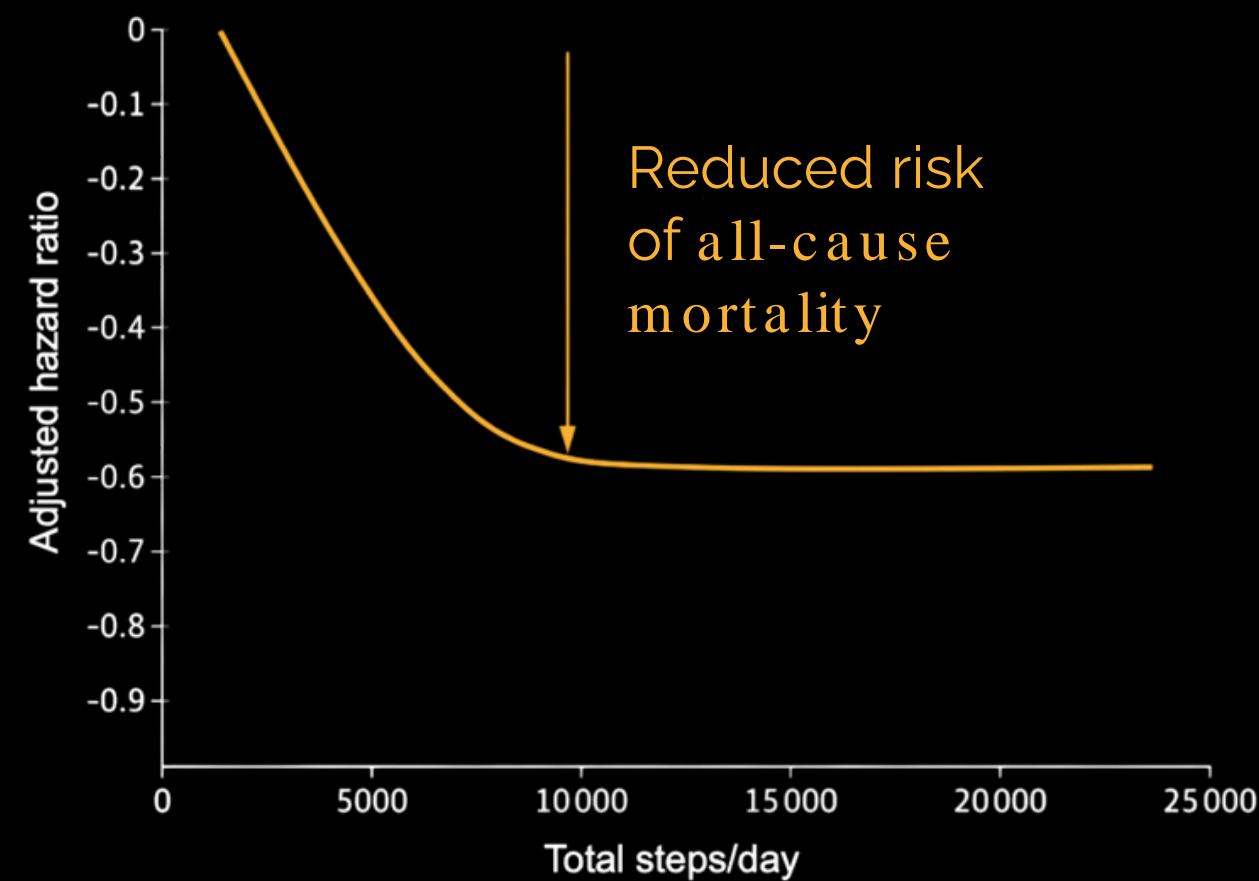


Prioritise  
hotels with  
gym options



Track your  
steps daily

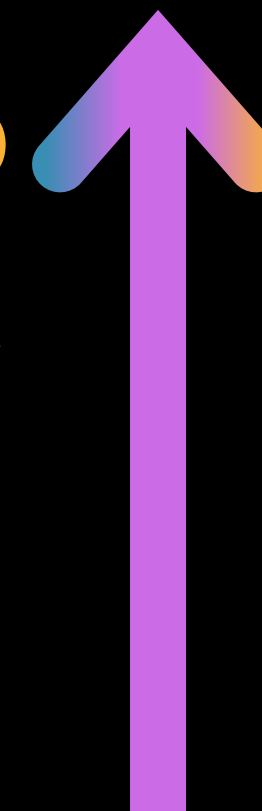
## LET'S GET TRACKING!



Best  
10,000

Better  
8,000

Good  
4,000



del Pozo Cruz et al., JAMA Neurol, 2022.



Have a 'Step account' and track to complete 70,000 steps a week!

## MICRO-NATURE EXPOSURE

- ▶ Studies show that blue and green spaces decrease stress hormones by 20-30%.



Schedule 'power walks'  
by green spaces.



Schedule 'wonder walks'  
by blue spaces.



Prioritise outdoor exercise and movement.

# MY JOURNEY WITH PHYSICAL EXERCISE



# 2

## STRENGTH TRAINING

- ▶ Strength training is best for injury prevention, resilience, and recovery from stress.



Body weight exercises



Resistance exercises



Pack resistance bands for portable workouts



Watch & download online classes

# 3

## STABILITY TRAINING

- ▶ Studies have shown yoga to be as and more effective than all other non-pharmaceutical therapies for improving well-being and performance.



Yoga & Pilates



Stretching & balancing



Watch & download online classes



Pack your yoga mat

## WHAT KIND OF SNACKER ARE YOU?

### 'TRADITIONAL SNACK'



Anxiety



Temporary Energy

### 'MOVEMENT SNACK'

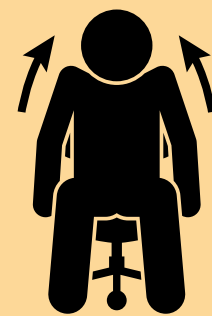


Anxiety



Lasting Energy

## EMBEDDING MOVEMENT AT WORK <1 MINUTE MOVEMENT SNACKS



### SHOULDER SHRUG

Raise shoulders towards ears, pause, then lower.

REPEAT 5 TIMES.



### SIDE BEND

Raise arms above the head and tilt from one side to the other.

REPEAT 5 TIMES.



### WRIST ROLLS

Roll your wrists clockwise, then counterclockwise.

5 SECONDS EACH WAY.



### BODY TWISTS

Place one leg over the other & twist towards raised leg.

10 SECONDS EACH SIDE.



### CHEST STRETCH

Place your hands on your lower back and extend your chest out.

10 SECONDS.



### BACK STRETCH

Place one hand on top of the other and extend forward.

10 SECONDS.

«●» **LIVE**  
COACHING  
EXPERIENCE



# NUTRITION

## DYSREGULATED NUTRITION



Frequent  
snacking



Fried foods



Processed  
sugar

## FRIED FOODS & SNACKS



- ⬇ Dopamine function in the brain
- ⬇ Nutrients as they are destroyed by the high heat
- ⬆ Hyper-palatability and high in calories
- ⬆ Risk of cardiovascular disease and type 2 diabetes
- ⬆ Inflammation in the body due to oxidised seed and vegetable oils

## PROCESSED SUGARS & SNACKS



- ▶ Spikes and crashes in blood sugar cause mood swings, anxiety, irritability and disrupt energy.
- ▶ Pro-inflammatory foods increase cortisol levels.

## REGULATED NUTRITION



Protein-rich  
meals

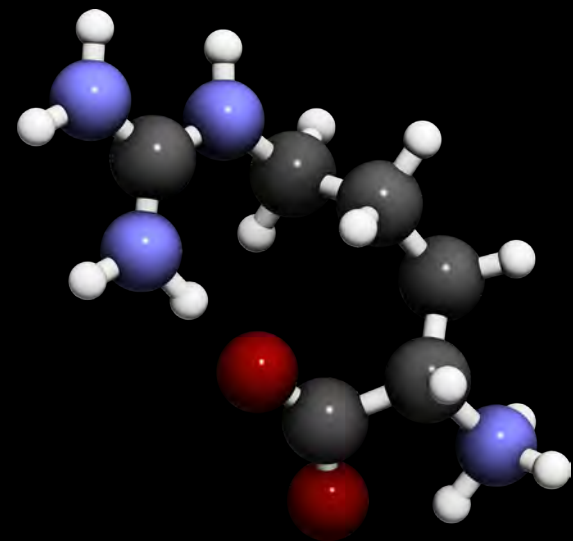


Healthy fats



Hydration

## PRIORITISE PROTEIN



Protein is an essential nutrient for stress-proofing our body.

Protein is the building block of the body, immune system, hormones, and neurotransmitters.



Eat a high-protein breakfast.

Include protein at lunch and dinner.

Opt for protein-rich food like Greek yogurt or meat.

## PRIORITISE HEALTHY FATS



Brains built on healthy fats have better plasticity, memory, focus, and resilience.

Vary your fats to get Omega-3s (EPA & DHEA), which are best for cognitive performance and focus.



Grass-fed Red Meat



Eggs & Oily Fish



Coconuts/Avocados



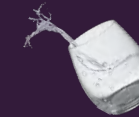
Nuts/Seeds/Olives

## ELECTROLYTES & MINERALS

► Replenishing your electrolytes and minerals is essential to overcome dehydration from travelling:

- ⬆ Concentration
- ⬆ Energy levels
- ⬆ Nerve function
- ⬆ Muscle tension

Mineral Water



Electrolyte Drinks



Coconut Water



Fresh Juice



Set a 'water alarm' and carry a water bottle.



## CHRONIC STRESS



Frequent  
stressors



Over & under-  
breathing



No mental  
break

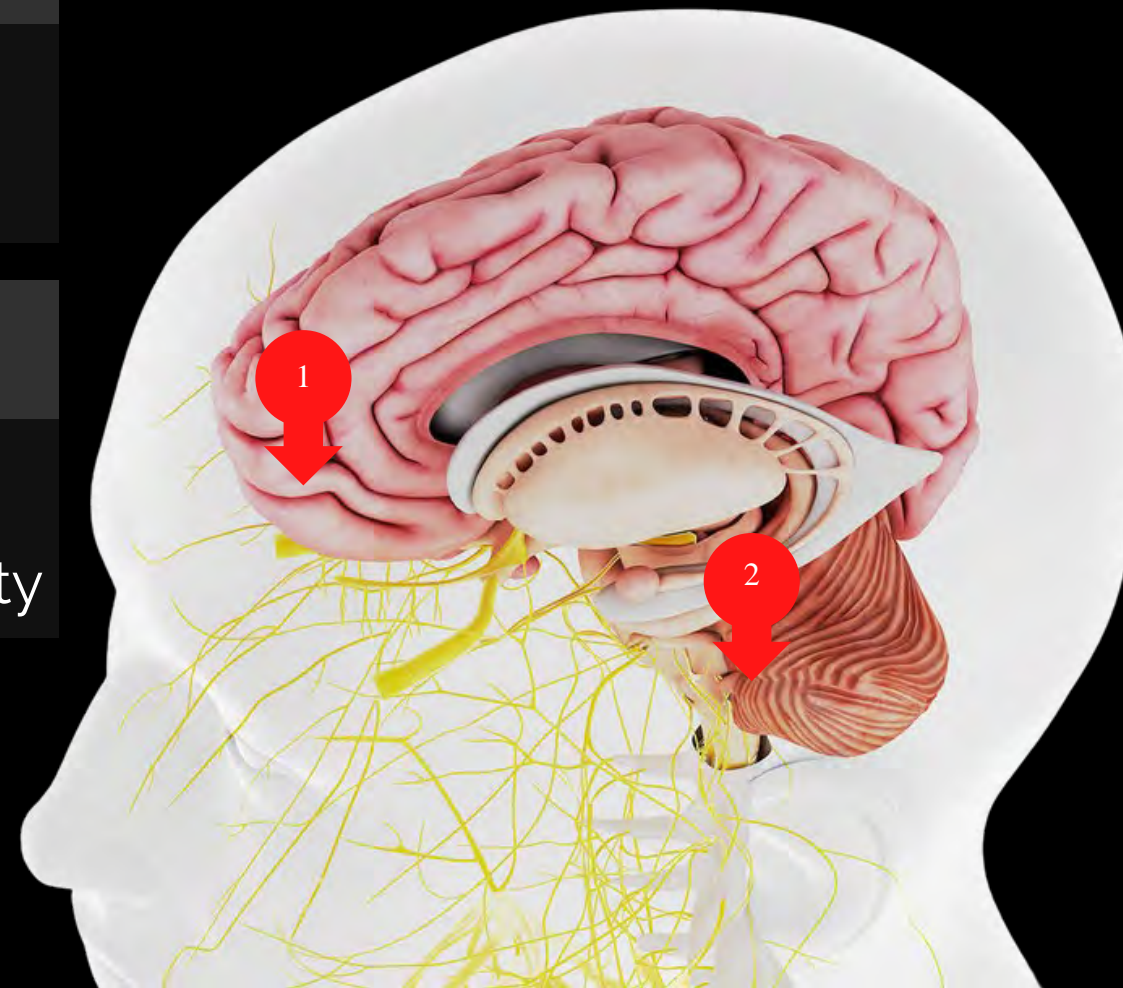
# IMPACT OF STRESS ON THE BRAIN

## 1 Prefrontal Cortex

- ↓ Thickness & activity
- ↓ Executive functions

## 2 Hippocampus

- ↓ Grey matter density
- ↓ Memory & learning capacity



## DAILY DOSES OF RELAXATION



Stress relief  
strategies



Long & slow  
exhales

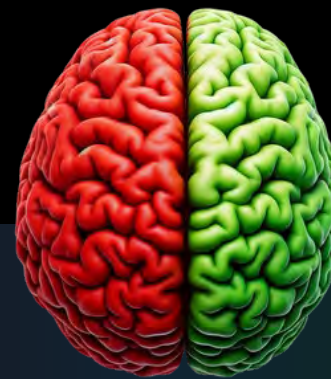


Simple  
meditation

1

# BREATHWORK

OVERWHELM



RELAXATION

Sympathetic  
Nervous System:  
'Fight, flight or freeze'

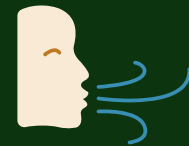
Parasympathetic  
Nervous System:  
'Rest and digest'

You can control & influence this with your:

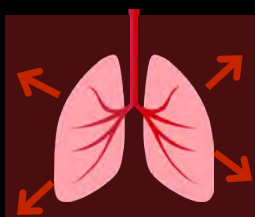
BREATHING



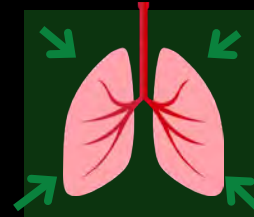
Inhale



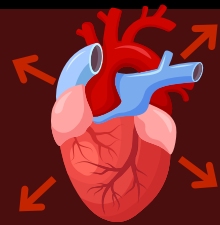
Exhale



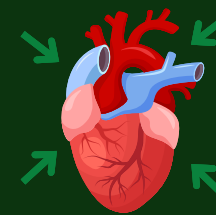
Lungs enlarge



Lungs shrink



Heart enlarges



Heart contracts



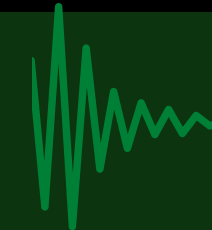
Brain activates the sympathetic nervous system



Brain activates the parasympathetic nervous system



Heart rate speeds up



Heart rate slows down

## NATURAL TRANQUILISER



1

Inhale through your nose  
for a count of 1-2.



2

Exhale through the mouth  
for a count of 1-2-3-4.

«●» LIVE  
COACHING  
EXPERIENCE

2

## MEDITATION

What do you think  
meditating looks like



# What we think meditation has to look like...



What meditation can look like...



# MY JOURNEY WITH MEDITATION



# IMPACT OF MEDITATION ON THE BRAIN

## 1 Prefrontal Cortex

↑ Thickness & activity

↑ Executive functions

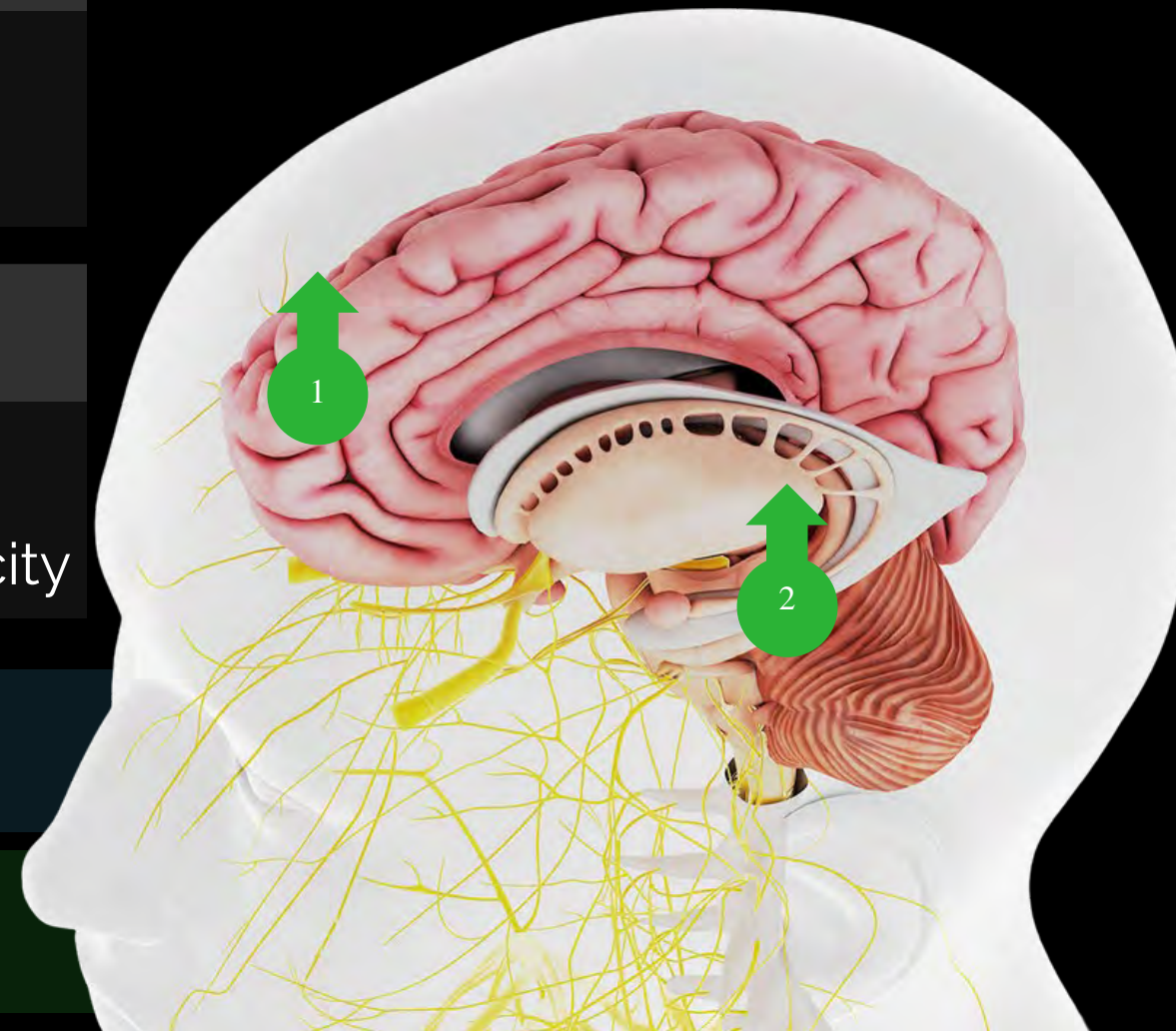
## 2 Hippocampus

↑ Grey matter density

↑ Memory & learning capacity

↓ Stress hormones

↑ Stress resilience

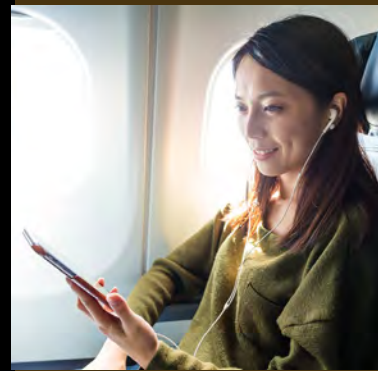




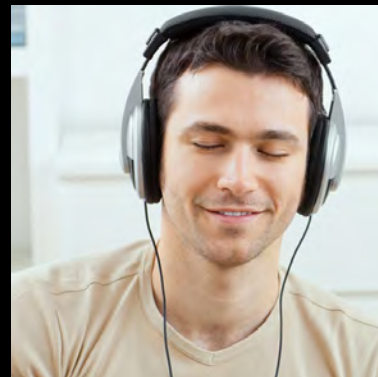
**‘NON-WOO-WOO’ MEDITATION**  
RELAX ANYTIME, ANYWHERE.  
CLOSE YOUR EYES & FOLLOW MY CUES.

 **LIVE**  
COACHING  
EXPERIENCE

## RELAXATION ON THE GO!



Pre-download  
guided  
meditations



Pack noise-  
canceling  
headphones or  
earplugs



Pack an eye  
mask

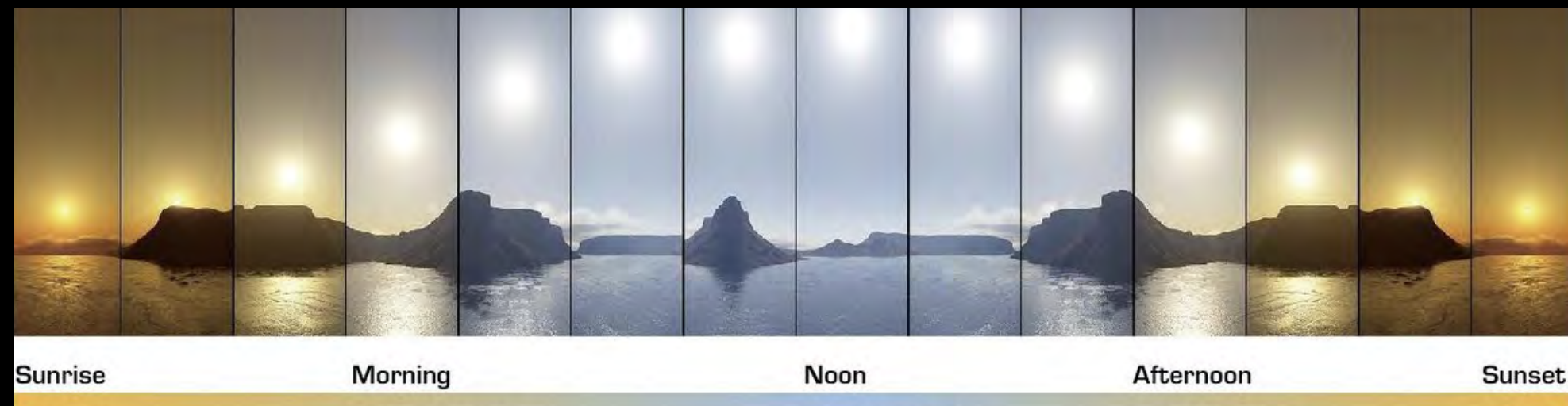
Download your  
guided meditation





## OPTIMISE YOUR CIRCADIAN RHYTHM

- ▶ Your circadian rhythm is your body's internal clock that governs your energy levels.
- ▶ Light plays a key role in regulating (or dysregulating) your circadian rhythm:



Morning **Daylight** triggers:

- ⬆ Motivation & Drive (Dopamine)
- ⬆ Alertness & Focus (Cortisol)

At night, **minimal light** triggers:

- ⬆ Sleep hormone (Melatonin)

## DYSREGULATED CIRCADIAN RHYTHM



No morning  
light



Blue light at  
night



Strenuous  
exercise  
at night

## STRATEGIES TO MINIMISE BLUE LIGHT AT NIGHT



Switch watching TV for reading a book or listening to an audiobook



Use blue light filters on devices



Travel with and use a sleep mask to avoid blue light in hotel rooms



Wear blue light-blocking glasses

## NIGHT-TIME VS MORNING EXERCISE

Strenuous exercise <3  
hours before bed...



Heart rate &  
adrenaline



Cortisol levels



Sleep latency

Morning exercise  
improves sleep...



Circadian rhythm  
regulation



Hormonal regulation



Sleep disruption



Schedule cardio and strength training for the morning and  
yoga/stretches for the evening.

## REGULATED CIRCADIAN RHYTHM



Morning  
light

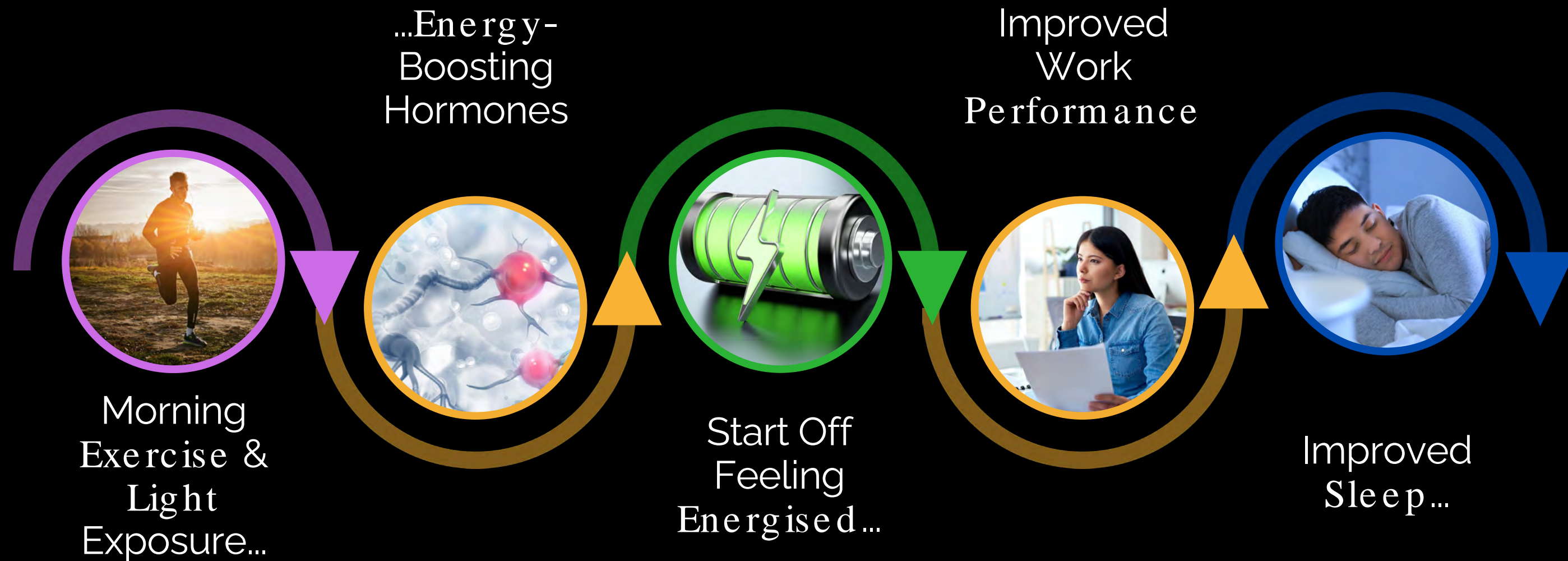


Morning  
exercise



Minimum blue  
light at night

# A GOOD NIGHT'S SLEEP STARTS WITH MORNING MOVEMENT!



# THANK YOU

Do you have questions?  
Please don't hesitate to ask!

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