

GLOBAL WELLNESS DAY

'Wellness around the world
through the 7 Step Manifest'

*"One day, can change
your whole life!"*



www.wei-think.com
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To celebrate Global Wellness Day, embark with WE(i) Think on a journey around the world to discover fun and interesting ways to implement the GWD 7 steps in your day-to-day toward a healthier life.

1. Walk for an hour.
2. Drink more water.
3. Don't use plastic bottles.
4. Eat healthy food.
5. Do a good deed.
6. Have a family dinner with your loved ones.
7. Sleep at 10:00 pm.

As human beings, we have outsmarted ourselves when it comes to taking care of our wellbeing. Technology, convenience, and the business of modern-day life have overtaken our ability to recognize the benefits of practices that were once normal and a part of every-day life. Looking at traditions and lifestyle all over the globe, we notice that the GWD 7 steps are inherent in local cultures and have been around for several years in various forms.

WE(i) Think is happy to partner with the Global Wellness Day to celebrate living well, taking a moment to reflect on our health and habits, meet with empowering people improving the wellbeing of their communities and hopefully inspire you to improve your lifelong journey to wellbeing with this little trip through the five continents.

'WALK FOR AN HOUR!'

Brazil

Walking for an hour each day is an excellent form of exercise, creating movement and releasing endorphins making you feel good. But, why walk... if you can dance? Let's go to Brazil and let the rhythm of Samba shake our bodies.

Samba was born in Brazil from a mix of Brazilian and African cultures. The key is to find the connection between the music, dance, instruments and the movements of the body. Moving, through dancing comes with many health benefits:

- Higher energy levels
- Better hip movement
- Proper body posture
- Flexibility
- Stronger lungs
- Better memory
- Stronger bones
- Better muscle strength as well as toning
- Better heart health
- Better mental health

It's no wonder Brazil's carnival is the country's largest popular festival, known as "the greatest show on Earth" to Brazilians.

Four days of dancing Samba, extravagant costumes, tasty food and sunshine! There should be nothing to stop us dancing and let the rhythm boost our well-being. After all, if we can walk, we can just as much dance...



'DRINK MORE WATER!'

Equatorial Guinea

The second manifest reminds us to hydrate our bodies. Drinking the recommended amount of water each day ensures that we are healthy and energized. Sadly, for many countries, clean drinking water is still a privilege.

The rural villages in Equatorial Guinea rely on agriculture and livestock but are unable to achieve more than a subsistence economy. The only water available is of poor quality, and the residents are not able purchase mineral water. Poor quality water is consumed daily without any guarantee for health and often results in harmful consequences.

In response to this crisis, Salesian Missions has developed an empowering initiative called the "Clean Water Initiative". It builds wells to supply fresh, clean water as a top priority for every community.

Sacred Heart Parish in the Diocese of Ebibeyín in Equatorial Guinea has clean, fresh water in the village of Okong-Oyeck and is one of their 18 projects planned for rural areas in the country. Altogether, they hope to alleviate this crisis, increase sanitation, improve the health of children, and supply clean drinking water by constructing wells and cisterns. Digging water wells and installing water tanks ensure that people have the clean, fresh water they need.

Improving water and sanitation facilities brings a sense of dignity to communities and promotes proper hygiene and safe drinking water.



'DON'T USE PLASTIC BOTTLES!'

Bahrain

Most people understand that reducing waste and recycling is an environmentally critical endeavour. The GWD Manifest 3 aims to inspire us to decrease our plastic usage by moving away from non-recyclable plastic bottles. And instead, choosing products made of alternative materials or with a multi-use option.

Being home to nearly 1.5 million people for a small size of 760 km², the Kingdom of Bahrain is particularly vulnerable to plastic waste. In June 2019, the Kingdom revealed its plans to ban plastic bags, supported by the people of Bahrain who have always been pioneers in green-thinking through their openness to modern education and the drive from the nation's younger generation.

Bahrain's ocean plastic has disproportionately impacted marine life, which was a means of livelihood for many locals. As we know, plastic is extremely harmful to marine life, which is why Bahrain have implemented strict regulations to phase out plastic bags, as well as their aim to ban the import of non-biodegradable plastic bags. In addition, the government has plans to expand their recycling system to reduce plastic waste in landfills. (Source: SamiDimassi). The importance of changing people's attitudes and perceptions has been highlighted as a priority, specifically for younger generations to become more eco-conscious.

"Anything harming the environment will eventually harm us, so we need to take steps to regulate and ban harmful substances, and work together towards a healthier planet for all creatures."(Quote: AhmedRaja)



'EAT HEALTHY FOOD!'

Burkina Faso

Eating healthy is essential for living well. In the Western world, superfoods are the influential new trend that has taken over the food industry to support a healthy diet and the algae Spirulina is seen as a powerful superfood, while it can be a real lifesaver in developing countries.

The Spiruline Nayalgue project was created in Burkina Faso to fight against malnutrition and provide support to people affected by HIV/AIDS. Spirulina is grown in ponds in a production centre located in Koudougou. Today, this is the main supplier for health centres across the country.

The project works with nuns who ensure that malnourished children can recuperate with the green panacea. Thankfully, the nuns have a spirulina grant, otherwise this superfood would only be available to the Burkinabe elite.

Nutrients and vitamins found in this superfood are vitamin A, B, C, E, K, iron, magnesium, calcium and potassium. It is also a great source of protein and used for detoxifying. Regular consumption helps the body absorb its nutrients and can help to treat various deficiencies.



'DO A GOOD DEED!'

Cameroon

The act of kindness benefits our emotional wellbeing and improves the overall happiness. Doing a good deed and leading by example helps in making our world a better place.

Tabi Joda grew up spending hours climbing trees with friends in the forest between Cameroon and Nigeria. As they grew older trees became scarce through deforestation with an increase in agricultural land. Forests turned to deserts and wildlife diminished.

In 2010, Joda took over family land with the help of his parents, where he launched his incredible initiative to plant one billion trees through his agroforestry business. His aim was not only to revive the forest he once knew, but to create jobs. "A forest should deliver both environmental services and economic opportunities," said Joda. "Agroforestry restores the ecosystem and provides livelihoods."

Agroforestry is a central component of the 2021-2030 UN Decade of Ecosystem Restoration, where efforts are aimed to reverse the damage to various ecosystems.

Joda estimates that his business has planted around one million trees on the land he took over. He now employs 20 people and envisions recruiting more youth and women from the community to produce value-added plant-based products from the variety of trees planted, including skincare products from avocados to supplements such as moringa powder.



GWD Manifest #6

'DINNER WITH YOUR LOVED ONES!'

Denmark

Taking care of our wellbeing, also means taking care of our loved ones and spending time with them. And the GWD manifest #6 concentrates exactly on that: whether during a dinner, a walk, a telephone call or a relaxing get-together, nothing can replace creating memories with family and friends. Our example from

Denmark shows why it hits the top 3 happiest countries in the world year after year. Well, they have a secret ingredient, their local way of living: the Danish concept of Hygge (pronounced 'hoo-ga').

In essence, hygge means creating a warm atmosphere and enjoying the good things in life with good people. For example, the warm glow of candlelight is hygge, cosying up with a loved one for a movie - that's hygge, too. And there's nothing more hygge than sitting around with friends and family, discussing the big and small things in life. All-in-all it encompasses a feeling of cosy contentment, comfort and well-being through enjoying the simple things in life. Hygge encourages us to make the ordinary special, and to indulge in all the good things around us.

Hygge happens all year round and is a way of life, but there is actually a high season for Hygge and that is undoubtedly Christmas. Danish winters are known to be long and dark, and so the Danes fight the darkness with their best weapon: hygge, and the millions of candles, throw blankets and togetherness that go with it.

Feeling increased happiness could certainly be a perk of practicing Hygge, but there may be other emotional, physical and relationship benefits as well.



'SLEEP AT 10:00PM!'

The Netherlands

The kids of Netherlands are ranked #1 worldwide in happiness and education.

Whilst there are many factors to raising such joyful kids, one stands out most - and makes the country another #1 worldwide: early bedtime! And this leads us to our last GWD manifest step:

Enjoying an early evening meal, the period between dining and sleeping is the longest, which as a result has a beneficial effect on the sleep patterns of the Hollanders.

And it pays off. The world-champions rest an average of eight hours and 12 minutes per night.

Here are some of the benefits of good quality sleep:

- More energy
- Healthier eating
- Increased focus and alertness
- Increased productivity
- Brighter mood
- Less irritability

Early risers tend to fall asleep faster and have better quality of sleep, more aligned with their circadian rhythm, than people who sleep the same amount of time by going to bed and waking up earlier. There might be truth in our grandmas saying that the hours before midnight count double in terms of sleep quality. Our sleep happens in cycles and according to studies, the 90 minute sleep cycle before midnight is the most restorative, rejuvenating and healing one.



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