



Everyday Foundations

Sleep • Hydration • Fibre • Stress

Small, steady habits can support the way you feel. These four foundations often form part of an individual treatment plan. You do not need to change everything at once; start with what feels manageable.

Sleep

Most adults need around 7 to 9 hours of sleep. A regular wake time and a calm routine before bed may help you get more consistent rest. [1]

One small step: Choose a bedtime routine you can repeat most nights.

Hydration

Water is a good everyday drink. Your fluid needs change with activity, weather and your health, so notice your thirst and drink regularly through the day. [2]

One small step: Keep water nearby or have a glass with meals.

Fibre

Vegetables, fruit, legumes, nuts and wholegrains provide fibre. Add variety gradually and drink enough fluid. If you have a digestive condition or symptoms, your approach may need to be tailored. [3]

One small step: Add one fibre-rich food you enjoy to a usual meal.

Stress

Stress can affect how you feel in both body and mind. A walk, a quiet pause or slow breathing may help you reset. Choose what works for your circumstances. [4]

One small step: Make room for a short pause in your day.

These are general starting points. In a consultation, we can consider your health, daily life and goals to decide what is useful for you.

Further reading: [1] healthdirect.gov.au/sleep [2] healthdirect.gov.au/drinking-water-and-your-health
[3] healthdirect.gov.au/high-fibre-foods-and-diet [4] healthdirect.gov.au/relaxation-techniques-for-stress-relief