

WELLOO NEWS

Information and tips to boost wellbeing

Women Working Long Hours Have Increased Risk for Diabetes

Guilbert-Ouimet et al (2018) analysed 7,065 workers over 12 years and found that women who worked 45 hours or more had a 51 percent increased risk of diabetes.

Kids Gain an Hour+ of Sleep After Yoga & Deep Breathing Training

O'Hara et al (2021) studied 1,000 at-risk elementary school children and found that mindfulness classes (yoga movement and breathwork) led to (on average) an extra 74 minutes of sleep per night and almost a half hour of REM sleep.

Work Stress Linked to 97% Increased Risk of Irregular Heart Rhythm (AFib)

Diffo et al (2024) found that adults with perceived high job strain, due to low salary or recognition, may face a 97% increased risk of developing atrial fibrillation.



Transforming Your Life With Wellbeing Coaching

Written by Sadaf Akhtar, PhD

Investing in our wellbeing is essential to boost vitality and reduce the risk of suffering shocks, illness, and disability. Due

to various reasons, including trauma, many struggle to implement changes to address vulnerability to chronic conditions. The good news however is that personalised guidance from a coach can facilitate achieving optimum wellbeing.

“A wellness coach tailors strategies to your unique needs, helping you achieve optimal health and a balanced lifestyle”

To learn more about how coaching can help you transform your health visit: wellqo.co/wellbeing-coaching/

