

LIFESTYLE PILLARS

Sleep, Movement & Stress as Medicine

Author- Zainab Mustafa Bharmal



TABLE OF CONTENTS

1. It's Not Just Food

2. Sleep is Your Superpower

3. Move to Heal, Not Just Burn Calories

4. Stress Is a Signal, Not a Sentence

5. Aligning Your Routine with Wellness

6. Build a Lifestyle that Heals

It's Not Just Food

A balanced diet is only half the story. Without proper sleep, movement, and stress control—even the best food can't support your health fully.

Why lifestyle matters:

- These habits regulate hormones and immunity
- Sleep and stress affect digestion, energy, and mood
- Movement keeps your body systems in sync

Mini Tasks:

1. Write down one lifestyle habit you often neglect (e.g., late bedtime, no exercise).
2. Rate your current energy level from 1 to 10.

Sleep is Your Superpower

Most teens are sleep-deprived—and it shows up in their skin, mood, focus, and cravings.

Lack of sleep causes:

- High cortisol = more stress
- Hunger hormone imbalance = more cravings
- Lower immunity = frequent illness

Mini Tasks:

1. Set a target bedtime for tonight and try to stick to it.
2. Avoid screens 30 minutes before sleep and write how you feel in the morning.

Move to Heal, Not Just Burn Calories

Movement isn't only for weight—it boosts mental clarity, hormone balance, and digestion.

Why it matters:

- Just 30 mins of daily movement improves mood and sleep
- Dancing, walking, and yoga support stress relief
- Ayurveda promotes gentle, consistent activity

Mini Tasks:

1. Choose a 20–30 minute movement activity you enjoy (dance, stretch, walk).
2. Track your mood before and after with a smiley face scale (sad, neutral, happy).

Stress Is a Signal, Not a Sentence

Chronic stress causes real physical harm—but you can take charge.

Impact of stress:

- Raises inflammation and cortisol
- Suppresses immunity
- Triggers acne, anxiety, and fatigue

Mini Tasks:

1. Try 5 minutes of deep breathing or Pranayama today.
2. Write one thing you're grateful for before bed.

All rights reserved by Zainab Mustafa Bharmal.

The sale, reuse and sharing of this content is illegal and against the law. Legal action + a fine of Rs. 10 Lakhs will be imposed against anyone found doing so.

Aligning Your Routine with Wellness

Small, daily habits protect your body more than intense health sprints.

Daily rhythm tips:

- Wake and sleep at the same time daily
- Eat meals on time to balance hormones
- Avoid multitasking while eating or winding down

Mini Tasks:

1. Eat lunch or dinner without TV or phone.
2. Set a reminder to stretch or take a mindful break this afternoon.

All rights reserved by Zainab Mustafa Bharmal.

The sale, reuse and sharing of this content is illegal and against the law. Legal action + a fine of Rs. 10 Lakhs will be imposed against anyone found doing so.

Build a Lifestyle that Heals

You don't need perfection—you need consistency.

Lifestyle medicine helps you:

- Reduce stress without quitting everything
- Boost natural immunity with rest and calm
- Support digestion and hormones with rhythm

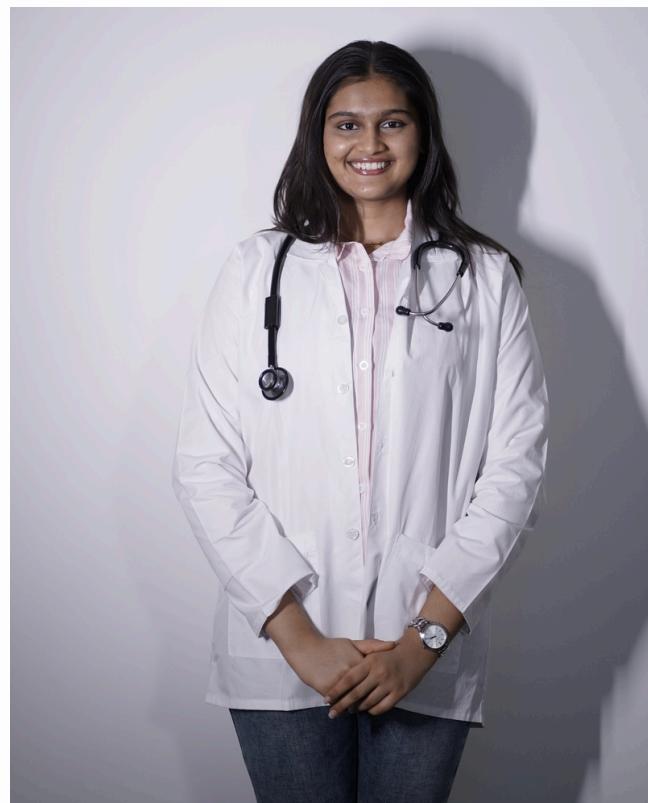
Mini Tasks:

1. Pick 1 new lifestyle habit from this module to commit to for 3 days.
2. Tell a friend or sibling what you're trying and invite them to join you.

All rights reserved by Zainab Mustafa Bharmal.

The sale, reuse and sharing of this content is illegal and against the law. Legal action + a fine of Rs. 10 Lakhs will be imposed against anyone found doing so.

ABOUT THE AUTHOR



Zainab Mustafa Bharmal is an IBDP Year 2 student at The Galaxy School, with a strong academic foundation and a passion for pharmaceutical sciences, biotechnology, and life sciences. A national topper in Geography and an all-A* IGCSE achiever, Zainab has pursued her interests through internships with medical professionals, research-based summer programs, and science-led awareness campaigns. She has led impactful projects on juvenile diabetes, curriculum design for under-resourced schools, and conducted fieldwork in naturopathy and nutrition. Her portfolio includes awards in sports, arts, MUNs, and international competitions like the Biology Bowl and Duke of Edinburgh Award. Through her capstone project and this e-book series, Zainab combines the wisdom of Ayurveda with modern health science to make preventive wellness accessible, evidence-based, and teen-friendly.