

Patient Resources: Wellbeing

Relax and focus on your body

<https://puresportsmed.com/blog/posts/claire-small-says-stop-relax-focus-on-your-body>

Work life balance

<https://puresportsmed.com/blog/posts/integrate-work-and-life-to-avoid-burnout>

Resilience in daily life

<https://puresportsmed.com/blog/posts/marginal-gains-resilience-in-daily-life>

Importance of sunshine

<https://puresportsmed.com/blog/posts/why-sunshine-is-important>

Strength training for a longer life

<https://puresportsmed.com/blog/posts/strength-training-for-a-longer-life>

Benefits of strength training

<https://puresportsmed.com/blog/posts/what-are-the-benefits-of-strength-training>

Lifestyle with heart rate variability

<https://puresportsmed.com/blog/posts/assess-your-lifestyle-with-heart-rate-variability>