

# REDROAD

WELL  BEING

## Men's Health

### THE RED ROAD

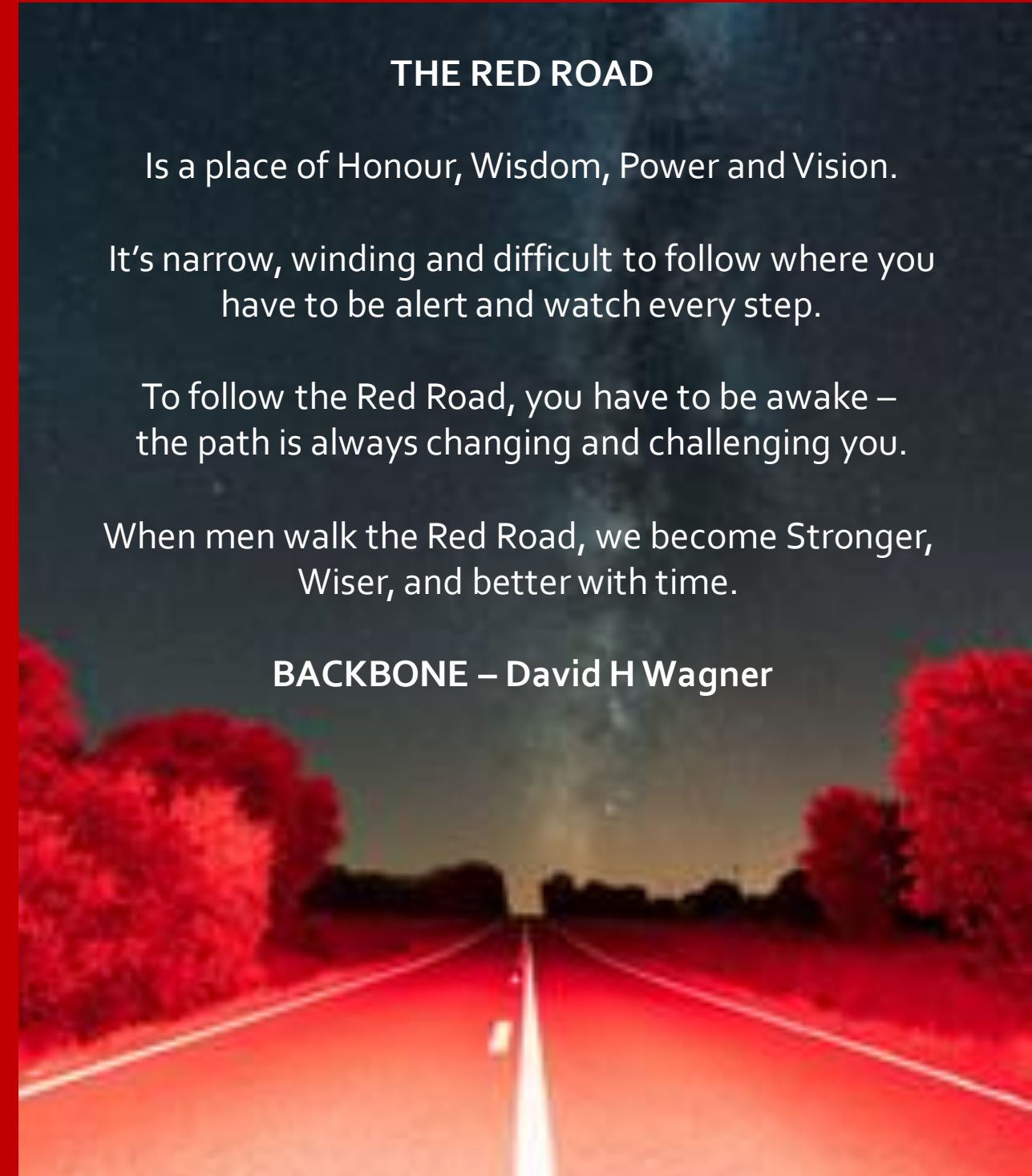
Is a place of Honour, Wisdom, Power and Vision.

It's narrow, winding and difficult to follow where you have to be alert and watch every step.

To follow the Red Road, you have to be awake – the path is always changing and challenging you.

When men walk the Red Road, we become Stronger, Wiser, and better with time.

**BACKBONE – David H Wagner**



## THE MEN'S SERIES STRUCTURE

### The Male Archetypes

- Self Awareness – a man's journey
- The King
- The Warrior
- The Lover
- The Magician

1

### Understanding Anxiety

- Definition of Anxiety
- Signs & Symptoms
- Cause of Anxiety
- The Role of Wellbeing
- Tools & Reducing Anxiety

2

### Burnout & Stress

- What is Burnout
- Signs & Symptoms
- Causes & Common Stressors
- The Stress Cycle

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### Changing Habits

- The Importance of Habits
- Behaviour Change
- Building Lasting Habits
- The Habit Loop
- The Laws of Behaviour Change

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### Sleep Hygiene

- The Importance of Sleep
- The Mechanics of Good Sleep
- The Body's Circadian Rhythm
- Tools for Sleep Hygiene

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### Breathwork for Wellbeing

- Why Breathwork?
- The Health Benefits
- Understanding the Fundamentals
- The Tools

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### Men's Circles of Connection

- The Power of Circles
- Why Circles of Connection
- Circle Rules and Guidance
- Checking In

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### The Male Menopause

- What is Andropause?
- Understanding the signs & symptoms
- Self Awareness
- Interventions and Tools

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