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UNIVERSO SOL / FREE GUIDE

Vida wellness

Wellbeing at your own pace

Movement, rest, food and pauses. A practical guide to everyday wellbeing with a seven-day plan.

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20 PAGES / FREE EDITION

HOW TO USE THIS GUIDE

Start where you are

Choose one practice and try it for seven days. These pages help you find something that fits your week, try a manageable version and decide whether to keep it.

01 · Look at your week

Pick a typical day. Note when you have the most room in your schedule and when plans usually change. Use those two clues to choose a practice.

02 · Make it manageable

If you want to walk, start with a short route. If you want to plan meals, decide what you will take with you tomorrow. The small version counts.

03 · Check in on Sunday

Ask what you tried, what helped and what you would change. Page 17 has a seven-day log.

KEEP IN MIND

This guide offers general ideas for adults. If you have symptoms, specific medical advice to follow or questions about exercise or food, talk with a qualified health professional.

BEFORE YOU START

Notice what a real day looks like

A habit is often easier to keep when it has a clear place in your day. Observe your usual schedule for one day. If you work shifts, try this on two different days.

Morning

When did you get up? What did you need to do first? Was everything you needed for breakfast, heading out or having a drink within reach?

Afternoon

When did you have some time to yourself? What happened when your plans changed? Was there anything you wanted to do again?

Evening

What took longer than you expected? What could you prepare now so tomorrow begins with fewer decisions?

WRITE IT DOWN

Finish this sentence. “I want to try _____ right after _____, because that is when I can usually _____.”

MY NOTES

MOVEMENT · 01

Move a little more

Walking to a shop, dancing to one song or taking a lap around a park are all ways to move more. Choose a place where you feel comfortable and a pace that suits you.



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Choose a route you can repeat

Mark a familiar loop on a map. If you prefer to stay home, clear a space and choose an activity you already know how to do.

Make it easier to begin

Keep your shoes handy and pick an approximate time. If it rains or your day gets busy, try your shorter alternative or pick another time.

Put the guidance in context

The World Health Organization recommends at least 150 minutes of moderate-intensity activity per week for adults and notes that any amount is better than none. Use that as a general reference and start at a level that suits you. [1]

YOUR FIRST STEP

Choose a route and a time this week. Turn to page 17 to note how it went.

MOVEMENT · 02

Strength for everyday life

Strength helps with ordinary tasks such as getting up from a chair, carrying a bag or stepping up onto a curb. Choose activities that suit your experience and mobility.

Start with something familiar

If you already do strengthening activities, find time for a routine you know. If this is new to you, ask for guidance on adapting the movements and resistance.

Give yourself time to learn

Use a stable surface, clear the space and allow time to learn the movement. If it causes pain, stop and seek advice if the pain continues.

Know the general guidance

The World Health Organization includes muscle-strengthening activities on two or more days per week in its general guidance for adults. Begin at your own level and build gradually. [1]

AN IDEA FOR THIS WEEK

Write down where you could practise and what you need to learn first. Asking for guidance is a first step, too.

MOVEMENT · 03

A week that actually works

Think of three moments already in your week: a journey, a break and some time to yourself. Each might offer a way to move, depending on your circumstances.

On your way somewhere

If the route is safe and accessible, try walking part of a familiar journey. Pick starting and finishing points you can easily recognise.

During a break

If you spend a long time sitting, find a break when you can change position or move a little, in whatever way works for you.

On your own time

Pick something you would enjoy repeating, such as walking with someone, dancing, cycling or an adapted activity. Have a backup in case the weather changes.

YOUR BACKUP PLAN

“If _____ is cancelled, I can do _____ at a different time.” Try your backup once before you need it.

MY NOTES

REST · 01

Give yourself time to wind down

Rest begins with decisions you make throughout the day. Notice when you need to get up and what tends to push your bedtime later.



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Find a schedule you can follow

Try going to bed and getting up at similar times when your responsibilities allow. If shift work or caring duties change your hours, choose one simple cue you can repeat before bed. [2]

Create a transition

Use the time before bed to close out tasks, set out clothes or dim the lights. Leave messages that can wait until a time you have chosen to check them.

Look at the room

Notice what you can change about light, noise or temperature. Begin with what is within your control. [2]

TRY IT FOR THREE NIGHTS

Repeat the same cue before bed and note how easy it was to keep up. If sleep difficulties recur or affect your day, talk with a health professional.

REST · 02

Leave tomorrow’s list outside the bedroom

When a task keeps running through your mind, writing down a next step can help you leave it ready for tomorrow. Use paper, a note on your phone or a calendar.

What is still open?

Choose up to three things. Start each one with a specific verb. “Reply to the proposal” is easier to act on than “Sort everything out.”

What comes first tomorrow?

Mark the item that needs your attention first and set aside a realistic time. If you need help, write down whom you will ask.

A cue to call it a day

Put the notebook away, charge your phone somewhere that works for you and choose a quiet activity as you get ready to rest. Try the same sequence on similar evenings.

FILL IT IN

“Today I managed to _____. Tomorrow I will begin by _____. For now, I am leaving _____ until later.”

MY NOTES

FOOD · 01

Make meals work for you

Meal planning can start with dishes you already know. Look in the cupboard and fridge and think about combinations you might use during the week.

Look before you shop

Set aside what you want to use first. Choose an ingredient you already have and think of two dishes it could go into.

Make room for variety

Argentina’s dietary guidelines encourage including foods from different groups and choosing water as an everyday drink. Use that guidance to widen your options in ways that suit your tastes, budget, culture and needs. [3]

Have a simple option ready

Choose a quick meal you know well. You might have rice with lentils and vegetables, an omelette with salad, or a sandwich made with what you already have.

MAKE ONE DECISION

Write down two meals you would like to have this week. Tick off the ingredients you already have and buy what you need to finish them.

FOOD · 02

Three ways to make a meal happen

The best combination is one that fits the day you are having. Treat these as examples and adapt them to your tastes and any dietary advice you follow.

If you are short on time

Think of something quick that needs few utensils. You could make an omelette with a vegetable you have on hand and serve it with bread.

If you are taking food with you

Choose a suitable container and a dish you can transport and store safely. One idea is rice, chickpeas and vegetables.

If you are cooking for others

Start with something easy to adapt, such as pasta with vegetable sauce. If someone needs a different version, ask in advance which ingredients they can eat.

A THREE-LINE SHOPPING LIST

Write “what I need for two meals,” “something practical for a long day,” and “what I already have and want to use first.”

MY NOTES

FOOD · 03

Keep water where you can see it

A bottle by your bag or a jug on the table can serve as a reminder. Use something that already happens in your day as a cue to check that you have water available.

At home

Put a glass beside the jug somewhere it is easy to reach. See whether that spot works on a typical day.

Out and about

Find out where you can refill your bottle with safe drinking water. If you have a long journey, think about when you can take a break.

With your meals

If it suits you, have water with one meal and try repeating it for a few days. Argentina’s dietary guidelines recommend water as an everyday drink. Fluid needs vary with the person and the circumstances. [3]

TRY ONE CUE

Choose one moment: packing your bag, sitting down to eat or starting a long task. Note which takes the least effort to remember.

MY NOTES

PAUSES · 01

Come back to the present

A short pause can help you notice how you feel and decide what to do next. Try it somewhere safe where you can stay still, and keep your eyes open if you prefer.



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Notice where you are supported

Feel your feet on the floor or your body against the chair. Relax your hands if that feels comfortable.

Pay attention to your surroundings

Pick one detail to look at and one sound to listen to. Let your breathing follow its own rhythm. Shorten the practice if it feels uncomfortable.

Choose one thing to do next

Ask what small action makes sense now. You might ask for a few minutes, write down a task or return to what you were doing. The World Health Organization’s illustrated stress guide includes ways to pay attention and reconnect with the present. [4]

ONE MOMENT TO TRY

Try a pause before opening a difficult message or between two tasks. If distress continues and affects your day, seek professional support.

PAUSES · 02

Make your phone work around your day

An alert that is useful in the morning can be an interruption in the middle of a conversation. Try organising notifications around one specific activity.

Choose a period of time

Pick a meal, a meeting or some reading time. Decide in advance which calls or messages you need to receive while you are busy.

Reduce one interruption

Use your phone settings to silence one app that often interrupts you. If an urgent caller needs to reach you, check that their calls can still come through.

See what changed

At the end, look at what was waiting and what needed a response. Repeat the experiment if it helped. If you missed something important, adjust your contact settings or try a shorter period.

TRY IT TODAY

“During _____ I want to receive only _____. I will check everything else at _____.”

MY NOTES

CONNECTION

Start one conversation

Sometimes you want company for an activity and nobody knows you are looking for it. A clear invitation makes it easier for someone to reply and leaves room to suggest another time.

Make a simple invitation

“Would you like to walk with me on Saturday morning? We can find another day if that suits you better.” Choose something you both might enjoy.

Be clear when you ask for help

Explain what you need and how much time it might take. “Could you listen for ten minutes?” gives the other person something specific to respond to.

Give the other person room

If someone tells you about a difficult situation, ask whether they want to talk it through, hear suggestions or simply have someone listen. Respect what they choose to share.

CHOOSE ONE PERSON

Think of someone you would like to contact. Ask a question you are interested in and set aside time to read the reply.

MY NOTES

YOUR SURROUNDINGS

Set up the place where you will start

Your surroundings can remind you to do something or make it harder. Look at the place where your day starts and choose one change you can try without buying anything.



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Put what you need within reach

An open notebook, shoes by the door or a glass on the table can act as a reminder. Choose one object and give it a specific place.

Make one decision ahead of time

If you want to read, mark the page. If you want to go out, set out your clothes. If you want to cook, note a dish you can make with what you have.

Consider who shares the space

If you live with other people, try agreeing on one small change. Setting aside a quiet period or clearing part of the table may make the habit easier to keep.

BEFORE AND AFTER

“What used to get in my way was _____. Today I will put _____ in _____.” Check how it works after three attempts.

THE SEVEN-DAY PLAN

One week to try it out

Pick one practice from this guide and use the same one throughout the week. The aim is to find a version you can repeat.

Monday and Tuesday

Choose a short version and try it after something you already do. On the second day, repeat it around the same time if your schedule allows.

Wednesday and Thursday

Notice what made it easier to begin. Set out what you need, change where you do it or ask someone to join you if that helps. Try your shorter backup.

Friday and Saturday

Repeat the practice on a different kind of day. If plans change, see what part you can keep. Write down one specific obstacle.

Sunday

Look over your notes and decide whether to continue, simplify or try something else. If you want to keep going, set aside your first slot next week.

MAKE YOUR CHOICE

My practice will be _____. The short version will be _____. If my day changes, I can _____.

YOUR LOG

What I noticed this week

Write one line a day. Note what you did, what made it easier or what you would change. Use the space that helps you most.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

WEEKLY REVIEW

I want to keep _____. Next week I will change _____.

ADJUSTMENTS

When a practice gets difficult

If the week goes off plan, think about the last time you tried to start. What was missing at that moment? Use that clue to change one thing.

I ran out of time

Make a shorter version. Get what you need ready in an earlier break.

I forgot

Pair the practice with something you already do and choose a visible reminder. If you stopped noticing the cue, move it.

It did not feel right

Work out what was uncomfortable: the place, the timing, the difficulty or the company. Try one variation and see what changes.

I need some support

Think about who could join you or show you how to begin. A message with one specific question can make it easier to ask.

DECIDE WHAT TO KEEP

“Next time, I will change _____ and keep _____.”

MY NOTES

UNIVERSO SOL

Keep exploring

Return to the pages that helped and keep your notes. Universo Sol brings together reading, courses and places to meet, with several ways to keep learning. The resources linked below are in Spanish.



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Sol Magazine

Find guides to everyday organisation, communication, travel, style and wellbeing. Revisit an article when you want to try a new idea.

Sol Academy

Explore the free introductory courses. Look at the syllabus and choose one exercise you could use in daily life.

Sol Community

Discover spaces for conversation. If you would like to take part, introduce yourself with a question or share the practice you are trying.

TAKE ONE IDEA WITH YOU

Write down one idea you would like to repeat next month. Keep it somewhere you will see it again.

SOURCES AND CREDITS

Further reading

These references provide more detail on the general guidance in this book. Select a title to open the original source.

[1] World Health Organization · Physical activity

[2] NHLBI · Healthy sleep habits

[3] Argentina’s Ministry of Health · Dietary guidelines

[4] World Health Organization · Illustrated guide to stress

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UNIVERSO SOL

Share the link with someone who might find a place for this guide in their week.