



Access 2
Perspectives

Health & Wellbeing in Academia

Do you want to ensure your academic career stays on track and does not get derailed by stress and burnout? Learn how to be in control of your well-being by creating simple, doable daily habits.

featuring



Julie Sara Wren

CEO

Olea Absolute Nutrition & Wellness,
The Wellness Hub





OLEA

ABSOLUTE NUTRITION & WELLNESS

by Julie Wren

Transformative Wellbeing for the Time-Poor Academic

Feeling overwhelmed, exhausted, and constantly juggling work, research, and life?
You are not alone. Many high-achieving professionals are running on empty.

The Cost?

Your health, focus, and long-term success.

The Truth?

You're in survival mode—and it doesn't have to be this way.

The Promise?

Here's how to reclaim energy, clarity, and joy through smart, science-backed shifts in nutrition, mindset, and lifestyle.





Here's Where You Start (Today)

➤ **Learn the power of pausing:**

Step away from your computer at regular intervals



➤ **Feed your brain:**

With healthy snacks such as nuts, yoghurt with blueberries, hummus with crudité's





Here's What You Can Do

➤ **Take mobility breaks:**

Get out of the chair and take a stroll around campus



➤ **Stay hydrated:**

Always have a glass of water on your desk





Listen to our podcast episode with Julie



 Access 2
Perspectives

Conversations

 

Julie Wren Jo Havemann

**Body Scan & Brain Nutrition
for Research Productivity**

access2perspectives.org/conversations

- Julie joins Jo on this podcast episode to discuss the importance of self-care and brain health, emphasising the need to engage in techniques such as deep breathing and body scans.





Course: Health & Wellbeing Reset For Academics

▶ **Are You Ready for a Health Reset?**

OLEA
ABSOLUTE NUTRITION & WELLNESS
by Julie Wren

**Health & Wellbeing in Academia:
RESET with Julie Wren**
Your journey to greater energy,
vitality, and well-being starts now!

**A GET IT DONE ON-LINE COURSE
WORK AT YOUR OWN PACE
SHORT SESSIONS WITH
ACTIONABLE STEPS**





Course Overview

- Have you bought an online course and then not finished it or even started it because you weren't feeling it, or it seemed too involved?
- Well, this course has been designed as a **GET IT DONE** course.
- Sessions take **15-20 minutes** to complete, leaving you with actionable steps.
- Each Module consists of video lessons and worksheets that can be filled on the screen or printed and filled manually.
- We will guide you through practical actions to make that happen





Module 1: GETTING READY
Work out where you are, where you want to go and what you'll need to get you there.

Module 2: EATING WELL
Create a balanced, nutritious eating plan, ensuring sustainable health improvements.

Module 3: STAY HYDRATED
Why it's important, recognize the signs of dehydration, simple strategies for staying hydrated

Module 4: HABIT BUILDING
Identifying Healthy Habits, Habit Loops, Habit Stacking

Module 5: BEING WELL
Preventing burnout, Gaining clarity, Focusing on priorities, Identifying and addressing hidden sources of stress





Meet Julie: Your Wellness Guide

Hello, I'm Julie.

I am a health and wellbeing coach and nutritional therapist helping busy professionals boost their energy, reignite their passion for life, and restore their inner and outer glow. With over 30 years' experience in high-pressure environments, I understand the unique health challenges of a fast-paced lifestyle, including stress, burnout, hormone imbalances, weight gain, and accelerated aging.





Meet Julie: Your Wellness Guide

Disclaimer

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We are not responsible for any adverse effects resulting from your use of or reliance on any information given in this infobyte.





Course Overview



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Health & Wellbeing, Nutrition

Antwerp, Belgium



[Read More](#)

💡 Explore our course on Health & Wellbeing in Academia



Schedule a free discovery call:

<https://zcal.co/access2perspectives/discovery-call>

🌐 Visit our website to explore this and our other services:

<https://access2perspectives.org/>