

Old School Wellness made Multidimensional

WHAT IS HEALTH & WHAT DOES IT MEAN TO YOU?

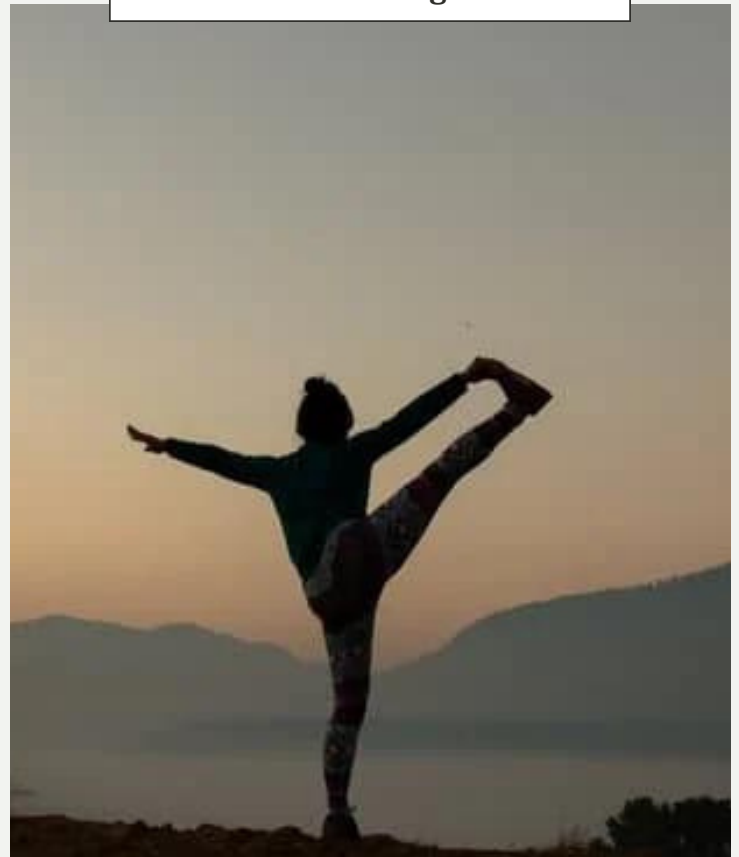
The term "health" is very broad and when most people hear the word their brains tend to think about things like exercise, eating well, and drinking plenty of water. While that is all very valid, there is so much more to overall health than just those items.

In this monthly newsletter we will be talking about health and wellness from every angle. Showing you how health is not a flat, linear approach, but rather an intricate, multidimensional approach. We hope to inspire you to think outside of the box when it comes to your own health and wellbeing.



WHAT'S IN THIS MONTH'S ISSUE:

- Mindset: Where your wellness journey starts.
- Self Care: What it is & WHY it matters! Art of intention setting.



Since we are still in the beginning of the year with different personal goals ahead of us (with many of us may not quite knowing where to start) we would like to talk about mindset and self care. As these tend to be great starting points, no matter where you are in your journey!

For this multidimensional approach, we have also included a visual to see some of the different aspects of health that contribute to our overall wellbeing. These topics will be discussed in more depth throughout upcoming monthly newsletters.

THE WELLNESS MULTIDIMENSIONAL MODEL

What does health mean to you?
What daily habits do you follow to
maintain or better your own
wellbeing? What goals are you
setting to try and better your health?
What lights you up inside?

Health and wellness has become
such a popular topic these days and
some aspects of health are more
well known than others. With the
wellness multidimensional model, it
shows all aspects of health not just
one. There are many aspects that all
intertwine and contribute to your
overall health. Do you know what
some of them are?

Let's dive into some of these topics
and see where some areas need a
little bit more focus in your life!

RELYCO Healthy Lifestyle Newsletter
By Katerina Steinberg & Steph Valpey

1. Feb - Mindset & Selfcare
2. Mar - Relationships & Community
3. Apr - Air, Water, & Sun
4. May - Food & Consumption
5. June - Rest
6. July - Body & Movement
7. Aug - Spirituality
8. Sept - Purpose & Career
9. Oct - Finances
10. Nov - Gratitude
11. Dec Fun & Celebration

WHAT OTHER ASPECTS OF HEALTH ARE IMPORTANT TO YOU?



Joy &
Happiness

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.

Just in case you are wondering when each of these topics are going to be discussed or would like to contribute some of your own knowledge on any of the topics above, we will be covering these in numerological order. For example: this month (February) we are covering Mindset & Selfcare, then for next month (March) we will be covering Relationships and Community, so on and so forth.

Mindset: Where it all begins

Have you ever heard the of the term; mind over matter? That moment in your life when nothing seems to be going well and you are just about ready to give up, you have two options: quit right then and there or stick it out just a little while longer to watch the magic happen. That my friends, is mind over matter. Our mindset is the key to our daily, weekly, monthly, and yearly success (and our failure). Every morning, the second your eyes open and you start thinking, that is what will determine the day ahead of you. Your mindset can have a perspective that helps you grow and transform, or it can be a mindset that holds you back and makes you feel limited in your ability to achieve challenges ahead of you. Mindset impacts our perception, or how we perceive our lives and the events happening in our lives. I once heard a quote:

"A ship will not sink due to the water around it, but it will sink due to the water that gets in it. Don't let what's happening around you get inside you and weigh you down." -Unknown

I love this quote and how it relates to mindset because we will always have stuff going on and some times it won't always be ideal. We all will face challenges, but it is your mindset that will either empower you to persevere through the hard times or make you scared and give up. The choice is always ours. My mother used to always say to me when I was struggling with a challenge, "if there's a will, there is a way!" and it almost always made me find a way. Maybe not the way I originally intended, but I always got to where I was meant to go.

With anything we choose to do, it always starts in our mind, so why not start with a mindset that will help you grow and become the best version of yourself? We will never be perfect, and some days will be harder than others but we can always choose our perspective. Rather than asking yourself "WHY is this happening TO me?" let's begin asking "WHAT is happening FOR me?" The best successes in our lives tend to happen through failure, and of course they suck during the process, but can we really learn and do better without the bad stuff? Why just go through life, when you can GROW through life? All of this starts with you and the thoughts you think. Think of it as tending to your own internal garden, and let's start with weeding out those negative thoughts and negative thinking patterns. Again, I say no one is perfect and we all have bad days, but just being conscious of your thoughts can make a huge impact in your day. The second you catch yourself falling into old patterns, bring yourself back to center and ask yourself, how is this thought helping me? Is it making me feel better or worse? Many times when you are conscious and catch yourself in the act, you can pull yourself out of the rabbit hole, or even keep yourself from entering in the first place.

So how the heck do you put all of this into action? Although there are a few approaches to working on mindset, I personally LOVE journaling. I started with once every couple of weeks (so it was not overwhelming) just writing a paragraph about how I was feeling that day, and have worked myself up to almost daily, and it has made a huge impact on my everyday life and wellbeing. With life as crazy as it is nowadays and everything feeling so demanding, it is so easy just to coast through life on autopilot not even aware of your own thoughts. Journaling helped make myself aware of the thoughts that were trapped in my head. Which soon lead me to realize, my mind was not an enjoyable place which was also showing up in other areas of my life. You may hear people say that mental health is just as important as physical health, but sometimes our mental health gets put on the back burner so we can meet the world's demands and I am here to say that what we feed our mind is just as important as the things we feed our body.

With all this being said, I challenge you to try and focus more on your thoughts. Focus on the things growing in your "mental garden" and notice the feelings that come up. Even if it is only taking a 15 second pause in your day to ask yourself; "how am I feeling right now in this very moment?" once you start doing this, taking 5 mins out of your day to journal won't feel so hard. You can also start meditating and working your way up in time. Whatever works best for you! This is your garden, and how you tend to it will always be your decision, no one else's!

Selfcare: What it is & WHY it matters!

Where to begin? During the last two years health has certainly been brought to the forefront of our thoughts, but the way this attention to health came about was far from ideal. These times have challenged us all, I believe mostly because of the dramatic unexpected changes to our daily routines and lots of fear for our own health and lives and that of our loved ones.

The way health & wellness magnified their relevance in our eyes in the last two years is not optimal, because it makes us focus on them from a fearful perspective instead of a place of love, choice, confidence, dreaming and inspiration.

It is in our power however, not to "throw the baby out with the bathwater" and waste the presented opportunity to soar and thrive as individuals.

Personal wellness and health are very important to all of us. This was true prior to the pandemic and will be true for centuries to come. Who does not want to sleep soundly through the night, wake up

full of energy, feel connected and positive about the world and people around them, amongst many other wonderful things? I believe all of us would like that very much.

Health and wellness are important, and since we are thinking and talking about them let us revisit these topics and optimize them for ourselves on our own terms, from a place of **self-love and respect for ourselves and others, confidence, and certainty in our own choices**. Starting from here will make a world of difference to the outcome of our journey in self-care if we choose to take it, since that is the right place to start.

There are many life & health coaches, spiritual leaders and yoga teachers that address the topic of self-care in a different light with slightly different strategies – the topic is hot, right? But there are as many right approaches to this as there are people in the world, there is no one size fits all, this is personal.

I believe it is very important to realize we are not broken, we are not a self-improvement project, we are all whole individuals and there is absolutely nothing wrong with living life exactly as we are doing. I believe this to be true. But if there are aspects of your life that you feel can change for the better, goals you have for yourself and dreams you want to achieve, bringing awareness to them and creating steps to reach these goals and dreams will certainly help to create a road map to get there.

My definition of self-care is: **lovingly responding to your own mental and physical needs on a continuous basis, daily, weekly, yearly. It is a strategy where you care for yourself first so that you are able to care for others around you longer, happier and find it more enjoyable and meaningful. And in that it is not selfish it is essential.**

I learned about this approach to self-care during one of the most difficult times in my life. My mother passed away in Russia in 2010 unexpectedly, I had gone back to my childhood home for a week to bury her and then came back home to NH a week later to the world where nothing has changed. My kids, my family still needed care and time was relentlessly marching on.

But everything had changed for me in my world? One of my pillars of life was gone, the person who raised me, person who made me who I am, who I was trying to impress, do things in the name of and sometimes in spite of was gone. It was a very tough time. I had to find something that would pick me up off the floor and keep caring for others around me. It was likely the hardest time for me.

During that time I found Renee Trudeau, she is a life and wellness coach, career coach, yoga practitioner and a wonderful woman. She has walked the path and has had her own “hard”, I find her to be very real and true:

Here are a few words from Renee directly on the topic of selfcare:

“Self-care—the art of attuning and responding to your needs and desires, moment to moment—is not about adding something to your to-do list, it’s about cultivating a new way of being with yourself.”

– Renee Trudeau

Renee is now helping many people in the world find strategies to make their life better, her way resonated with me completely, I needed to and was willing to listen and doing so changed my life for the better.

Here is more from Renee's recent newsletter on selfcare:

"Recently while leading a retreat in CA I spoke to a couple who are both working from home full-time, juggling child care and really struggling. The dad shared, "I know self-care is important, but I have no idea what I need and I'm not even sure where to start! Any advice?"

I loved this question, and I offered my friend the following three "baby steps" to help him cultivate the ability to check-in on what he needs in the moment:

- 1. Morning body scan. When you first wake up in the morning, pause before you jump out of bed. Close your eyes, take some deep breaths and slowly scan your body from the crown of your head down to your shoulders, your torso, your hips, knees, feet and reflect on What do I most need today to feel nourished? It could be in the physical, emotional or spiritual realm. Sometimes my body says, "Kale!" and often it's, "You need to bump that afternoon meeting to next week, you're seriously over-scheduled!"*
- 2. Tune-in. Research in the area of self-compassion tells us that nurturing self-touch has a significant impact on our ability to feel kinder towards ourselves. Throughout your day, pause, put a hand on the center of your chest and ask, "What do I need?" The more you do this, the more natural it starts to feel. You can even do this in the middle of a work meeting or in the thick of a family dinner; attuning to what you need moment to moment takes practice but it's the first step towards cultivating a daily practice.*
- 3. "Quickie" journaling. My favorite journaling exercise for whenever I feel out of alignment, overwhelmed or anxious, is simply pausing to check-in on these three questions (I keep a little journal and pen in my car and in my purse at all times): How do I feel? What do I need? What do I want? Women around the world who participate in our monthly women's self-renewal circles have been asking these three simple questions for 18 years – it's amazing how effective they are for helping you quickly reconnect to your needs and desires. My husband likes this exercise, too!*

If you're just starting a self-care practice, remember: baby steps, be curious and invite in self-compassion. Believing you are worthy of self-care and that it's your birthright is a radical stance and takes courage. Ask for help and choose to be around people who are also making their self-care a priority. The self-care pebbles we drop in our pond today, create ripples for generations to come."

Renee Trudeau

If you feel Renee's message resonates with you and you are interested in checking out her website or signing up for her free newsletter, here is a link to her official website:

<https://reneetrudeau.com/>

In addition to Renee's stellar advice on where to start improving your self-care routines, I believe bringing your mind and your awareness to the fact that you need to take care of yourself before you can care for others is a first major realization.

It is in our nature to say yes to many things for others before taking care of ourselves and unfortunately that feeds us and also depletes us. I will clarify, doing things for others brings us joy, we all want to be helpful, liked and well received. That is why we often overcommit and overschedule, skip meals, and go to bed too late. The result is we feel super good about helping others but often disregard ourselves which can create exhaustion and burnout. It is human to do this, and it is also very beautiful and selfless. But repositioning and addressing your own health and

wellness needs first is essential, because doing so results in healthier, happier, better slept and nourished version of you who in turn can take care of others longer while finding more joy in doing it also. **Seems simple but for a lot of us this is a big mental switch.**

Taking a deep dive into understanding yourself, honestly journaling on what health and wellness mean to you personally, and what are the non-negotiable aspects for you is very important. I would like to think, that the obvious three basics should be: adequate sleep, nourishment via food and hydration and movement but of course we skip meals, go to bed late and have days when we have not stepped foot outside. Are they really non-negotiable? What are we willing to sacrifice these essentials for and why? This is worth examining for yourself as the answers are individual and different.

There are many other less obvious components of health and wellness that may be same or different for each one of us, these require further investigation and deeper understanding of self. A few to consider are: input you consume via news, books you read, activities that you put on your calendar etc, I am sure there are many more.

Beginning with journaling and spending time with yourself to identify and then define your personal non-negotiable and “nice to have” aspects of health and wellness is a good start; it is key as it will bring light to what is most relevant to you. Once you have identified these aspects it is useful to set some intentions.

Art of intention setting and why do it?

Many of us have some traditions set around the arrival of the new year. At a minimum we buy a new paper calendar and start filling it out, some of us more technologically inclined do it online in some software program, but we also write down resolutions, set goals and declare our hopes and dreams.

In some cultures, thanking the year that has passed is also a part of the new year celebration. The purpose of acknowledgement of the year behind you is to show gratitude for the experiences, successes and difficulties, lessons learned and officially say goodbye and close the door on the year behind you.

We certainly all have had a couple of years.....

In the recent decade, I, amongst many I am guessing, became familiar with a concept of intention setting.

When you hear words “intention setting” they may mean different things to different people so here are some thoughts from my personal experience as well as from a seasoned professional.

I view intention setting as deep dive into understanding myself, what motivates me, brings me joy and what aspects are most important to me in my life. Once this is identified I envision the journey for the year ahead and decide what I want to do more of this coming year what habits may be good to let go of, what fun adventures I would like to have and what must get done also. It ends up sort of a roadmap for the year that I can look back at from time to time and see if things are still the same or if something may have changed, this is a living document so to speak.

Here is the way Deepak Chopra describes the purpose of intention setting also illuminating the historical origin of this process:

“Intention is the starting point of every dream. It is the creative power that fulfills all of our needs, whether for money, relationships, spiritual awakening, or love.

Everything that happens in the universe begins with intention. When I decide to buy a birthday present, wiggle my toes, or call a friend, it all starts with intention.

The sages of India observed thousands of years ago that our destiny is ultimately shaped by our deepest intentions and desires. The classic Vedic text known as the Upanishads declares, “You are what your deepest desire is. As your desire is, so is your intention. As your intention is, so is your will. As your will is, so is your deed. As your deed is, so is your destiny.”

*An intention is a directed impulse of consciousness that contains the seed form of that which you aim to create. Like real seeds, intentions can't grow if you hold on to them. Only when you release your intentions into the fertile depths of your consciousness can they grow and flourish. In my book *The Seven Spiritual Laws of Success*, the Law of Intention and Desire lays out the five steps for harnessing the power of intention to create anything you desire.”*

Deepak Chopra

Now these are powerful words, I believe them to be true.

If you are interested in reading the rest of this article by Deepak Chopra, follow this link:

<https://chopra.com/articles/5-steps-to-setting-powerful-intentions>

As to practicality of the process of setting intentions, it really can be anything that feels right to you. The beginning of the year (it is absolutely not too late), lends itself to the clear new slate. You need a pen and paper and a good amount of time to think and write and be honest with yourself about your priorities for the next year and how you would like to spend this year, how do you want to feel in it and what you would like to accomplish. Once you start writing the pen will take you where you need to go.

At the end of this article you will find a separate page with question prompts that can help you begin thinking and journaling about your intentions, they don't have to be anyone else's format but your own.

Daily intention setting is a much shorter process, Rene Trudeau mentions it in her advice above but here it is my application of it.

In the morning when you first wake, while still in bed or when drinking a cup of coffee or whenever it suits you, ask yourself three simple questions (it helps to place your hand on your heart when you do this)

How do I feel?

What do I need?

What do I want?

You most certainly achieve greatest results when you are very honest with yourself answering these questions. Once you know the answers you should go about your day addressing your personal needs while doing what you have to do. For example, if you feel exhausted and need rest, may be this is not a good day to start a huge project of clearing out the garage or running a marathon, but is a good day to do things that require less physical energy and then go to bed earlier to tend to your body.

The days you are yearning for human interaction, are great days to make phone calls and see friends, your conversations on such days will surprise you with their sincerity and feeling of true human connection. The days when you want to burry your head are probably good days for organization, cleaning? I am sure they are good for something...

Bottom line is you will still do everything you need to do but if you better align your daily tasks and activities with how you feel and what you need, you will enjoy even mundane tasks more and get a lot more out of special things that you do. Try it!

To conclude, what has daily and yearly intention setting done for me? It helped me get to know myself better, brought my sometimes-subconscious and very conscious needs into my awareness and helped me to address them better. I think this activity is worth it, especially in the current times with so much changing around us, it is good to feel strongly rooted in your own needs and your own self.

INTENTION SETTING WORKSHEET - WRITING PROMPTS

List a few areas of life that matters most to you?

In these areas of life what would you like to do more of in the coming year? What can you leave behind?

How good are you at managing your energy?

Write down daily activities that bring you joy and fuel you?

- What would you want to do more of? Where, how, with whom?

What activities no longer interest you and you don't find useful?

- What can you drop from your schedule?

What are you grateful for? Why?

What is one word, phrase, quote, mantra that most resonates with you right now?

**“Things which matter most should never be at the mercy of things which matter least.”
-Goethe**