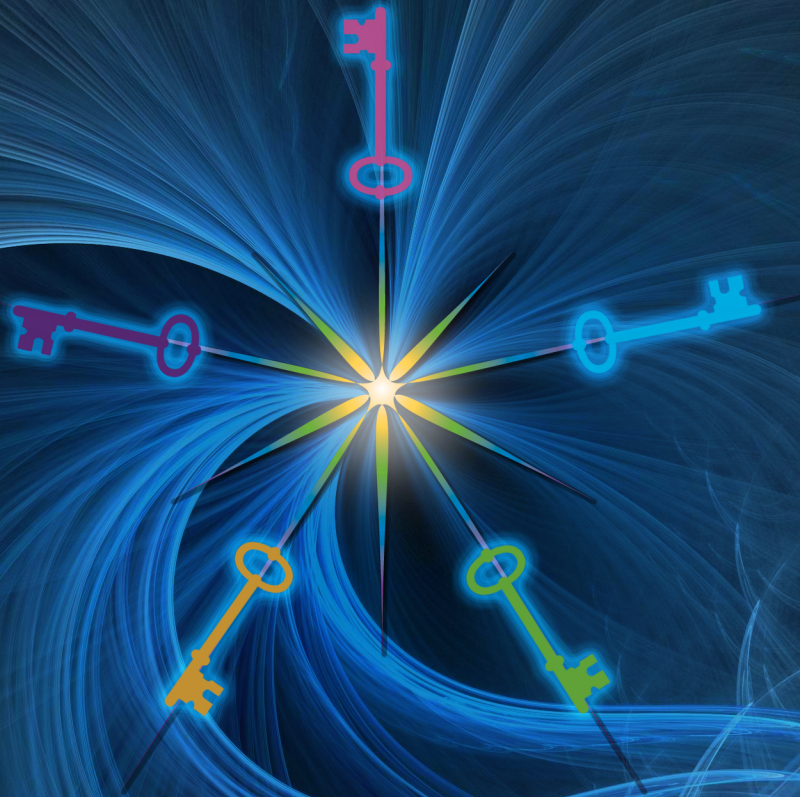


CREATE YOUR HEALTH

*A Journey to Optimal Health
and Well-being*

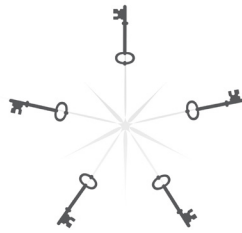


USING THE
FIVE KEYS TO WELLNESS

Leslie Lovejoy, R.N., Ph.D. and Kelly Mather, M.H.A.

CREATE YOUR HEALTH

USING THE FIVE KEYS TO WELLNESS



LESLIE LOVEJOY, R.N., PH. D.
AND KELLY MATHER, M.H.A.



Create Your Health Using The Five Keys to Wellness

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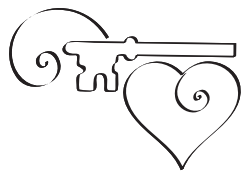
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ACKNOWLEDGEMENTS

This manual reflects a journey into the definition of wellness and how to inspire others to embark on the wellness journey. The Five Keys to Wellness, the Wellness Assessment, and the “Four Trues for Balance” were developed into their final state by my colleague and friend, Kelly Mather. I would also like to credit Dr. Diane Pege for her work on defining Illness versus Wellness Care and her ability to bring concrete examples to a sometimes “out there” thought process. Finally I would like to credit Tammi Silva with the concept of the Lifeberg. I also want to acknowledge the invaluable input of the many who have been a part of Wellness University for which this workbook is the manual to make this a more effective learning tool. Heartfelt thanks also to Kathy Wolden, graphic designer and friend, who helped make this manual a reality. I want to thank my life partner Perla for her constant and loving support. Finally, I want to thank all the mentors, teachers, and visionary writers who have shared their ideas about the wellness journey. It is through the sharing of those thoughts and ideas that we all become inspired towards greatness.

~Leslie Lovejoy

My heartfelt thanks and deep gratitude to Leslie Lovejoy for taking the five keys to wellness children’s concepts and creating most of this inspiring workbook. She is truly reflective of her name– Love and Joy. As we began the wellness journey together with many at Sutter Lakeside Hospital, the Five Keys to Wellness were inspired and then developed by my quest in finding a theme for each day of the annual Camp Watta Watta Wellness. That health improvement system continues to work for kids of all ages from 5 to 95. The wellness journey has also progressed into mainstream healthcare because many, including my family, helped and supported me in sharing the dream of creating healthy Healing Hospitals.

~Kelly Mather

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“Your illness is no more a part of your true self than fungi are part of the plants to which they attach themselves.”

–Baird T. Spalding

INTRODUCTION

This workbook is designed to take you on a journey of self-discovery that will lead to your creating optimal health and well-being. Based on a three-month education program offered at Sutter Lakeside Hospital Wellness Center, it begins with some basic information and thought-provoking ideas that form the foundation of the wellness journey. We encourage you to take your time with each section. Work on one issue at a time, and if you find you need to work on multiple issues, start simply. You are not a problem to be fixed. Wellness is a lifelong process. Keep an open mind, do the exercises, read a few of the books from the bibliography if you haven't already, and have fun!

HEALTH AND WELLNESS

Our state of health is often defined by how we rate ourselves on any number of health indicators or what are often called risk factors for illness. These include:

- smoking history;
- history of alcohol and drug use;
- proper nutrition and weight management;
- how much aerobic exercise, stretching, and strengthening we do;
- the amount of sleep we get each night;
- our blood pressure and cholesterol levels;
- how much sick time we use;
- whether we follow through with preventative screenings;
- how we handle our stress; and
- our safe practices, e.g., wearing a seatbelt.

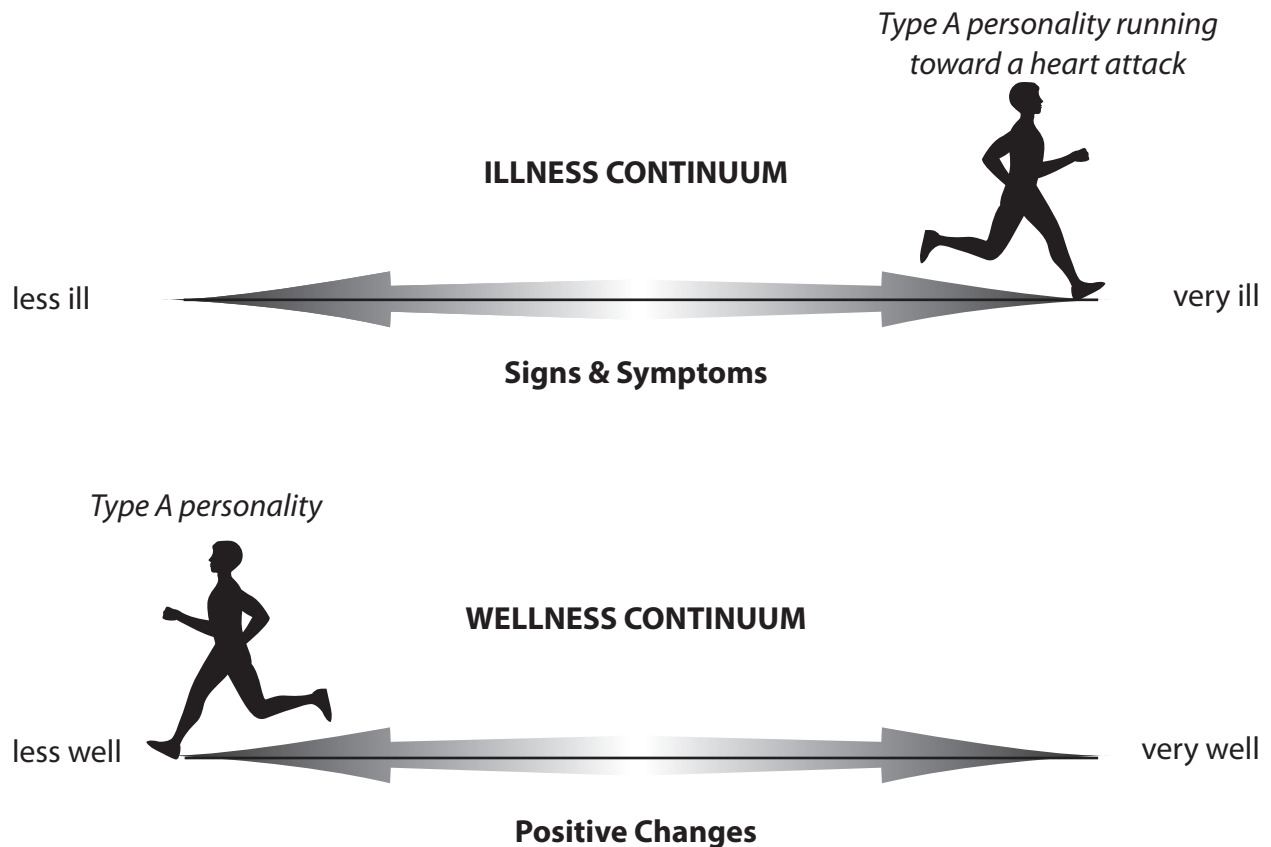


Health is, as you can see, usually defined as the absence of the signs and symptoms of illness. Illness is defined as the presence of signs and symptoms, or absence of health. It is a circular definition that really does not enlighten us about what it means to be optimally healthy. In addition, this definition doesn't give us direction on how to improve our health. It also is not a very satisfying way to define what it means to be well.

So, let's start by defining wellness.

Wellness is a dynamic process involving the continuous movement toward physical, mental, emotional, and spiritual balance and harmony. It is a lifelong journey that involves personal awareness and the willingness to make positive changes as we assume responsibility for our health and use our healing potential.

Over the course of our lives we move along two continuums that create the state of our health. The Illness Continuum moves between our feeling less ill to the development of signs and symptoms of illness to the extreme of being very ill. The Wellness Continuum moves from feeling less well to feeling high-level wellness. What determines how much time we spend on either continuum is a conscious choice to become self-aware and to take ownership of our state of health. Because we are talking about both illness and wellness as being present, and not polar opposites, it is possible for a person with an illness to be more well than a well person who is in denial about some aspect of their health.

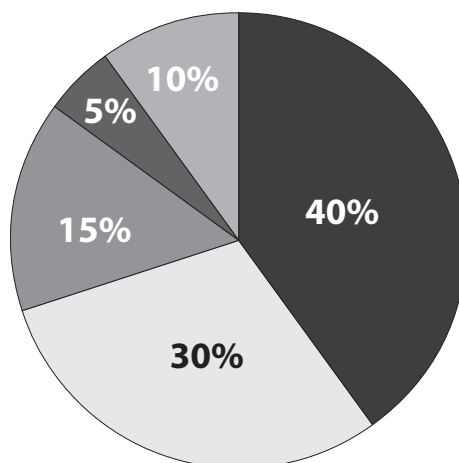


***Our example** demonstrates that a person may appear to be very well physically but show symptoms of mental-emotional stress or exhibit Type A personality traits that predispose a person to having a heart attack. So, physical appearances do not tell the whole story about how well or ill a person may be.*

Your state of health is determined in large part by your willingness to break through cultural beliefs and mindsets that have hypnotized you into your current thinking.
The price you pay for lack of awareness and understanding the truth of how health is determined is the very real suffering involved in staying in denial, rationalizing, and avoiding taking a harder look at the choices you have made.

WHAT CONTRIBUTES TO OUR CURRENT AND FUTURE STATES OF HEALTH?

According to a 2002 Centers for Disease Control study and a more recent study published in the *New England Journal of Medicine*,* the following factors determine a person's state of health.



That means you have control over 70% of the factors that contribute to your overall state of health.

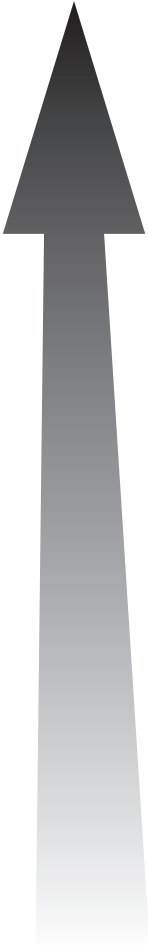
- Lifestyle 40%
- Heredity 30%
- Social Circumstances 15%
- Health Care 10%
- Environment 5%

Clearly, lifestyle, social circumstances, and environment contribute a great deal to our health status. *This is something we know intuitively but very often are encouraged to ignore both by social beliefs and by our willingness to maintain a superficial perspective on what it means to be healthy. Taking pills and applying band-aid solutions when signs of illness become too obvious to ignore only serve to cover up the more important issues of how and why we became ill in the first place.*

* Source: *New England Journal of Medicine*, Shattuck Lecture. Author: Steven A. Schroeder, M. D. from Sept. 20, 2007 NEJM issue.

WHY DO WE BECOME ILL?

ILLNESS CONTRIBUTORS



First level	<i>Lifestyle:</i> <i>What are our Nutritional Choices?</i> <i>What are our Exercise Choices?</i> <i>How do we cope with Stress?</i>	<i>Environment:</i> <i>Is there clutter in your life?</i> <i>Is there noise?</i> <i>Negative People?</i>
Second level	<i>Causal / Mental-Emotional:</i> <i>How we think / feel about ourselves?</i> <i>What habits we have developed</i> <i>How we handle meeting our needs</i>	<i>Attitudes and Beliefs:</i> <i>What reality have we created that informs our life?</i>
Third level	<i>Origin:</i> <i>Do we have a felt connection to ourselves, others, and the universe</i>	<i>Meaning and Purpose</i> <i>Do we hear the quiet inner voice of our true selves?</i> <i>What do we hold true for ourselves?</i>

FIRST-LEVEL ILLNESS CONTRIBUTORS: LIFESTYLE AND ENVIRONMENT

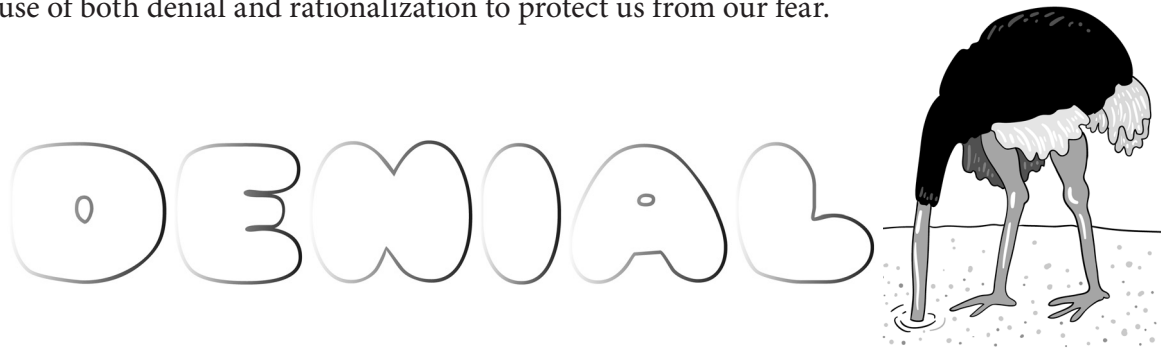
This level addresses the choices we make about what we eat, how much exercise we get, how we handle our stress, the kind of environments and people we choose to associate with, and the substances we use: tobacco, alcohol, drugs, food.

Most of us know what we need to do but still don't make the choice toward health and well-being. Sometimes we make resolutions to "do better" or we start "shoulding" ourselves into trying to do the "right thing," only to get off track and back to our old ways. Why don't we do what we know we need to do? This level is the direct result of what is going on in the next two levels.



SECOND-LEVEL ILLNESS CONTRIBUTORS: CAUSAL, MENTAL-EMOTIONAL, ATTITUDES AND BELIEFS

This level directs our choices on both a conscious and unconscious level. Our emotions, thoughts, and reasons for making the choices we make reside at this level. Decisions about how we deal with our feelings, the beliefs and attitudes we will hold, how we meet our needs, communicate with others, and our self-esteem all form a foundation for first-level choices. While there are many emotions that motivate behavior, the primary emotion that is especially pertinent is fear and the use of both denial and rationalization to protect us from our fear.



The way denial works in its most simplistic form is to allow us to avoid fears and anxieties by denying that illness is going to happen to us. *"I don't have to wear my seatbelt because I won't have an accident. I can eat a diet high in trans fats, preservatives, and sugar and I won't have a heart attack or develop Type II diabetes. I get all the exercise I need at work and don't need any more. I don't have a problem with ... I'll change if something happens to me."* **Why? Because it is not going to happen to me!**



RATIONALIZATION

The way rationalization works in its most simplistic form is to create some avenue to avoid making needed changes or to minimize the risk in our minds. So if you find yourself hungry, and the gremlin in your head wants a cheese-burger and fries from the local fast food place, you go get the cheeseburger and fries. *After all what's one little old cheeseburger and fries going to do? You can always "be good" tomorrow.* The trouble is, tomorrow never comes. Another rationalization often heard is: *"When my life is less stressful, I will have time to exercise."*

Denial and rationalization, combined with needs, beliefs, and intentions, set the stage for the choices you make in every aspect of your life including your health. To understand the origin of how you came to make the choices you have made, we must explore the final level of factors.

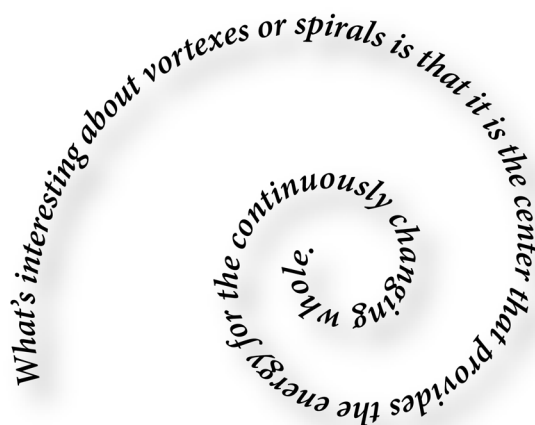
THIRD-LEVEL ILLNESS CONTRIBUTORS: ORIGIN MEANING AND PURPOSE

The foundation or origin of our health resides in this last level and addresses fundamental questions about who you are and why you are here. Trust, meaning, purpose, intentions, relationships to self and others, and our spiritual connection to a higher consciousness or source represent our bottom line. Illness can usually be traced to some decisions that created a disconnection from the true self.

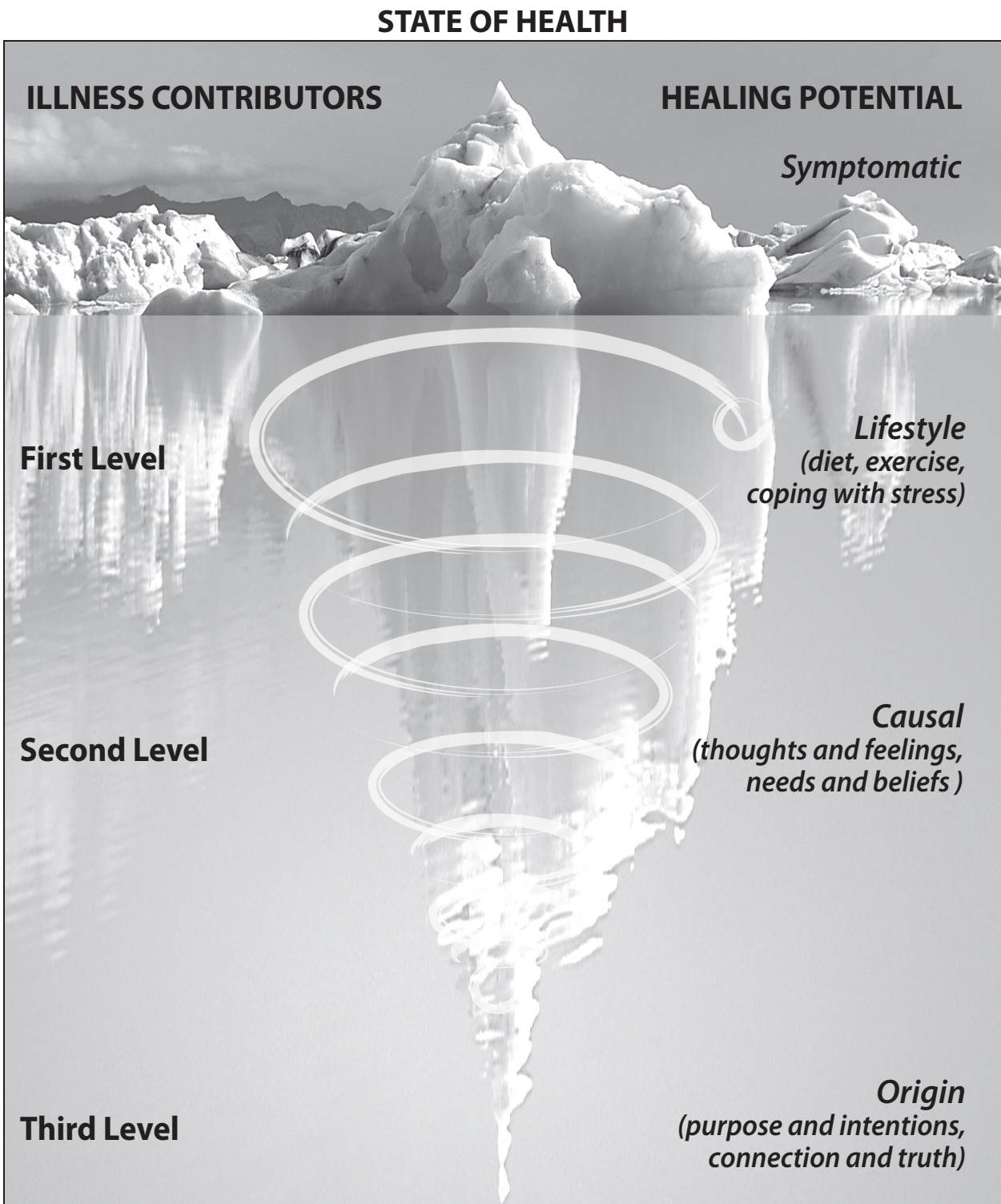
Examples:

- A. The experience of child abuse.** The literature tells us that in order to protect the self, children who have been abused will abandon self, internalizing self-hatred and shame in order to protect themselves from the abuse. The sense of self dissolves in favor of trying to survive, and sets the stage for life choices that later on can result in serious illness, behavioral disorders, or styles of coping that impair relationships in the future unless the child is helped to regain self-hood.
- B. When a person we have loved dies.** The disconnection from that person can be very intense and we often feel unreal and in a fog, separate and isolated from the world. This separation, along with the intense mental and emotional work that comes with bereavement, makes a person vulnerable to illness. During grieving we lose our appetite, stop doing many of the healthy activities we did prior to the loss, and experience intense stress during which our immune system becomes impaired.

The following chart uses a vortex or spiral concept to illustrate the dynamic layers that form our present state of health. **What's interesting about vortexes is that it is the center that provides the energy for the continuously changing whole.** The center is that still, quiet place that connects with the source or origin that provides direction to all levels of the vortex. Interestingly, the energetic flow of vortexes involves a constant moving to center and then back out again. Change then always begins in the center, then moves outward, and in turn flows back to center. As a metaphor, it shows us that change always comes from within because our subjective or inner experience always determines what we perceive and how we then respond to it.

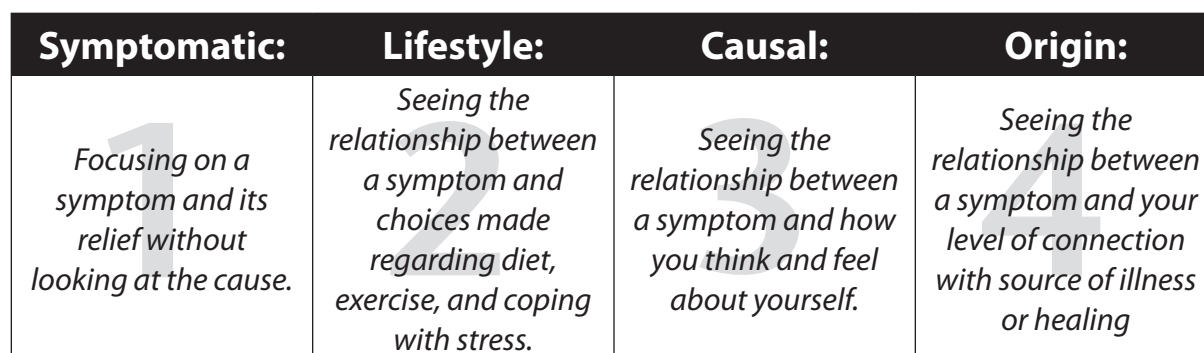


An iceberg is used to illustrate the idea that most of what determines our health is below the surface and shows the levels of self-healing potential and illness contributors. The same levels of illness contributors can be contributors to healing.



LEVELS OF HEALING POTENTIAL

To the right of the iceberg are the levels of self-healing potential. While they correspond to illness contributors these line up with the level of personal awareness and assumed responsibility regarding what created our health and our approach to healing. They also indicate how willing we are to move towards the center or origin. The *first level, Symptomatic*, refers to the very common approach to illness, which involves taking medications or placing “band-aids” in order to make the symptoms go away. Little thought is given to considering why the symptoms appeared or in applying self-healing concepts. Individuals heal in this level by going to physicians and having them “fix” the problem. The innate self-healing potential is not activated.

Symptomatic:	Lifestyle:	Causal:	Origin:
 <p>1 Focusing on a symptom and its relief without looking at the cause.</p>	<p>2 Seeing the relationship between a symptom and choices made regarding diet, exercise, and coping with stress.</p>	<p>3 Seeing the relationship between a symptom and how you think and feel about yourself.</p>	<p>4 Seeing the relationship between a symptom and your level of connection with source of illness or healing</p>

This first level of healing represents what we call “Illness Care” and is done in hospitals, physician / practitioner offices, or ambulatory care centers. While it is an effective way to feel better, and is important when we are having a medical emergency, illness care has little impact on our future state of health. It does not promote the engagement of our self-healing potential.

The second level, Lifestyle, is the level in which we begin to become self-aware regarding how we have contributed to our present state of health. It also provides us the answers for what needs to change in order for us to move toward high-level wellness.

The third level, Causal, focuses on the mental-emotional “causes” of our dis-ease and allows us to understand how underlying feelings, needs, thoughts, and beliefs have created the reality of our current state of health. For example: proper nutrition. We all know that a balanced diet will give us the energy necessary to take on the tasks of the day. We know that that diet needs to consist of a certain amount of vegetables, fruits, grains, and protein. Yet most of us do not provide our bodies with what they need to function. Here is where we encounter the mental-emotional resistance to making change, and the excitement of possibilities for the future.

The fourth level, Origin, is a form of healing that looks more like education than an actual “healing session.” This level involves an increasing awareness and willingness to take action to self-heal through reconnecting with the source of all healing. When an illness occurs to an individual who is aware at this level, the questions change. We move from “What do I need to do to bring myself back into balance” to “How have I disconnected from my true self and the source of all healing? Have I lost purpose or meaning? How did I come to feel disconnected from others? In what ways have I become distrustful?” Individuals who practice origin healing act quickly to bring their lives into balance, and, because they are self-aware, renew their connection to the source.

It is difficult at times to separate physical, mental, and emotional aspects of health since they all feed into one another. In fact, if a person is exhibiting symptoms of emotional distress, it is very likely that they are experiencing physical and mental distress as well.

Because this can cause some confusion, let's look at some examples.

Examples:

A. Physical Example, a person suffering from an ulcer.

- A person accessing healing at the **symptomatic level** will consult a physician for symptoms of abdominal pain and nausea. The physician performs a gastroesophageal endoscopy and finds an ulcer for which medications are prescribed to help heal the ulcer and alleviate the pain.
- A person accessing healing at the **lifestyle level** would receive advice from the physician about how to prevent recurrence. They might go on the Internet and learn about ulcers. They alter their diet to avoid caffeine, chocolate, peppermints, citrus, and tomato sauce, all of which increase stomach acid. They may limit their intake of aspirin and ibuprofen, which can decrease the stomach's ability to defend against ulcers.
- A person accessing healing at the **causal level** may find ways to cope more effectively with stress, which often contributes physiologically to the formation of ulcers. They likely find their stress is a direct result of their thoughts and feelings. Most of the time, their thoughts and feelings are the cause of their illness because they contribute to lifestyle choice.
- A person accessing healing at the **origin level** goes to classes where she learns that she uses caffeine, alcohol, and chocolate to sedate herself so that she doesn't need to feel emotions. She learns that she is unfamiliar with her feelings or needs and has never been given permission to constructively express them. She learns that she has created much of her stress through fear-based emotions and negative self-talk. She begins to understand that she is disconnected from herself and others in a way that prevents self-love and trust and promotes disharmony. She begins to realize that she has some work to do and takes the initial steps toward reconnection with her true self. But what if she doesn't?

What if the knowledge gained is resisted?

At this level, often the knowledge is resisted. "I can't cut back on coffee! — I won't be able to work!" "I only drink to relax at the end of the day!" "What will I use for my stress headaches if I can't use ibuprofen?" The person often decides to continue to choose diet patterns and stress management patterns that fuel his predisposition to ulcers and continues to ask for more medication to mask the symptoms that indicate that something is wrong and needs his attention.

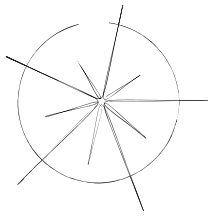
The goal is to help the person surpass the resistance from old patterns and access the fourth level of healing, by going to the origin of the illness. At this level, the person reconnects with their true self, and has the ability to create his / her optimum health.

Examples (cont):

B. Mental / Emotional: a person who feels stuck in their job.

- A person accessing healing at the **symptomatic level** feels drained and dislikes his job but may feel that he is lucky to have the job and he should just stick with it. At the end of the day he is exhausted and blames this exhaustion on the job. The job then becomes responsible for lack of time, lack of energy, lack of personal happiness and fulfillment. He drinks caffeine for energy in the morning and alcohol to relax in the evening. He may look forward to meals as a pleasurable experience but become angry with himself for the weight gain. His spouse complains that he doesn't have time for them or the children. He goes to his physician and asks why he feels so exhausted. The physician sends him for blood tests and a cardiac stress test. Although the stress test is negative, the sugar and cholesterol levels place him at high risk for heart disease, and his physician recommends that he exercise more and lose weight.
- A person accessing healing at the **lifestyle level** of healing will act on the recommendations of her physician and find exercise opportunities. She may consult the internet or a registered dietician for nutritional advice. She may seek out a stress reduction course or consider learning meditation. Perhaps she will seek out counseling regarding what beliefs, needs, and emotions keep them in a job she finds unsatisfactory and begin to see that "stuckness" is a choice that has become a habit.
- A person accessing healing at the **causal level** will look at the underlying thoughts and feelings that have contributed to her values, the meaning of her life, and explore what her true work might be. She may take up journaling as a way to clarify the answers to these and other questions regarding the journey of her life and how she came to believe in her separateness. She may look for opportunities to reconnect with herself and the people around her.
- A person accessing healing at the **origin level** will use his new knowledge of self to select a job that has meaning and is consistent with his personal life mission.

Take a moment now to reflect on your current state of health and to what extent you activate your own healing potential. Consider the following questions to broaden your understanding of your current state of health and wellness and the impact society has on it.



JOURNEY ACTIVITY

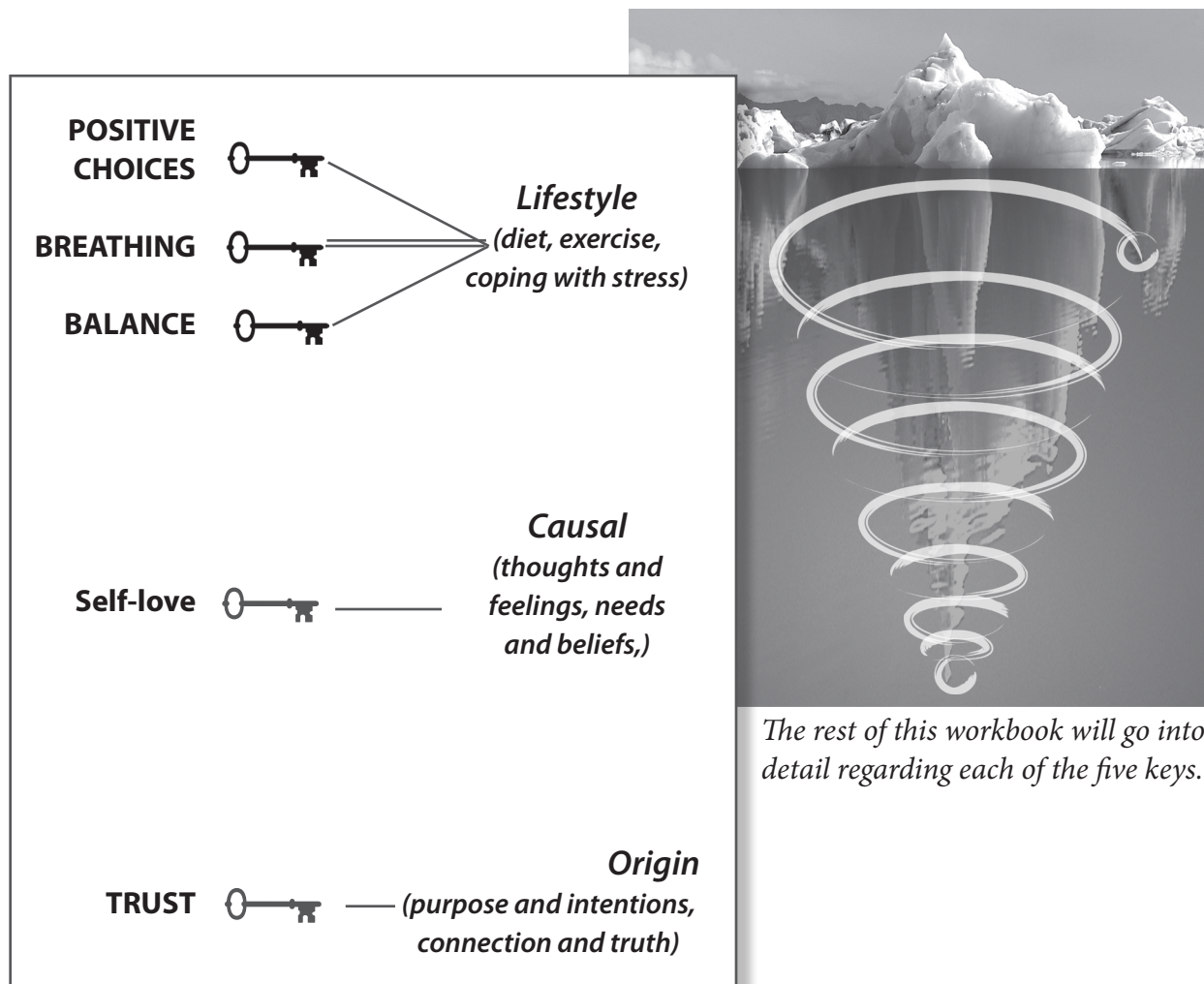
1. Before having read the preceding section, what beliefs did you hold about your health?

2. When you watch television ads and listen to people talk about health, what do you hear?

3. When you are ill, what level of self-healing potential do you usually access?

FIVE KEYS TO WELLNESS: SELF-LOVE, BREATHING, POSITIVE CHOICES, BALANCE, TRUST.

To the left of the vortex are the five keys to wellness. As you can see, they correspond with an iceberg layer as well as a level of healing. You may notice that illness ceases to exist. Illness contributors disappear as we apply The Five Keys and create our health.



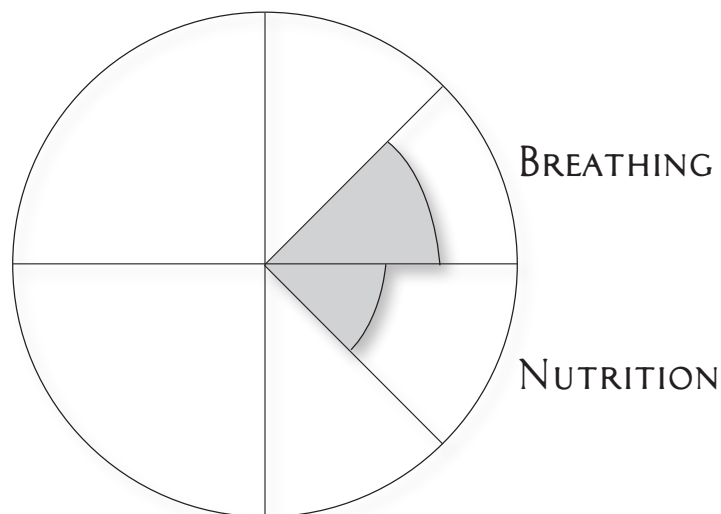
But before we get into each key, take the time to respond to and score the **Wellness Inventory** that follows. While there are much deeper assessments available, this inventory will give you a glimpse of your current state of wellness and the level of balance in your life. After you take the inventory and reflect on it, you may want to write down some ideas about what you would like to work on over the next few months. We encourage you to take your time with this program to get the most out of it. Do all the assignments and seek out the reference material for additional insights. Keep a journal, paying particular attention to any resistances that arise from the material, as they can give you clues regarding what needs further scrutiny. Lastly, enjoy the process and recognize that the wellness journey is life-long and you do not need to improve your total self all at once.

WELLNESS ASSESSMENT

The following wellness inventory consists of questions regarding general health and The Five Keys to Wellness dimensions of Self-love, Breathing, Positive Choices, Balance, and Trust. It gives you a glimpse of your current level of wellness and as such offers an opportunity for the beginnings of self-reflection regarding where you are on the wellness journey. To get the greatest benefit, answer the questions honestly.

DIRECTIONS

1. Answer each question by circling the number that best applies.
1= No, never
2= Sometimes
3= Usually
4= Yes, always
2. Add the points together to obtain a total score.
3. On the Wellness Wheel page, write the total score for each dimension in the corresponding box.
4. Plot the score on both lines and draw a connecting line.
5. Fill in each pie slice. You might want to use different colors to further distinguish each dimension.



WELLNESS ASSESSMENT QUESTIONNAIRE

GENERAL HEALTH

	No, never 1	Sometimes 2	Usually 3	Yes, always 4
1. I am well and do not get sick often.				
2. I have energy and feel good most of the time.				
3. I have few physical symptoms and little pain.				
4. I limit medication and/or mood altering substances.				
5. I feel happy and healthy most of the time.				

Total Score _____

SELF-LOVE

1. I like myself.				
2. I feel satisfied with my body.				
3. I enjoy time alone.				
4. I don't seek approval from others very often.				
5. I am a good friend and have a support group.				

Total Score _____

BREATHING

1. I know how to breathe deeply from the diaphragm..				
2. I sit still or meditate 20 minutes a day.				
3. I breathe while I eat and eat mindfully.				
4. When I feel stress, I return to deep breathing.				
5. I spend 30 minutes in nature daily.				

Total Score _____

POSITIVE HEALTHY CHOICES

1. I eat well and feel good and energetic after I eat.				
2. I drink water often and drink little caffeine.				
3. I enjoy my home and work environment.				
4. I have positive or non-stressful relationships.				
5. I express my feelings in a healthy way.				

Total Score _____

BALANCE

1. I am doing my true work and feel inspired to work.				
2. I take a true rest daily to feel rejuvenated.				
3. I play often and find activities that bring a smile.				
4. I am creative often.				
5. I do not feel overworked or exhausted very often.				

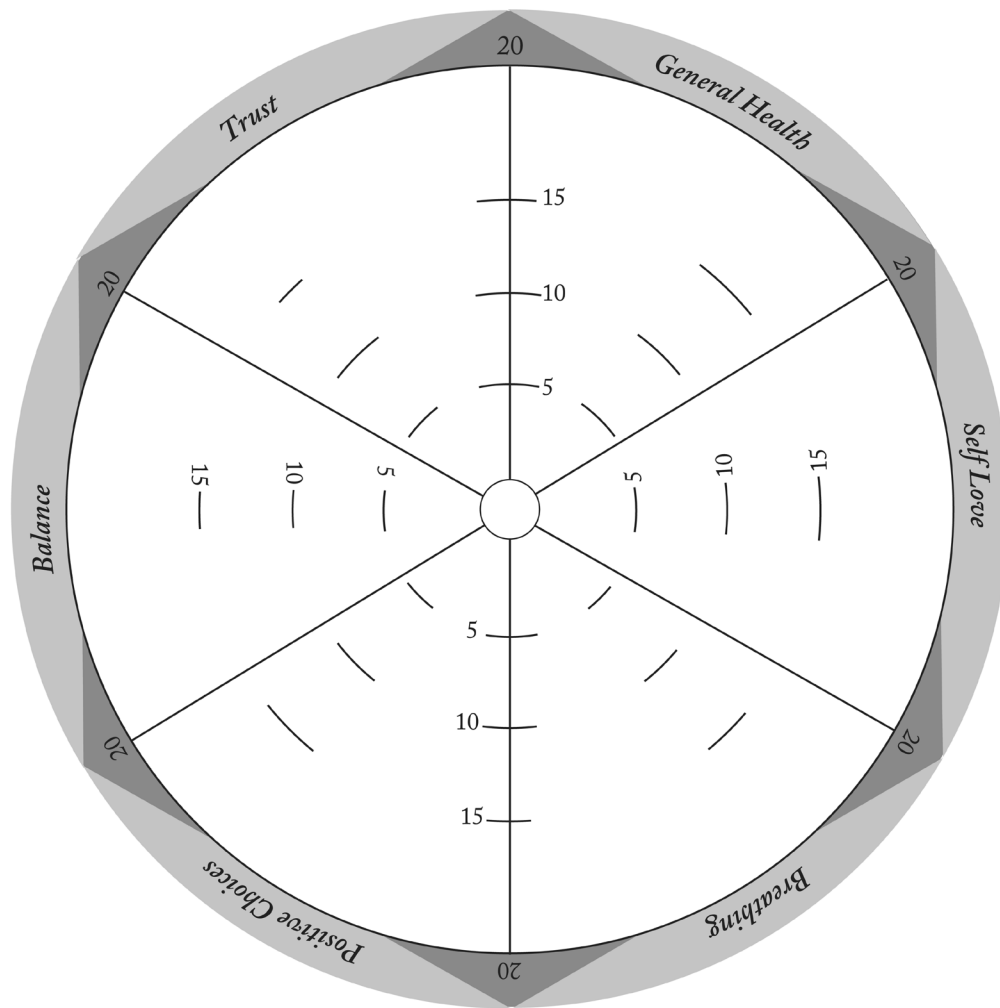
Total Score _____

TRUST

1. I know I create my own health and can heal.				
2. I do not over-react..				
3. I think positively and trust life works out for the best.				
4. I listen to my body and thoughts for good choices.				
5. I feel connected to everything and one with others.				

Total Score _____

WELLNESS WHEEL



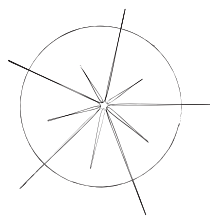
DISCUSSION

Now that you have completed your wheel, take a few moments to reflect on the wheel's balance. If you tried to roll it down a hill, how long would it stay upright? Answer the following questions as a start toward further self-exploration.

1. What is your first response to your wheel? Did you engage in negative self-talk?
2. What do you feel positive about? Negative?
3. What opportunities do you see? Does one area look low?
4. Does your wheel roll?
5. Instead of looking at all the work you might have to do, pick a small item to work on and then add others over time. What would that first small step be?

Please remember that you are not a problem to be fixed. Wellness is a life-long journey.

What is important is that you are on the journey.



JOURNEY ACTIVITY

Now that you've had some time to reflect on the results of your wellness assessment, take a few moments and jot down three short-term goals and one long-term goal that you would like to accomplish as part of this program. Keep your short-term goals fairly concrete. An example might be: take a half-hour walk three times a week. Your long-term goal can be a little bigger as it will take a year to accomplish. An example: to develop an exercise program that becomes a consistent part of my daily activities. Keep your goals reasonable and achievable. If you try to do too much, you won't do anything!

Date _____

SHORT-TERM GOALS

What you can work on and accomplish within three months.

1. _____

2. _____

3. _____

LONG-TERM GOAL

What you can work on and accomplish within six months to one year.

1. _____

2. _____

3. _____



SELF-LOVE

*"Love is the felt sense of knowing
we are part of everything."*

— Leonard Laskow, M. D.

SELF-LOVE

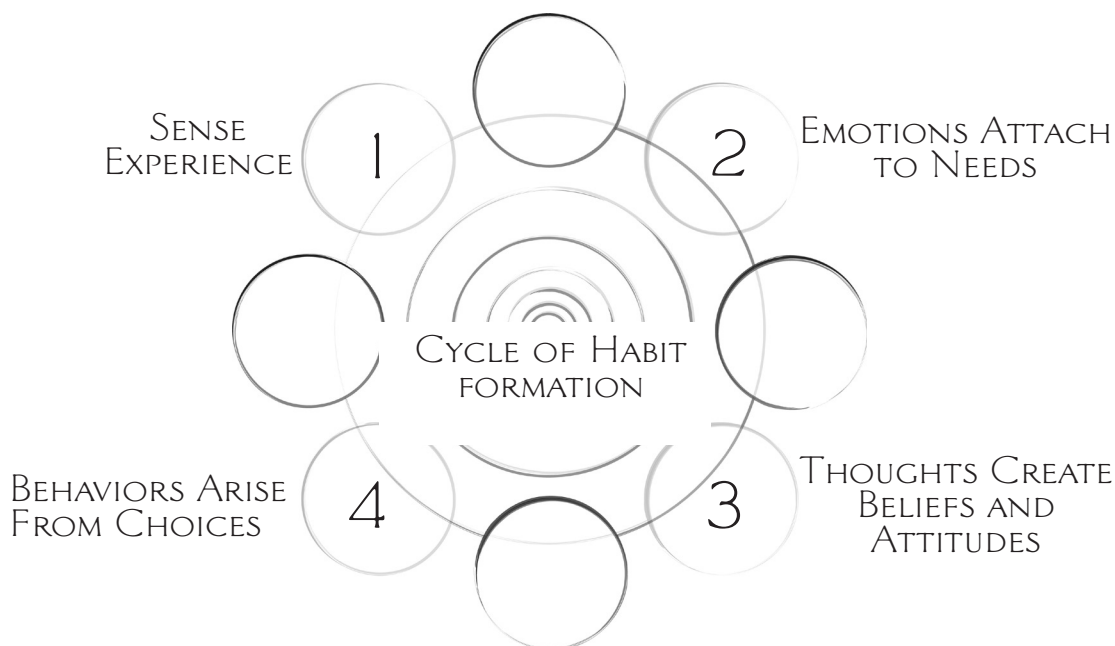
It isn't by chance that the first key to wellness is Self-Love. Learning to unconditionally love, respect, trust, and nurture ourselves is a major challenge for most of us. The Wellness Assessment asks you to consider how you feel about yourself, your body image, the time you spend seeking approval, and generally how comfortable you feel with yourself and others. Your responses to the questions give you insight into where you are on this key to wellness.

Many authors have written about the necessity of loving the self before it is possible to truly love another. When we talk of self-love we are not talking about the narcissistic self-involvement that springs from deep insecurity; we are talking about self-awareness and unconditional self-acceptance. Self-acceptance and taking responsibility for meeting our own needs are important aspects of self-awareness and the development of self-love. When we are self-accepting we can see our own uniqueness, our strengths, and our weaknesses without judgment, and we can meet our own needs. When we are able to love ourselves, we are more able to love others and are more open to the richness and abundance of life. We think about ourselves positively and can see any limitations with humor and approach change with curiosity, excitement, and a lightness of being.

HOW DO WE LEARN TO LOVE AND ACCEPT OURSELVES?

Through what we come to feel and believe about ourselves.

This section will cover how feelings, thoughts and beliefs set the stage for what we believe about ourselves. To make this discussion understandable I have provided a graphic that identifies the steps in the formation of habits.



1. SENSE EXPERIENCE

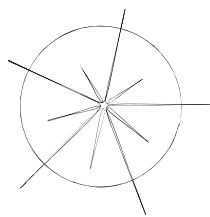
We begin the cycle with **sense experiences** — what is *seen, heard, smelled, tasted, touched, and intuited*. We are constantly picking up information from our environment and processing that information to determine how we will respond. Most of the information doesn't even reach consciousness because the brain is constantly filtering what is received and paying attention to the new and unusual. Things that we have seen before are filed into our current memory bank and we respond to them in a habitual way. That is why we sometimes wonder how we traveled to work without being aware of the actual ride. We function quite a lot on what is often called “automatic pilot.”

The term “automatic pilot” is used to describe the way we respond to many events in life in the form of habits such as dressing, taking a shower, and driving to work. We have done these things so often that we now do them without consciously thinking about them.

Did you know that we spend most of our waking moments in autopilot mode? It is efficient in that we get through our lives without having to remember and relearn how to get out of bed every day. The downside is that we can find ourselves not present for important events in our lives. Automatic pilot promotes reactivity and a lack of critical thinking that may be needed to make informed choices. We will talk more about this in the “Breathing” section.

2. EMOTIONS ATTACH TO NEEDS

Sensations trigger **emotions, which in turn attach to a need**. We feel emotions every moment of the day, and it is those feelings that create the energy that motivates all our behavior. Emotions too can happen without our consciously being aware of them for any number of reasons. Some of us learned early in life that emotions and their expression was not safe and have buried our feelings to the point of not knowing what we feel during a given instance. When we finally let them out, the experience maybe so painful or embarrassing that we try even harder to keep them buried. Others learned that some feelings were “acceptable” while others were not. Regardless, it is our emotions that form what can be called our Emotional Guidance System. Our Emotional Guidance System gives us information about what we are experiencing and sets the course for how we will respond. Before we continue, take a moment to work on the Journal Activity on the next page.



JOURNEY ACTIVITY

How we acknowledge and deal with emotions is in a large part cultural. This can be a challenge as many of us have learned that it may not be safe to show what we feel. Some of us have learned to bury our feelings deep inside and find it hard to label what we feel. Take a few moments now to reflect on how your socialization process affected your emotional comfort zone by responding to the following questions.

1. What has been your experience with expressing emotion?

2. What were you taught about expressing emotions? Were you taught verbally or by observing others?

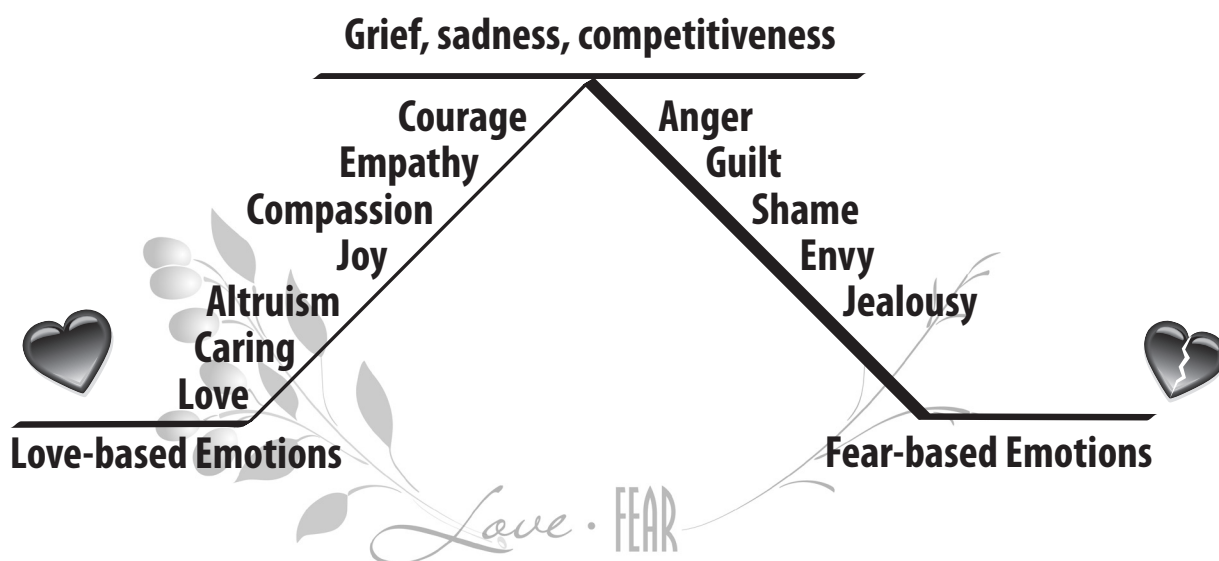
3. Was it safe to express feelings when you were growing up?

4. How did the people around you respond when you expressed your feelings?

5. How have your previous experiences affected your present expression of emotions?

ALL EMOTIONS MAY BE CATEGORIZED INTO TWO MAJOR EMOTIONS: LOVE AND FEAR.

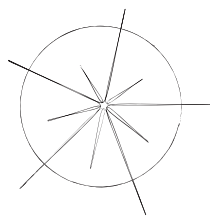
If you were to look in the dictionary you would find many different types of, and labels for, emotions. Love-based emotions include **compassion, joy, courage, empathy, altruism, courage, and love**. Fear-based emotions include **anger, guilt, shame, envy, and jealousy**. Some emotions such as grief or sadness and competitiveness can be either, depending on the event. Grief or sadness that comes from a healthy need to complete the past and move on is more love based than fear based. Competitiveness that expresses itself as challenging the self toward greater achievements for the love of self rather than to lessen the value of another person is more love based than fear based.



Most fear-based emotion promotes feeling bad about ourselves, prevents us from seeing alternatives and acting on them, and promotes what is often called “victim mentality.” A victim mentality responds to life events from a defensive position and often makes statements such as “I have to ...; I should do ...; I have no choice ...; If only ...; I ought to ...” and so on. Fear-based emotions also promote the constant negative self-talk tape that plays in our heads. These emotions promote a negative self-image and create obstacles to self-love.

Expressing healthy emotions as they arise improves wellness. Delayed, constrained, or suppressed emotion can lead you down the path of illness through chronic stress. Emotional balance involves becoming aware of your emotional life.

To see what emotions you use the most, consider the following exercise.



JOURNEY ACTIVITY

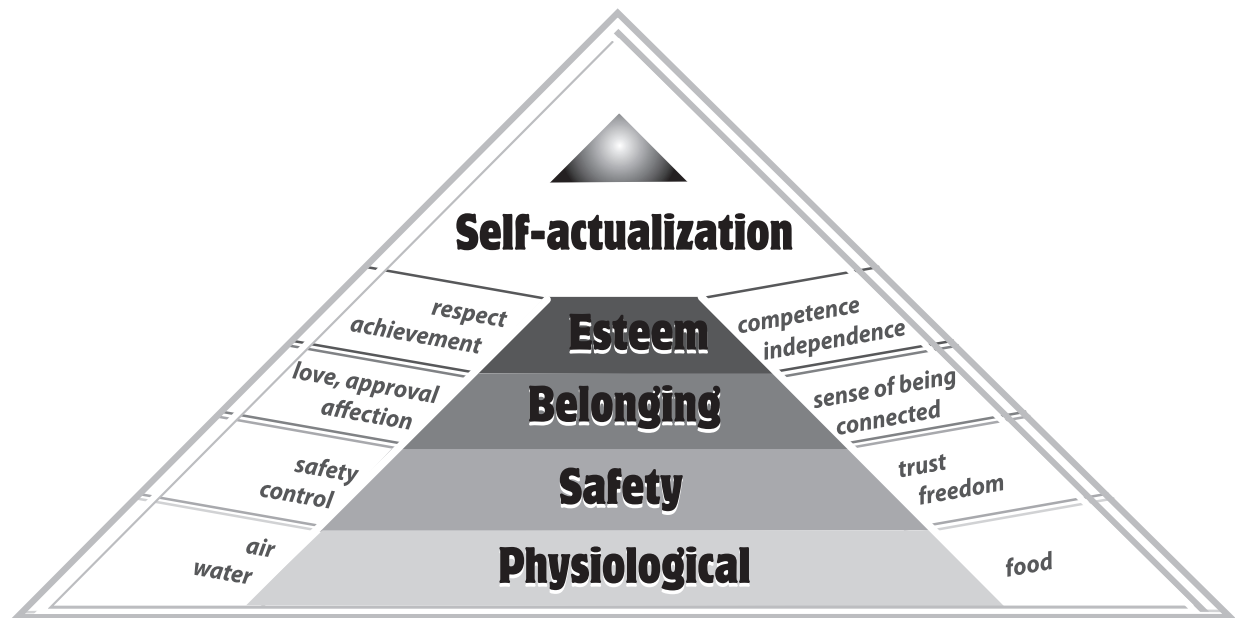
DESCRIBE YOUR WORLD

1. Take a few moments and write down as many adjectives as you can describing your worldview, how you describe yourself, how you describe the people around you, and how you see the future.

2. When you have completed your list, go through it and count the number of fear-based adjectives and the number of love-based adjectives. If there are any fence sitters, think about how they could be love based or fear based depending on the event and your interpretation of that event.

3. If you find that there are some fear-based feelings in how you describe your world, then consider how you might turn them into more positive feelings. What steps can you take today to do this? If nothing comes to you, return in a few days and consider what you might do.

It isn't unusual for us to have fear-based emotional descriptions of the world. Our culture promotes fearfulness and it would be very difficult to avoid taking in some of those messages. But now that you are aware of them, a next step might be to understand the underlying needs, thoughts, beliefs, or attitudes that support them. Our emotions are associated with needs. These needs are the motivating forces that drive all behavior. Researchers have developed many categories of needs. We will use the Hierarchy of Needs developed by Abraham Maslow as it is the most widely known.*



At the foundation of the pyramid lie basic **physiological** needs such as air, water, and food. Once these needs are satisfied, the next level involves our need for **safety**, control, sufficient trust to establish bonds with others, freedom from fear, and protection from harm. Harm may be actual or perceived as in the case of our responses to stress. Once we feel safe we can work to meet our love and **belongingness** needs. These refer to our need for love, approval, affection, affiliation with others, and a sense of being wanted and connected to others. The next step involves what are called **esteem** needs and refer to the wish for respect from others, self-respect, achievement, competence, and independence. **Self-actualization** refers to becoming whole, finding meaning and connection to self, others, planet, or some other spiritual principles.

Self-actualization may also refer to principle-centered living, in which personal ideals and visions are manifested through trust in self, creativity, balance, and the experience of high levels of satisfaction with life.

Maslow believed that a person could not progress up the pyramid until lower-level needs were met and that a person's behavior reflected what needs were most important at any given time.

* Maslow, A.H., *A Theory of Human Motivation*. *Psychological Review* 50 (July 1943); 370-96.

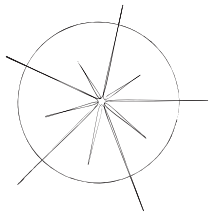
If we accept what Maslow and other need theorists say, then needs drive behavior. This may be a challenging concept to work with. We are not used to examining our behaviors to identify the emotion and the need that promotes it. Again, socialization can make it difficult as we may have learned to disconnect from our needs, to deny them, or to enter into relationships expecting others to know what our needs are and to meet them for us. We may also have a negative response to the term “neediness” as it brings up ideas about a certain person or way of behaving that we don’t associate with ourselves. *“I don’t act that way or do those things, therefore I am not needy.”*

Everyone has needs and everyone experiences neediness. Those on the wellness journey are aware of this and move to meet their own needs when possible. The following examples will help you explore neediness. They describe behaviors of people who are not meeting their needs and expecting others to meet their needs for them.

1. A person who is always asking if she is doing a good job or if everything is all right
2. A person who eats when he is not hungry
3. A person who demands hugs no matter what the nature of the conversation
4. A person who hovers around you and invades your personal space
5. A person who monopolizes conversations and has to have the last word
6. A person who engages in gossip
7. A person who compares others and judges them
8. A person who does not acknowledge others or remains aloof.

When we love and accept ourselves, we freely express what we feel and are aware of when we feel needy. When this happens, we are able to meet those needs instead of expecting others to meet them for us.





JOURNEY ACTIVITY

LET'S CHECK IN!

What Do You Feel Right Now?

Example: I feel sad right now.

What Need Is Active?

Example: Love and belongingness

How Are You Going To Meet It?

Example: Find a way to nurture myself.

Every day during the next week, identify an event that you felt upset about, and then answer the three questions above. After you have done that, try reviewing the events to see if there is a theme or pattern (example: are they all about wanting approval?). Hold on to this information and we will come back to it in another journey activity.

3) THOUGHTS CREATE BELIEFS AND ATTITUDES

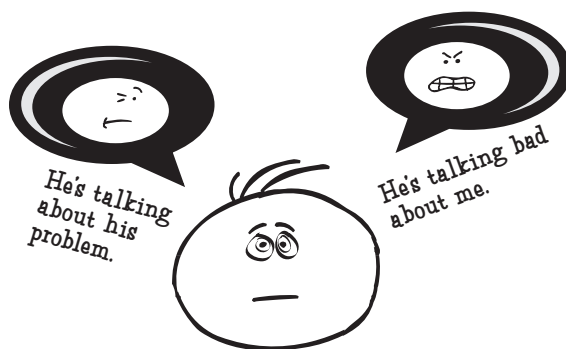
Before emotions and needs promote behavior they are given meaning through our thoughts. Thoughts coupled with emotions create our reality. Our thoughts provide the context and meaning for what we feel and sense in our environment.

HOW DO WE COME TO THINK THE THOUGHTS WE DO?

Our thoughts are influenced by many factors. Early in our lives the adults around us helped interpret what we experienced and attached thoughts to our feelings. We accepted what adults and our society said about what we experience and their experience of us. Later on in life we begin to attach our own thoughts to our experiences. We may challenge what has been presented and form our own opinions or we may accept what has been passed on as truth. This then gives rise to our beliefs and attitudes, from which we make decisions about choice and action.

There are two biases that you need to be aware of in exploring your thoughts. The first, **habitual thinking**, relates to the automatic use of the internalized thoughts and beliefs that make up our subconscious mind. In the course of our growing up, all the information we have processed about ourselves and the world resides in the subconscious mind and each new piece of information is compared with what we already “know” below conscious awareness. We don’t even think about it, this process just happens. The brain forms neural associations over time and sets up ways of thinking and responding that become habit. So if you experience fear quite a lot, those fearful emotions become negative thoughts. Those negative thoughts create more negative thoughts until it just becomes a habit to think in a negative way. Because it is all happening subconsciously, we don’t even know we are doing it. Thus negative self-talk and the internal critic are born!

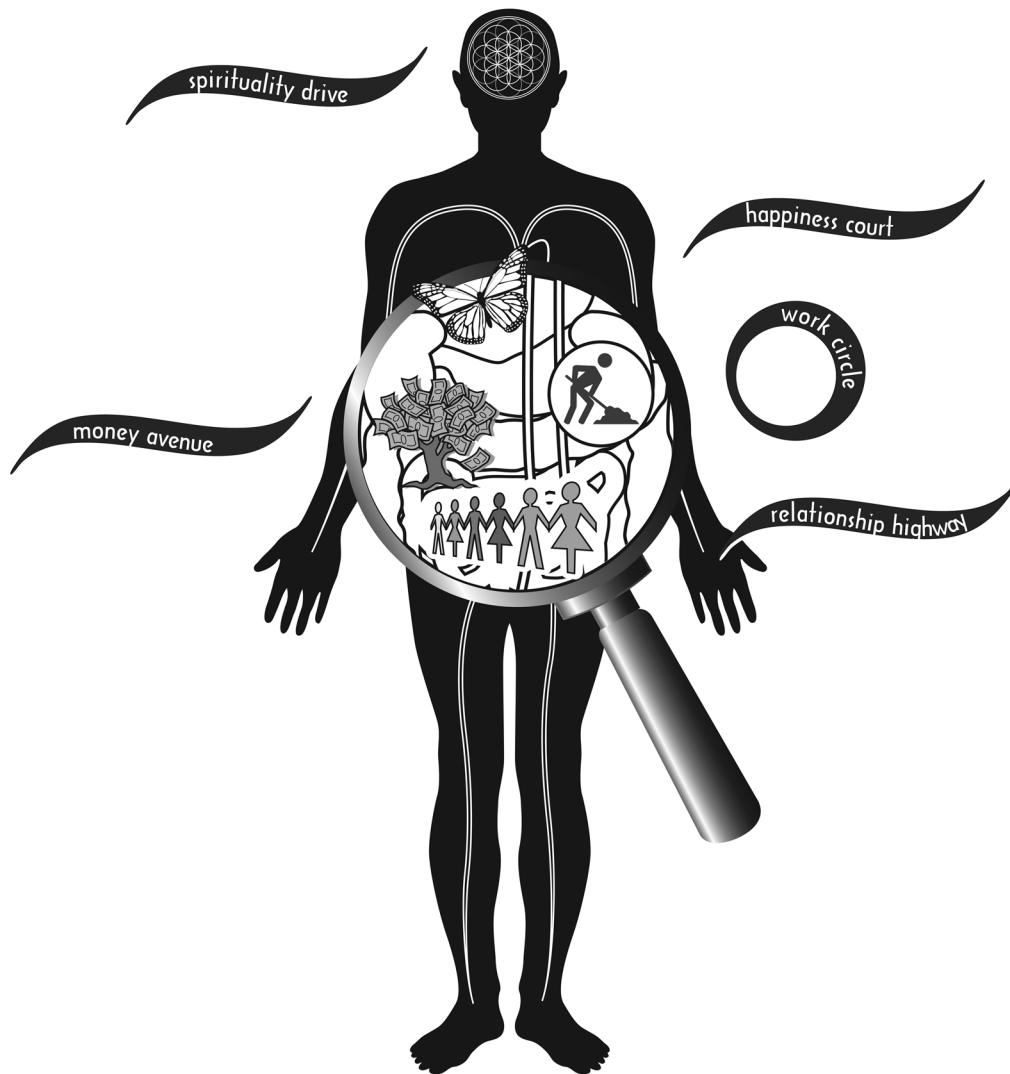
An example of habitual thinking and reacting involves assumptions. Have you ever reacted angrily to someone because you assumed something about them or their intentions without checking it out? When we respond to people based on unquestioned assumptions or beliefs about them, conflict is usually the result!



The second is what social psychologists refer to as the “self-fulfilling prophecy.” This refers to our tendency to see and hear only what we want or expect to see and hear. It also refers to the tendency to reframe the information in ways that conform to what and how we want to see or hear it. ***What we think about things is how we see them!***

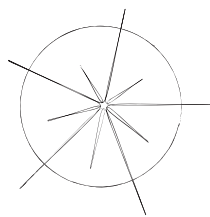
Contrary to the popular saying “Seeing is believing,” it is the other way around. **BELIEVING IS SEEING.** This is supported by quantum physics. Quantum theory suggests that there is only subjective reality and that what we see in the world originates within us as sensations and feelings, which we interpreted within the context of what we believe and think about what we are experiencing.

Our thoughts then become formalized into a structure of beliefs and attitudes that form a kind of **internal map of reality**. That internal map contains all the beliefs and attitudes we have formed about all parts of our life such as *how we think about ourselves, what relationships are supposed to look like, how we think about work, and so on*. Because they become so ingrained and automatic, we typically don't question them unless they are challenged. Very often we hold on to them even if they don't serve us very well anymore — we hold on to beliefs that are creating pain and suffering for ourselves even when we consciously know that is the case. We do this out of fear, a resistance to change, and a lack of understanding of your true beliefs and attitudes.



One way to uncover what your beliefs and attitudes are is to pay attention to sentences that start with: “*I can't do...It's not possible to...I won't be able to...If only...He/She won't let me...I'm not...I don't think I can...*”

Take a moment to explore this concept in the following Journey Activity.



JOURNEY ACTIVITY

MY INTERNAL MAP OF REALITY

Take a few moments to consider what your internal map of reality says about you and the reality you have created. Write down what you believe about each of the following topics.

A. Here's what I believe about myself:

B. Here's what I believe about relationships and commitment:

C. Here's what I believe about the world I live in:

D. Here's what I believe about politics and political / social action:

E. Here's what I believe about work and play:

F. Here's what I believe about money:

G. Here's what I believe about spirituality / God / a higher power / universal mind:

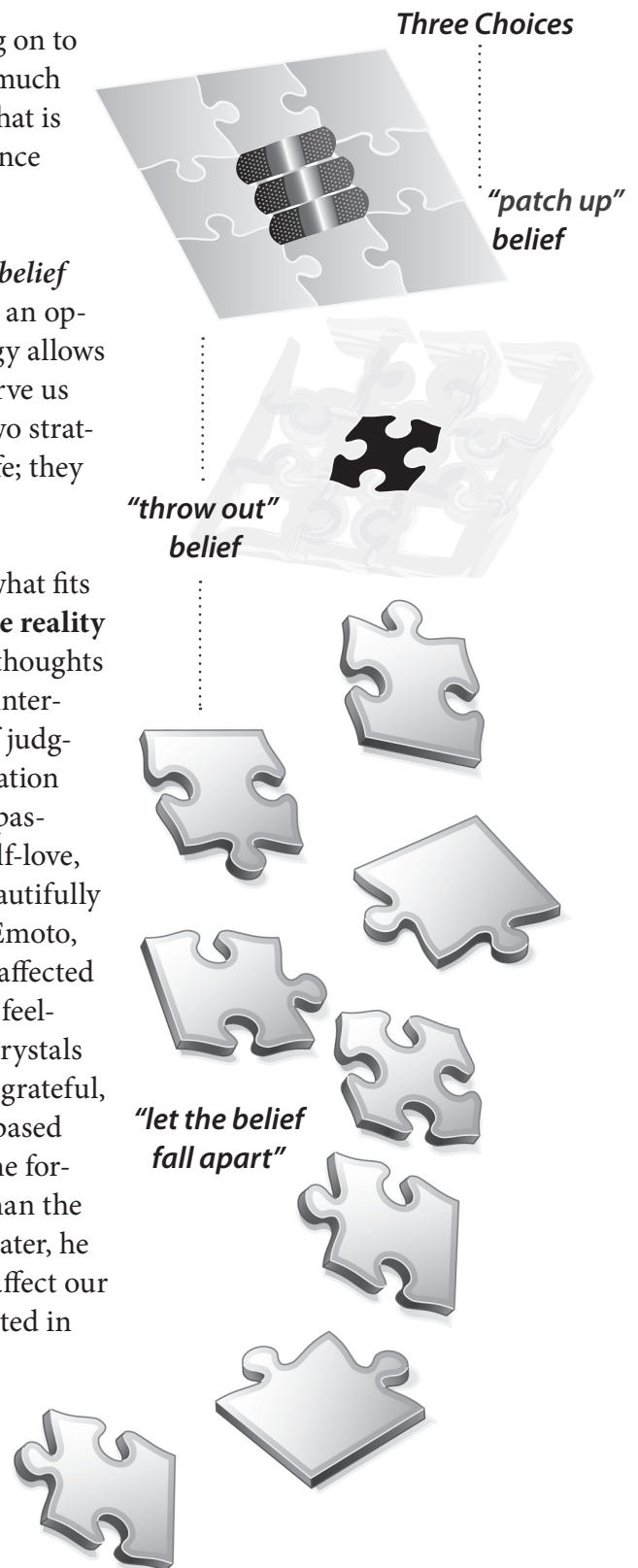
Now that you have taken time to explore your beliefs, I want to pose a question.

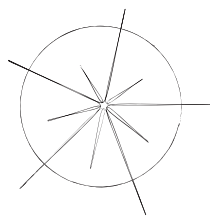
What do you do when your belief is not supported by events in your life?

Most of us will try one of two strategies to hang on to the belief. We will try to *patch up the belief* as much as possible with other beliefs in order to save what is known, or we can *throw out the contrary* evidence and try to salvage the belief.

There is a third strategy, which is to *watch the belief fall apart* and see it for what it is — growth and an opportunity for creative change. This third strategy allows us to let go of beliefs and attitudes that don't serve us and to create and advance our life. The other two strategies are fear based and do not advance your life; they keep you resisting life.

Since we see and hear only what we intend or what fits our worldview, we have the power to **choose the reality in which we wish to live**. Reactive or negative thoughts lead to distress and eventually disease. If your internal dialogue involves self-bashing and is full of judgment and negative self-talk, it will lead to alienation from self and others and the world. If it is compassionate, accepting, positive, and comes from self-love, then it will promote wellness. This has been beautifully documented through the work of Dr. Masaru Emoto, who demonstrated that molecules of water are affected both positively and negatively by thoughts and feelings. By studying the changes in frozen water crystals when they come in contact with warm, loving, grateful, or compassionate thoughts as opposed to fear-based and negative thoughts, he demonstrated that the former were more whole, complex, and colorful than the latter. Since humans are composed mostly of water, he suggests that what we say about ourselves can affect our bodies on a cellular level and can be seen reflected in our current state of health.





JOURNEY ACTIVITY

NEGATIVE AND POSITIVE THOUGHTS

It is impossible to observe all our thoughts during the course of a day. We have so many and we are not aware of most of them as they become part of the daily background noise. Keep a log of negative self-talk for one day and write them here.

At the end of the day, rewrite each negative statement as a positive statement and notice what you feel when you do this. Particularly notice any resistance and further negative self-talk.

Keep this list with you and each time you hear yourself saying the negative statement, stop and flip it to the positive statement. Do this for a week and write about what you observed on the back of this page.

NEGATIVE THOUGHTS	POSITIVE FLIP
<i>Example: I never have enough time to get things done.</i>	<i>Example: I am able to accomplish all that I need to get done.</i>



On a separate piece of paper, go back to the journal activities where you identified negative and fear-based emotions, thoughts, self-talk, and beliefs and write them all down.

Write about what you observed when you did this.

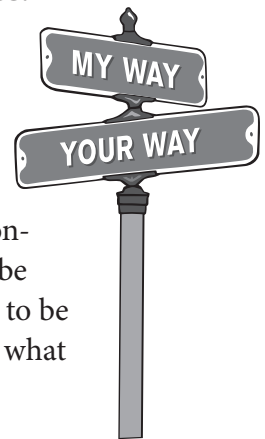
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4) BEHAVIORS ARISE FROM CHOICES

The final piece in the circle involves the behaviors we choose in response to what we sense, what emotions and needs arise, and what beliefs and thoughts we have about them. Our behavior is directly linked to all the previous factors. If we are in *habitual thinking mode*, we may not think that we are choosing, but we are in fact making a decision about whether we will react or respond. Remember, habits and addictions are the result of our making choices that start a pattern of action when we are faced with feelings. We are making choices all the time. The goal is to become aware of what is being chosen, what motivated it, and whether it promotes health or pain and suffering.

Our method of communication is one behavior that represents a choice.

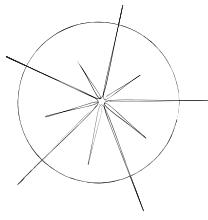
Conflict around communication is supported by unhealthy emotional reactions and expectations regarding unmet needs. Conflict is avoided when we compassionately relate to the individual, behave respectfully, and maintain our boundaries. We get into trouble in our relationships when what we communicate is based on attempts to make others meet our needs. This creates conflict and stress and can often result in a cycle of conflict escalation that won't be resolved until one of the communicators recognizes that a need is attempting to be met. If you find yourself in such a situation, it is time to step back and look at what need is operating, meet the need, and move on.



Another behavior involves touch: how we feel about touching and being touched and our ability to be dependent when we need to.

Touch is a powerful energy that can bring all sorts of thoughts and feeling. Our growing-up years create the foundation of how comfortable we are with touching and being touched, whether we allow ourselves to be vulnerable and dependent at times, and how we acknowledge our limits. Research has demonstrated the importance of touch in peoples' lives. We now have a term for the lack of felt touch: "skin hunger" or "touch deprived." Touch during grief boosts the immune system. Touch allows for vulnerability, which in turn allows us the experience of feeling limited and the recognition of our dependence on others.

Well people are usually touched. If you allow yourself to be touched, you are connecting with other human beings and with the healing process. However, boundaries must be maintained in touch. It is important to ask before touching and ensure that it is invited. It is also important to know why you want to be touched or to touch. Is it to meet some need such as value, safety, love, and belonging? If that is the case, meet your own need and then allow touch.



JOURNEY ACTIVITY

COMMUNICATION AND TOUCH AWARENESS

1. Communication Awareness: Listen to your communication over the next few days.

Were there times when you felt uncomfortable or needy? Did you find yourself blaming someone for something? Did you know what you wanted and were you being clear about what you wanted? Write down what you observed, and reflect on how you might have gone about meeting your own needs before you communicated.

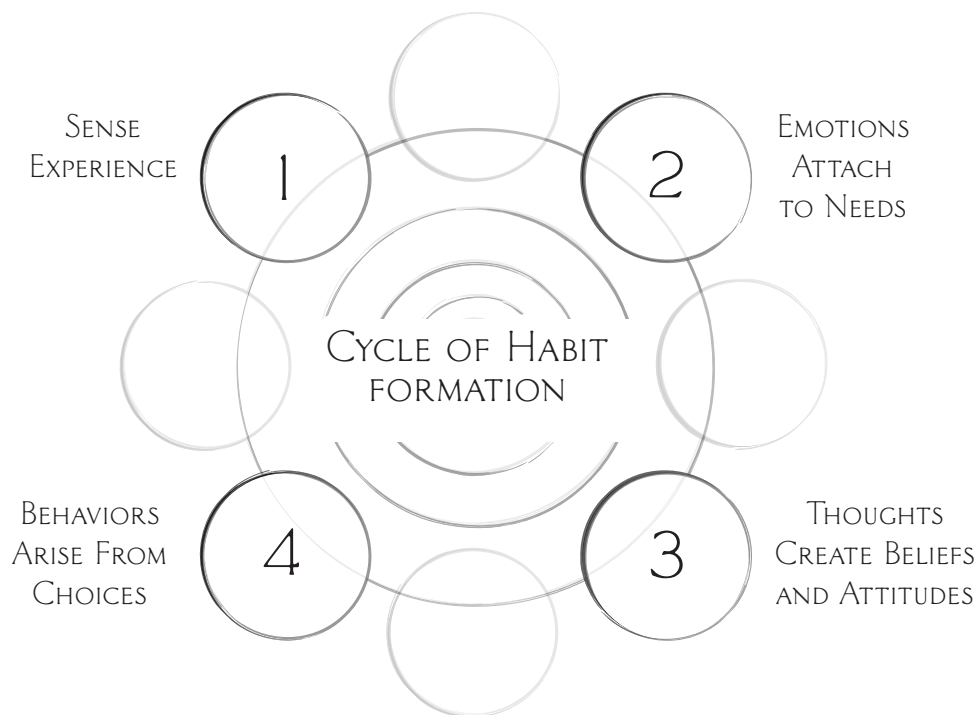
2. Touch Awareness: Pay attention to your impulses to touch another person.

What were your feeling and what motivated you to touch them? What needs were being met through touch? Reflect on whether the touching was motivated by a need that you needed to fill for yourself versus touching to communicate a love-based emotion.

Is it possible to make choices that are healthy and not be practicing self-love?

Absolutely! Will you maintain those healthy behaviors? Probably not. Fear can be a powerful motivator and we can do the right thing for the wrong reasons. For example, if you have a very strong need for approval then you might make healthy choices so that your partner, friends, and family will think well of you. You might think that if you make these choices you are more worthy of love and affection or that you will belong. But because you don't really believe it, you will have difficulty maintaining the healthy behaviors and will probably slide back to your old choices. Some theorists believe that if you change the behavior, the beliefs will change, and that may appear to be true. However, beliefs changed through fear do not promote self-love.

What really promotes permanent healthy-choice behaviors is a conscious awareness and the challenging of beliefs and attitudes about the self. This means moving out of the comfort zone that you have developed in the past. *Now that we have completed the process of the Cycle of Habit Formation, let's put it all together with a couple of examples.*



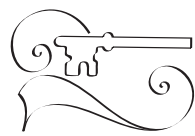
You are at work and your supervisor pushes up a deadline on a major project. You now have a few days to complete it. At the time you learn this, you experience some physical sensations in the stomach area. The feeling generated may be anxiety and mild fear that you will not be able to accomplish the task. The feeling brings up a need such as competence or having your supervisor's approval. Thoughts arise about your ability to meet the deadline, which tap into your beliefs about your own competence and about your value. This leads to a choice about how to respond. A person who is self-aware and positive usually takes a deep breath and a few minutes to reprioritize projects and make the adjustments necessary to complete the task. There may need to be some negotiation with the supervisor about other projects which is done using healthy boundaries because the person is able to meet her own needs, reduce her anxiety, and handle the change in schedule positively.

Another person may engage in negative self-talk, which increases his stress level and results in reactivity. While he may not express concerns to his supervisor about other projects, he might snap at coworkers as fear rises, expend quite a bit of energy trying to get multiple projects done, and focus on meeting the supervisor's deadline because he can then feel competent and good about himself.

You are in a social situation where you don't know many people. You experience some sensations that you can choose to label either nervousness or excitement.

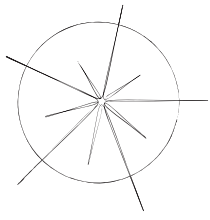
A self-aware person identifies the need and considers ways to meet it. If nervousness triggers negative self-talk, then taking some deep breaths, visualizing a positive experience, and using positive affirmations to reframe nervousness into excitement meets the need and the social situation becomes more enjoyable. Thoughts become positive and anticipatory. Conversations with strangers are easily entered into and healthy boundaries are easily set. He may choose to have a drink but doesn't need it to have a good time.

Another person may react to the nervousness with negative self-talk and a belief that she is not "good" in social situations. Nervousness attaches to a need, which could be for other people's approval. This thought process may result in choosing to be reserved and not enter into conversations. It might trigger another thought or belief that she is "good" in social situations after she has had a few drinks.



STRATEGIES AND TOOLS

What follows are some strategies and tools for helping you become more self-aware, self-accepting and self-loving through the examination of thoughts and feelings. Use the worksheets that follow to stimulate your thoughts and observations.



JOURNEY ACTIVITY

KEEP A JOURNAL

Make a record of some event or experience you had that triggered negative self-talk or resulted in a less than positive outcome.

Write about what happened and then go back to the Habit Formation Cycle and apply each step in a fashion similar to the examples on Page 38.

Here are some questions that may help.

1. What was the end result of the event or experience? What was the choice that you made?

2. What beliefs or attitudes about yourself or the event were triggered?

3. What did you feel before the event happened? What did you need as you began to contemplate the event?

4. What was the physical experience? What sensations arose in the body that began this cycle?

MIRROR EXERCISE

Stand in front of a mirror and look yourself in the eyes. Call yourself by name and say some version of the following: *I love you and I accept my limitations and celebrate my strengths. I wish you peace, joy, and healing in every moment.* This can be tough. It creates discomfort, laughter, and major resistance for most of us. Why? Because we don't believe it! Consequently, this is an exercise that is a major priority in moving toward self-acceptance and love. Have your journal handy to write down and reflect on your resistance.

[illegible]

TAKE TIME FOR YOURSELF

Take some time to walk in nature, give yourself a long, hot bath using candles and aromatherapy and soft music, or find some other way to nurture yourself. We caution you in what you choose to do: the ***purpose is for you to spend time with you***, not get lost in a book, movie, etc. Write about it in your journal, below.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

KEEP A JOURNAL

For a few days record any negative self-talk or the times you “should..; have to...; ought to...” Then replace the *should* or *have to* with “*I want to...*” and consider the difference. Take each negative statement and create a positive affirmation. Use this worksheet to record your observations and help you change the thought processes that encourage a negative self-image toward a more positive one.

I “should” or I “have to”

Example: I should exercise daily.

I “want” to

Example: I want to exercise daily.

Negative Thought

Example: I can’t learn to do that!

Postive Affirmation

I have the resources and time to learn to do that.



BREATHING

*“You only need to breathe consciously for
one or two minutes and you
will recover your smile.”*

— Thich Nhat Hanh

BREATHING

Human beings cannot survive without air. If you doubt this, try holding your breath for a while and see what happens. What is interesting is that most of us get so caught up in the activities of our lives that we forget to give ourselves air. We tend to breathe shallowly and hold our breath, which creates a great deal of physical, mental, and emotional tension in the body. In fact, we add to our stress by withholding the very substance that is the most important element in reducing stress: our breath. At night when we sleep, we actually breathe the way nature intended us to, not with our chest but with our belly.

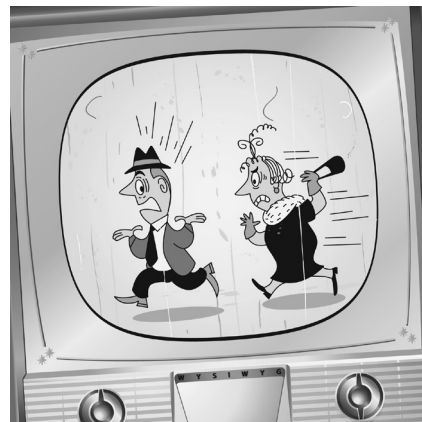


The belly breath, also known as diaphragmatic breathing, involves allowing the in breath to fill the lungs more deeply as the diaphragm drops and the belly expands. On the out breath the belly collapses as the diaphragm returns to its normal position. Diaphragmatic breathing allows the body, mind, and emotions to relax.

WHY IS BREATHING A MAJOR KEY TO WELLNESS?

Because it is at the center of how we chose to perceive and respond to the stress in our lives, and by deep breathing with awareness, we create health.

A great deal has been written on the impact of stress on the body and on how we deal with it mentally and emotionally. Included in the literature on stress is the relationship between chronic stress and the creation of disease. Indeed most of the illnesses that people suffer from have their origin in our response to stress. Stress evokes one of two possible responses: **fight-or-flight (reactive response) or mindful response**. In fight-or-flight we act automatically to a real or perceived threat. We become fearful that we are not able to control what is happening and so our body gets ready to fight or flee. When we are under stress our blood pressure, pulse, and respirations increase. Our adrenal glands send hormones and neurochemicals into the bloodstream that alert the brain that there is an acute threat and we need to take measures to be safe. Usually, we take the necessary actions, our stress level decreases to baseline, and we go on our way. An example is when you have to quickly use your brakes to avoid a collision with another car.

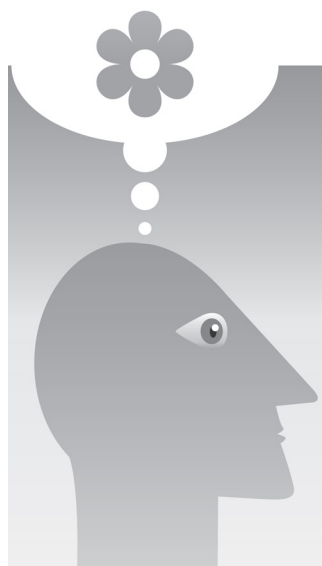


Unfortunately, many of the threats that we deal with are not real but perceived threats based on our thoughts. This leaves the body in a more constant state of stress without the needed resolution. When we are chronically in this state we tend to become tense, highly reactive to events around us, and hyperalert. This physical state corresponds to a brain-wave state called **beta state**. *When we are in beta state our minds are always in the thinking and doing mode and are more stress-reactive.*

There is a positive side to beta state: it is helpful when we need a boost while working on projects and daily activities that don't require much creativity or reflection to accomplish. If this state continues, however, unhealthy stress begins to affect us in a number of ways. The immune system becomes depressed, thinking becomes confused and abstract, our memory becomes impaired, and the heart is either depressed or over-excited. This spills over into our interpersonal and work lives.

Effects of Coping Strategies on Our Lives

Stress Reactive	Stress Responsive
<i>Impatience</i>	<i>Patience</i>
<i>Habitual knee-jerk responses that create more problems than solution</i>	<i>Effective and creative problem and conflict resolution</i>
<i>The constant need to be doing something in order to feel of value</i>	<i>Ability to engage in doing nothing, just being and finding value in being rather than doing</i>
<i>Lack of trust, negative competition</i>	<i>Trust and collaboration</i>
<i>Non-acceptance of self and others, judgement</i>	<i>Healthy personal boundaries and self- and other-acceptance</i>
<i>Negativity, victimization and self-abandonment</i>	<i>Positive thinking, personal empowerment, and self-care</i>



Biofeedback

The therapeutic use of Biofeedback began in the 1970s. The term actually means living (bio) feedback. What it involves is the use of special instruments and computer software programs that help the user visually see the relationship between external events and their body's internal response. It has been shown to be useful in reducing stress, controlling pain, and easing headaches, Raynaud's disease, high blood pressure, asthma, incontinence, and some muscle disorders.

The technology has become so advanced it is possible to buy and install programs on your personal computer or to carry a hand-held monitor that provides continuous feedback.

The second response to chronic stress is just that, **mindful responding**, or becoming stress responsive. In doing the diaphragmatic breathing, the brain moves from a beta state to an **alpha state**, characterized by a sense of relaxation and focused awareness. *In alpha state the underlying experiences of anxiety that we call stress cease to exist.* The individual is then able to respond in a positive and healthier way to the events coming to him. Breathing helps improve your response-ability.

The term “mindful” refers to being completely present in the moment. A very great stressor in our lives is the brain’s tendency to constantly think about the past or about the future. As if we could do anything about either. Consequently, the present moment is often lost to us. Connecting with the breath allows us to be in the present moment and make choices about how to respond to what is happening around us.

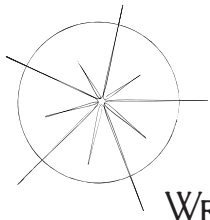
“MINDFUL” REFERS TO BEING COMPLETELY PRESENT IN THE MOMENT.

There is one other very important advantage to learning to breathe mindfully: it helps us connect with our bodies. It is an unfortunate consequence of chronic stress that we tend to live from our neck up and forget we have a body until it reminds us! Our bodies hold a lot of the thoughts, feelings and stress that we either don’t want to or don’t know how to deal with. Day after day for years we hold in our bodies unresolved issues that add physical stress to what we carry mentally and emotionally. Is it any wonder that we get sick! Mindful breathing allows us to first become aware of our bodies and second to learn to give our bodies the relaxation and release they need to stay healthy. Deep breaths settle you into your body (grounding) and allow you to tune in!



Set aside ten minutes twice a day to check in and do diaphragmatic breathing. Observe how your thoughts and feelings affect your breathing and your body. Do this for a few weeks. Use this page to write your observations.

[illegible]



JOURNEY ACTIVITY

WRITE ABOUT A REACTIVE EVENT

Write about a stressful event. Use this page to record a few stressful events in which you became reactive and identify how you could have used the breath to become responsive.

What happened?

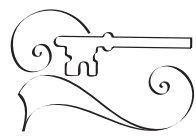
How did you React?

How could you have Responded?



Take five to ten minutes and go out in nature. Turn on your diaphragmatic breathing and then, as you are walking, become aware of your surroundings. Nature has a way of helping us breathe into alpha state faster.

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STRATEGIES AND TOOLS

*What follows are some suggested strategies and tools
for working with your breathing and to help you connect
with your body.*

CONNECT WITH YOUR BODY

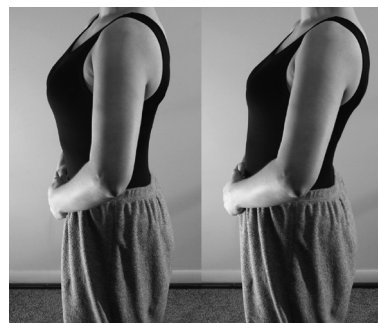
I. LEARN DIAPHRAGMATIC BREATHING

Start by lying down. Put one hand on your chest to remind it to stay still and rest your other hand lightly on your abdomen. Slowly breathe in through your nose or mouth. Your belly should rise and become rounded. Pause for a few seconds and then exhale through your nose or mouth. Your belly should flatten. Pause for a few seconds and then repeat the cycle. In the beginning you may notice that your chest and shoulders go up as you do this. Be patient and practice. Soon you will notice that the chest and shoulders are quieter.

Also, it is not unusual when you're learning something new to try to force it. You don't need to consciously breathe in and out; your body already knows how to breathe this way. Just allow your breath do its thing. Forcing or thinking too much about this can result in tension and discomfort in the chest muscles

You may notice that you feel a little lightheaded. Stop for a few minutes then try again. You should feel more grounded as you deep breathe.

When you have mastered this technique lying down, try the same thing sitting in a chair, then while standing, then while walking, then most of your day!



Remember:

It is physiologically impossible to be anxious when you are breathing this way!

SUGGESTIONS

2. FIND A YOGA, PILATES, OR TAI CHI CLASS

We suggest yoga or pilates for stretching and exercise because they both teach the power of the breath to release tension in the body. Tai Chi is suggested because it combines mindful movement with the breath and allows you to tune in to where you are holding tensions. A fully stretched and exercised body is energized and more able to cope with the stresses of the day.

3. BREATHING: OTHER SUGGESTIONS

- Before starting a meeting or a conversation, take a breath.
- When you find yourself beginning to stress, take a breath.
- Write the word “breathe” and put it near your phone, on your computer
- Learn to meditate.
- Breathe for ten minutes before you get out of bed.

4. FIND A CD THAT TEACHES PROGRESSIVE RELAXATION OR GUIDED IMAGERY VISUALIZATION.



POSITIVE CHOICES

*“Doing the same thing over and over again
and expecting different results is the true
definition of insanity.”*

– Albert Einstein



POSITIVE CHOICES

How balanced is your diet? How much water do you drink? How much stress do you have? Do you self-medicate with alcohol, medications, or food? Do you express your emotions and how do you feel about your home and work environment?

The lifestyle choices you make either **create health or predispose to illness**. You choose your nutrition, movement, how you cope with stress, your friends, and to a certain extent your environment. We all know what choices we need to make to optimize our health, and hopefully you have an understanding of why you might not choose to make positive over negative choices. This section will take a look at environment, nutrition, movement, and coping with stress and make some suggestions for what you could add to your lifestyle to improve your health. Notice that we talk about adding rather than telling you what not to do. You already know what not to do. Instead, we would like to suggest that you slowly add a few changes over time. When you add new habits, old ones often fade away!

ENVIRONMENT CHOICE

Let's start with your environment. There are probably three environments you spend the most time in your home, office and car. *Environments can promote health and are a direct reflection of your current state of wellness.* If you are surrounded by dullness and negativity, you may be depressed or in need of stimulation. If your environment is disorganized and cluttered, you may need to clean the clutter both literally and emotionally. An environment that is always in order and organized may indicate a tendency to compulsiveness or being too externally focused, and you might want to explore self-compassion and healthy play.

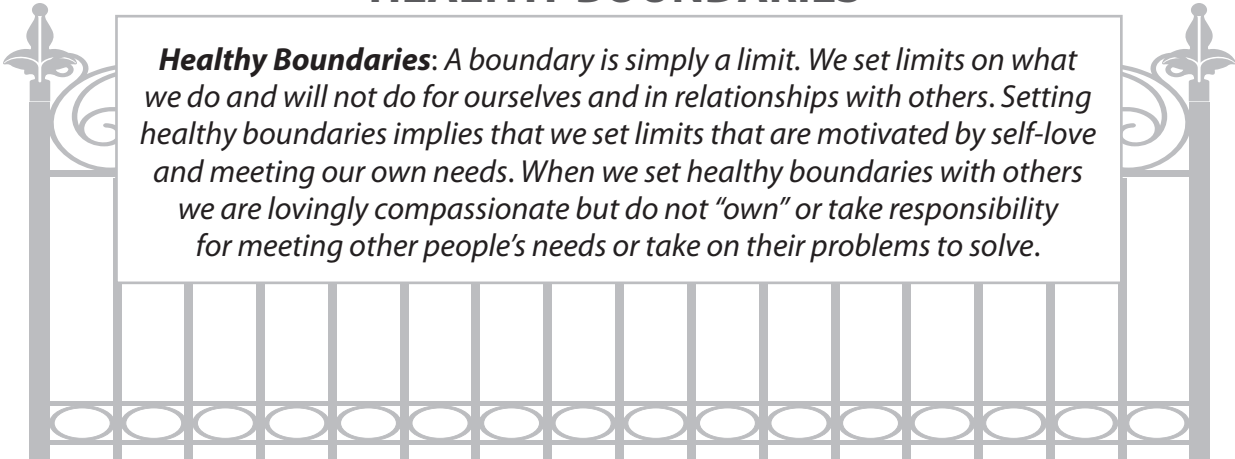
Environments can also hold certain emotions that result in different ways of behaving depending on which environment we inhabit. If it's a house, there may be certain rooms that you enjoy being in more than in others. If it's an office, does it promote a relaxed and creative environment for you to accomplish your work, or does it feel cramped and stressful? If it's the car, does the music you play, the smell of the car, and your response to the traffic around you create an enjoyable or stressful driving experience. Whether we acknowledge it or not, our environment reflects what we think and how we feel about ourselves.

Most of us have some control over our environment and the people in it. You can change your environment for the better just by adding aromatherapy, plants and water, soothing music, and bringing nature into your home and workplace.

The people in our lives are also part of our environment. If you are a generally positive

person and surround yourself with positive, supportive people, you are promoting your wellness. The opposite is true of negative people and their effect on your wellness. It is true that miserable people travel in groups of likewise miserable people and, not unexpectedly, tend to become ill more often. If you look around and see yourself in one of those groups, it's time to leave! If you find that some of those miserable people are close family members, it's harder to do, but you can accomplish it by setting some **healthy boundaries** as you grow in your ability to nurture yourself. It may just come down to limiting contact.

HEALTHY BOUNDARIES



Healthy Boundaries: *A boundary is simply a limit. We set limits on what we do and will not do for ourselves and in relationships with others. Setting healthy boundaries implies that we set limits that are motivated by self-love and meeting our own needs. When we set healthy boundaries with others we are lovingly compassionate but do not “own” or take responsibility for meeting other people’s needs or take on their problems to solve.*

Learning healthy boundaries can be a challenge! Because we spend so much time in automatic pilot, we are not usually aware of when we're asking others to meet our needs or take responsibility for making us happy. We may be slightly more aware of how others request the same thing from us. That awareness often comes with feelings of anger and resentment and statements such as: “He’s taking advantage of me”; “Why can’t they do that themselves”; “I never have any time to myself”; “Why don’t they take responsibility for themselves? Why do I have to always do it?” In addition there are other statements that also indicate that boundaries have not been established such as: “He / she makes me _____,” or “I have to do it because nobody else will.” All of this contributes to that “**Victim Mentality**” we discussed in the introduction. None of it comes from self-love and self-acceptance.



STRATEGIES AND TOOLS

*What follows are some suggestions for creating
a more positive and healthier environment.*

POSITIVE AND HEALTHIER ENVIRONMENT

I. ASSESS A ROOM, YOUR CAR AND YOUR OFFICE

Assess one room in your house, your car, and your workspace, and answer the following questions about each area.

How Does It Feel? Use the Thumb Test.

Thumb Test: using either hand, extend your thumb in a 90-degree angle from the rest of your hand, palm facing the floor. Close the rest of your fingers into the palm of your hand making a fist with the thumb extended. This position is called: *neutral thumb*. Thumb up is called *positive thumb*. Thumb down is called *negative thumb*. Ask yourself when you enter the room you are assessing: How does it feel while in neutral thumb and let the thumb turn up or down without thinking too much about it.



neutral thumb



positive thumb



negative thumb

Is There Clutter?

Is there noise?

A smell?

Is nature present?

Does it make you feel happy?

After you have tested, we create a plan for improvement.

SUGGESTIONS

2. CONSIDER APPLYING FENG SHUI PRINCIPLES

Take a class or find a Feng Shui-made-simple book and use the principles in your plan. Consider clearing the clutter if it is present. If you need help with this, there are professionals who can help.



What is Feng Shui? It is an ancient Chinese art of improving your life through applying principles of energy flow and harmony to your environment. It is based on the philosophy that our physical surroundings affect both our internal and external lives.

3. ADD AROMATHERAPY

Finding candles and diffusers is easy either at a local gift shop or health food store or on the Internet. There are even diffusers that plug into the cigarette lighter of your car! Experiment with scents until you find ones that are relaxing and ones that are energizing. There are many books on the market that can educate you on the use of various essential oils.

4. ADD WATER AND NATURE

See if you can find space at work to add a water fountain, if not in your workspace then maybe in the break room. Bring in live plants, as they provide oxygen and energy to a room.

5. REMOVE CLUTTER

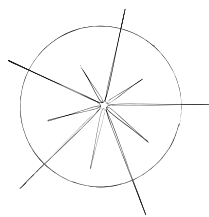
Remove the old and stale items from the area. Clutter traps the energy and removing it releases the energy.

6. ADD COLOR

Paint is an inexpensive and positive way to improve an environment quickly. Also, artwork and colorful vases of flowers can inspire happiness.

7. ADD MUSIC

Music changes the environment. The emotion behind the music can make you feel happier instantly.



JOURNEY ACTIVITY

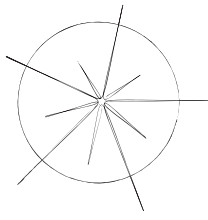
ENVIRONMENT IMPROVEMENT PLAN

After you have assessed your home, office and car write down the results and how you will make changes to make these environments more positive and, if appropriate, more relaxing.

HOME

OFFICE

CAR



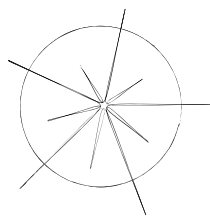
JOURNEY ACTIVITY

EXPLORING HEALTHY BOUNDARIES FOR POSITIVE RELATIONSHIPS

The first step in setting healthy boundaries is to learn your own. This goes back to the Self-Love section where we talked about knowing and expressing feelings and the needs that are attached. Try this exercise first and then move on to the other. This may feel awkward for a while but keep at it!

1. Take a week to observe yourself in a group setting (work, school, job, home, social situation, church, etc.). Vary the settings so that you get a broader experience with this exercise.
 - Note what you were feeling and any needs that were active before you entered the group.
 - Note any feelings and any needs that came up for you while in the group.
 - Finally, note any feelings and any needs that came up after you left the group.

Group Activity	Feelings	Needs
	<i>before</i>	<i>before</i>
	<i>during</i>	<i>during</i>
	<i>after</i>	<i>after</i>
	<i>before</i>	<i>before</i>
	<i>during</i>	<i>during</i>
	<i>after</i>	<i>after</i>
	<i>before</i>	<i>before</i>
	<i>during</i>	<i>during</i>
	<i>after</i>	<i>after</i>
	<i>before</i>	<i>before</i>
	<i>during</i>	<i>during</i>
	<i>after</i>	<i>after</i>
	<i>before</i>	<i>before</i>
	<i>during</i>	<i>during</i>
	<i>after</i>	<i>after</i>



JOURNEY ACTIVITY

EXPLORING HEALTHY BOUNDARIES (CONT.)

2. Now take another week and repeat the exercise paying attention to the interactions you have with the group or one person.

Note what was said.

Note what you felt in response to what was said and the need that arose.

Answer the following questions:

- Did the feelings and needs that arose originate from you or from the other person?
- If they came from the other person, did you attempt to meet their need and help them feel better?
- If yes, reflect on what need you are meeting when you take responsibility for other people's needs and feelings?

Go back to the Habit Formation Cycle in the Self-love section and take this example through the steps.

- If the feelings and needs came from you, did you try to get the other person to help you feel better and meet your need? If yes, reflect on what thoughts and beliefs you have about yourself and your ability to meet your needs.

Go back to the Habit Formation Cycle in the Self-love section and take this example through the steps.

- If you answered yes, then recreate the conversation in your mind and change your response.

Conversation #1:

Conversation #2:

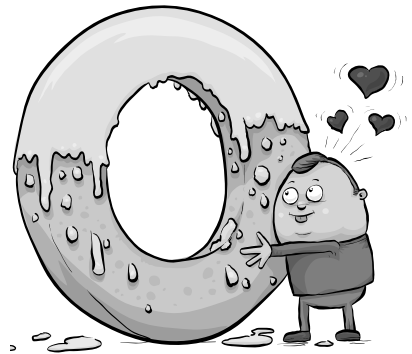
Conversation #3:

NUTRITION CHOICES

The next area of choice is nutrition. Many of us have a love-hate relationship with food. Culturally we encourage the use of food and overeating as part of the celebrations in our lives. Using food to make us happy is a national institution that has all kinds of medications associated with it. Medications help us when we overindulge; medications to take before we eat so we can eat things that our bodies cannot tolerate, and medications to stimulate our appetite or depress our appetite. The media promotes food as a mood enhancer on one hand and then on the other hand suggests that there should be some guilt to indulging. The message that food = happiness is so pervasive that many of us can no longer tell the difference between “**stomach hunger**” and “**emotional eating**.”

Stomach Hunger: physiological hunger triggered by the body's need for energy. It is preceded by stomach growls, decreased energy, and perhaps irritability.

Emotional Hunger: triggered by some emotion, usually anxiety, that we have learned to cover using food rather than express and release.



Most of the time we eat because it is how we handle emotions and stressors, and to meet needs for comfort, happiness, and, possibly, love. We eat automatically without thinking about why we are eating and we tend to pick carbohydrates because they make us feel better until we crash and need to eat again.

Our bodies require food to produce the energy necessary for daily activity. Studies have shown that if the body makes the choice in food consumption, it will choose organic or natural, unrefined foods that are whole grains, fruits, vegetables, fish, and meats (for some). In fact, if you were to shop the outer aisles only of most grocery stores, your diet would approximate a healthy diet because that's where the fruit, vegetables, grains, fish, and meat are displayed. It only makes sense to listen to our body and choose natural foods for energy.

Nutrition is a very complex and evolving science. The old USDA food pyramid has been a major disaster for most Americans. It evolved out of an idea that all fats were not good for us and should be eliminated from our diet. This resulted in a low-fat, high-carbohydrate diet.

What we currently believe: **Carbohydrates are the major source of body fat and the leading contributor to obesity.** Currently our nation has a serious weight problem, particularly among the young, that is giving rise to higher levels of childhood and adult-onset diabetes. This is happening despite the fact that children now grow up conscious of the fact that one of their parents is dieting and that they may be dieting as well.

The USDA has recently published a new food pyramid that adopts current research supporting the beneficial effect of unrefined grains, vegetables and fruit on reducing the risk of heart disease. The latest research in cardiovascular health indicates that some fat is good for us and we are now seeing the trend toward the reduction of trans fats in our diets and the need for balancing the omega 3, 6 and 9 fatty acids that regulate the inflammation response in the body.

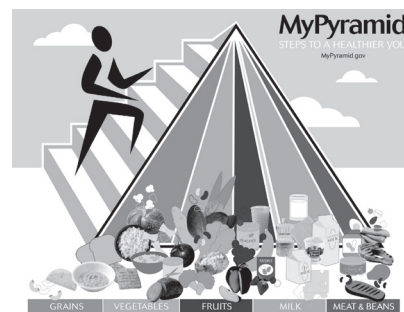
**Keep yourself informed!
Consult a nutritionist if you have
questions about what you should eat.**

Eat for energy

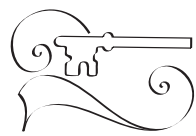
Eat natural foods as often as possible.



OLD



NEW



STRATEGIES AND TOOLS

*What follows are some strategies and tools
you can use to explore your relationship to
food and integrate positive choices into
what you are doing now.*

POSITIVE NUTRITION CHOICES

1. Add Greens, Grains, Fruits, and Vegetables to Your Diet

Greens and grains will improve your energy and balance the less healthy food. Add brown rice or other whole grains to your diet and try some tofu, a real juice smoothie, or nuts for a snack.

2. Do Not Diet

Diets don't work. Instead monitor what you eat and why.

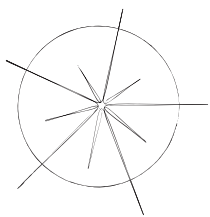
3. Eat With Awareness

Take time to eat slowly and mindfully.

Do not eat standing or on the run, and don't skip meals or at your desk at work. Chewing your food helps initiate the digestive process; gulping food gives you indigestion. Take several deep breaths during each meal to help you stay mindful. Try to make your meal pleasurable and relaxed. *Stop when you feel done, and let go of the guilt around not cleaning your plate!*

4. Eat For Energy





JOURNEY ACTIVITY

FOOD DIARY: IS IT REALLY HUNGER?

For three days, and record everything you eat. Ask yourself if you were truly hungry or if you were eating emotionally.

Place an **H** next to each food item if you were physically hungry and an **E** next to food items that you reached for to meet an emotional need. Look for patterns and then create a plan for how to deal with the times when you are tempted to eat emotionally. You might go for a walk, do a few minutes of breathing, etc. Try to identify the need that is driving you to eat and look for other ways to meet it. Put your plan on the back of this page. *Remember to start with little steps and write a concrete plan with a timeline.*

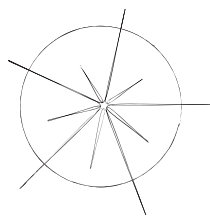
H = physically hungry

E = emotional need

Day One		
Breakfast:	Lunch:	Dinner:
Snacks:	Snacks:	Snacks:

Day Two		
Breakfast:	Lunch:	Dinner:
Snacks:	Snacks:	Snacks:

Day Three		
Breakfast:	Lunch:	Dinner:
Snacks:	Snacks:	Snacks:



JOURNEY ACTIVITY

POSITIVE CHOICES AT THE GROCERY STORE

PART I

The next time you do a full week's shopping, take time to read all the labels. If the labels include refined or processed flours, sugar and sugar substitutes, high-fructose corn syrup, MSG, partially hydrogenated oils, and preservatives, put the item back on the shelf. Journal what you came out of the store with and begin to plan your meals from that list. You may have to do this a couple of times before you are shopping on the outer aisles most of the time.

PART II

What is in your cart? The next time you shop see if you have any of the following items.

GROCERY LIST

Greens? _____

Grain? _____

Vegetables? _____

Fruits? _____

Protein? _____

Other? _____

MOVEMENT CHOICES

We also have choices regarding how much we include movement in our lives. We are not meant to be sedentary. **We have bodies that need to move, need to exercise in order to stay vibrant and feel alive.** Since all human beings are unique, some people require more movement than others. *While the kind of exercise is a matter of individual choice, there are some basic recommendations.*

FIRST

If you move a lot during the course of your day at work, that is your baseline and does not count as exercise.

SECOND

Exercise needs to include both aerobic movement that strengthens your cardiovascular system as well as, stretching and core strengthening. It has been shown that aerobic exercising for thirty minutes three times per week at your recommended heart rate plus fifteen to twenty minutes of stretching and strength training does increase energy and reduce stress. Luckily, you don't have to do it all at once. You can break it up into ten to fifteen minutes over the course of the day!

Type of Exercise	Time	Days Per Week
aerobic	30 min	3
stretching	15–20 min	3
strengthening	15–20 min	3

THIRD

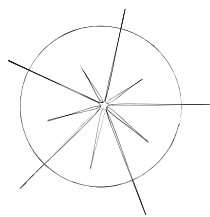
The point of exercising is to get in touch with our bodies, love and appreciate them, and release the stress and toxins we carry in them.

FOURTH

The exercise you do must be fun, otherwise you won't stick with it!

Most of us are not aware of our bodies until we strain, sprain, or otherwise learn that we have limitations on how much we can push them before they protest. Often we ask our bodies to hold emotions and tensions rather than deal with them and release them. Our need for control, feeling like we are carrying the weight of the world on our shoulders, our fears, and worries all result in distortions in how we hold our bodies and how they feel. If we are really unaware and using our bodies as holding tanks for mental-emotional poison then we will become ill with increasing regularity. Getting in touch with what we are holding in our bodies can be an uncomfortable experience. It brings up issues of mortality, perceived limitations regarding aging, and dependence when ill or injured, all involving self-love.

Movement can also become a form of escape when we push the body, not so much for the energy and well-being exercise provides, but for meeting needs unrelated to nurturing the self.



JOURNEY ACTIVITY

MOTIVATING THOUGHTS ON MOVEMENT

Take some time to reflect on the origin of why you do or do not exercise. If you are doing it out of guilt or for external attention or not doing it because of negative self-talk, you may be promoting illness. Take a moment and jot down your thoughts about the following questions.

1. Do you move daily?

If yes, moderately or vigorously?

If no, what are your thoughts about why you don't?

2. Do you over-move or over-do?

Is this a reaction to life or is it escapism?

3. Look back at your childhood movement experiences.

What movement did you enjoy most?

Do you still do it or something similar?

4. Are you moving to meet a need or for your health?

5. Do you change your movement activities often?

A decorative flourish featuring a key as its central element, with elegant, swirling lines extending from the handle and the bow of the key.

STRATEGIES AND TOOLS

*What follows are some suggestions
regarding how to add more movement
into your life in order to promote health.*

PROMOTE HEALTH BY MOVEMENT

1. TAKE A CLASS IN MINDFUL MOVEMENT

Through the practice of postures and breath control, yoga works all of the muscle groups, stimulates the internal organ systems, and improves flexibility and balance, all the while calming the mind, reducing stress, and enhancing inner and outer poise. Pilates works in a similar fashion, while Tai Chi is a more meditative movement process. There are other mindful movement options that you can explore as well. The point is to become reconnected with your body.

2. FIND SOME FORM OF AEROBIC EXERCISE

You don't have to do all your exercise in thirty minutes, you can space it out at ten- or fifteen-minute intervals during the day. It can be walking, bicycling, anything that you find enjoyable. It could also be going to the gym or taking a class.

3. FIND SOME FORM OF STRENGTHENING MOVEMENT

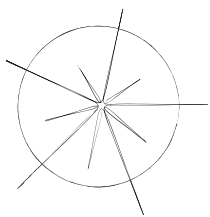
Again yoga and Pilates can help with this as can free weights or the local gym's equipment. Find what will work for you and what you will stick with. Meet with a personal trainer to help set up a fitness regimen that you can do at home.

4. CONSIDER HAVING A MASSAGE ON A REGULAR BASIS

Massage helps release the tensions we place in the body from our responses to daily life. It helps us get in touch with our bodies. It also can help us heal and restore function when we are injured.

5. TAKE A WALK OFTEN

Walking is an easy, positive movement that connects your mind and body and does not make you feel tired.



JOURNEY ACTIVITY

MOVEMENT PLAN

Adding movement into your life needs to be both fun and doable.

Write down a progressive movement plan that you think is reasonable. If you need incentives, plan some sort of celebration when you achieve a goal. Also consider if you need to be with others to feel motivated or if you can go it alone.

Example: During the first week you might decide to stretch for five minutes and then walk for fifteen to twenty minutes three times a week. In week two, you might decide to add a weekly yoga class.

Week One

Goal:

Actions:

Celebration:

Week Three

Goal:

Actions:

Celebration:

Week Two

Goal:

Actions:

Celebration:

Week Four

Goal:

Actions:

Celebration:

Journal your thoughts about your successes and any obstacles. After you have completed the four weeks, write a plan for how you intend to maintain this change.

CHOICES FOR COPING WITH STRESS

Finally, let's talk a little about how you cope with stress. You may have noticed that all through this workbook we have been talking about stress and how most of it is self-created. There will always be stress in our lives; it's how we respond to it that promotes either illness or wellness. If you are using smoking, alcohol, prescription medication and / or drugs, including food, to deal with the stresses in your life then you are promoting illness and not coping with stress.

Becoming aware of how we handle stress is the first step toward learning a new way of responding. Your choices can be positive, especially when you are aware of the motivating *need* behind the choice. The section on Self-Love addresses this underlying motivation. The section on breathing is particularly useful in learning new ways to handle stress. The focus in this section is that we often create stress by not giving the body what it needs to have the energy to work with and handle life's challenges. Positive environment, nutrition, movement, and relationship choices help you stay well and avoid chronic stress.





BALANCE

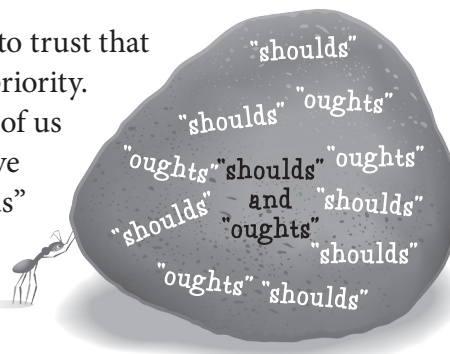
*Happiness is not a matter of intensity but
of balance, order, rhythm, and harmony.*

— Thomas Merton

BALANCE

Balance can be looked at from several different angles. **It is defined as an equal distribution of all factors** such that no one factor is given more time or attention than the others. The Wellness Assessment asks you to consider your work and your willingness to take time for rest, play, and creative endeavors. Our approach to the five keys also can affect how balanced our lives become. A preoccupation with one key over another does not promote balance and harmony. You may have noticed that your wheel was not balanced, that some areas were more developed than others. For most of us, that is a surprise. We often think our lives are more balanced than they really are.

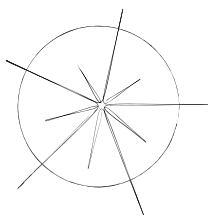
Our state of balance depends heavily on our ability to trust that we can take time for ourselves and make ourselves a priority. Nurturing or putting self first is not something many of us feel comfortable doing. It engages quite a bit of negative self-talk about being “selfish” as well as lots of “shoulds” and oughts.” Intuitively we do know that if we don’t find time for self then we lose our energy, and feel drained, resentful, and stressed. That leads to illness.



Balance is the most active of the five keys because it is the vehicle from which you consciously choose to practice the other four keys. **Balance and harmony are the direct reflection of choices.** As such, the level of balance in your life at any given time provides information about where you are in practicing self-love and acceptance, trust, the practice of breathing and making positive choices. When we get sick, it provides us with the opportunity to reflect on the meaning of the illness. *Why now? What was going on in my life that I chose to become ill? What feelings or thoughts have I been holding in my body that I have not released? How can I heal and move on?*

THIS IS A WHOLE DIFFERENT WAY TO LOOK AT ILLNESS.

Most of us do not reflect on the illness process, we just react to becoming ill by wishing it would go away. We medicate and move on and may be initially uncomfortable with the idea of owning what has happened. In doing this we lose a priceless opportunity for reflection and growth. The illness process provides us with a wake-up call that something deeper is going on. *If we listen, it is telling us that we are out of balance, out of alignment with ourselves, and that we may not be taking care of ourselves.*



JOURNEY ACTIVITY

REFLECTIONS ON ILLNESS AND BALANCE

While most of us do not like to get sick, much of the time we become ill by choice in order to meet some underlying need. It is a great time to reflect on why we need to be sick to “take care of ourselves” and on how to become more consciously aware of when we move out of balance. Try this activity and see where it leads you.

Think of a time when you were ill, or the next time you find yourself becoming ill, and reflect on the following questions. Write down your thoughts as honestly as you can.

1. What was going on in my life then?

What is going on in my life right now?

2. How balanced was my life?

Was I focusing on one or two areas of my life and not the others?

How balanced is my life right now?

Am I focusing on one or two areas and not the others?

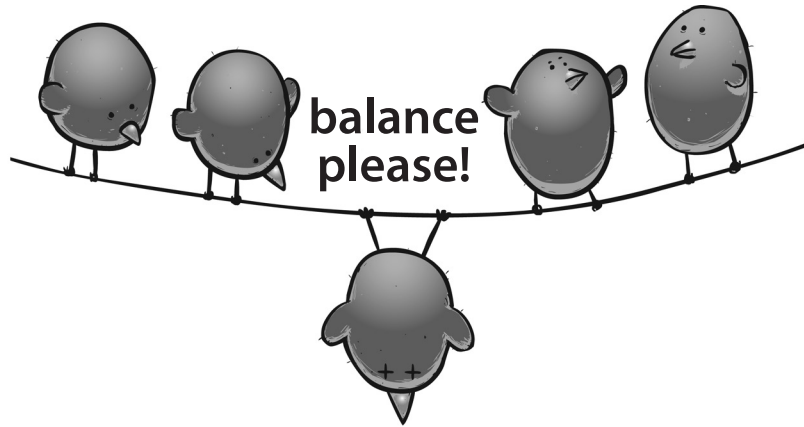
3. In what ways was I/am I forgetting to nurture or care for myself?

Take time for myself?

4. What does being ill allow me to do that I haven't been doing?

5. What needs to happen for me to regain balance and maintain it?

Hopefully the Journey Activity provided you with some insight as to how illness functions in your life. If the only time we “take time for ourselves” is when we are ill, then illness will become a habit. If we can ask for support and nurturing for ourselves only by becoming ill, then that is what we will do. If illness, aches and pains, and chronic disease become who you are rather than what you “have,” then that is who you will be.



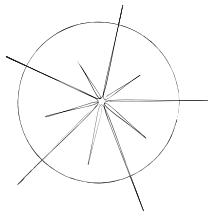
Self-love, breathing, positive choices, and trust are all done each moment of every day. **Balance is the way you manage your life or “spend your time.”** You can manage toward optimum health or you can think and react your way into illness.

As you review your life on a daily basis you will likely find that you spend eight to ten hours a day or forty to fifty hours a week at work. Your body requires six to eight hours of sleep or forty to sixty hours a week. This leaves six to ten hours a day or sixty to eighty hours for you to enjoy your life outside of “designated, necessary time.” Does that seem like a lot to you? You only need one hour each day and two to four additional hours each week to promote balance in your life.



WHAT?! I DON'T HAVE THAT MUCH TIME!

That's a usual first response and then out comes the lists of “have to's” to prove that there is not enough time. **There is always enough time.** The problem is, many of us don't realize that “your time” is a direct result of your thoughts and feelings and the choices you have made. If you say, “*I don't have enough time,*” guess what? You don't have enough time! But what you have actually just said is “*I don't have enough time for that.*” It is not a priority. Or you don't have enough time for that because it has no meaning and does not enhance your life. Take a few moments to work on the next Journey Activity to become aware of how you're choosing to spend your time.



JOURNEY ACTIVITY

HOW I SPEND MY TIME

Using the categories below, enter the amount of time you spend each day for seven days. Then total all the categories and subtract the total from 168, the number of hours in a week.

1. Work (career or stay at home work): _____

2. Sleeping or resting: _____

3. Family or Relationship time: _____

4. Driving: _____

5. Shopping for food, eating, cooking: _____

6. Household chores: _____

7. Exercising: _____

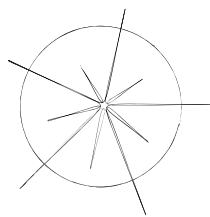
8. Other: _____

Total: 168 – _____

Free Time: _____

What did you find out? Do you have more time than you thought?

If not, then use the next activity to explore the possible reasons for not “having the time.”



JOURNEY ACTIVITY

THE “HAVE-TO” BLUES

Much has been written on the topic of time management and the perception of time availability. We often get caught up in social expectations or well-meaning values that impose choices and actions without much thought about the consequences of giving our lives away. The “Have-To” Blues is one example.

You may have decided that you want your children to have every advantage or experience in order to enrich their lives. Perhaps you felt a lack when you were growing up and made a vow to not experience it as an adult. Maybe you learned that to be approved of, you were supposed to care for others and not consider your own needs. Whatever the message was, it is very likely that you came away with a long list of “have-to’s” that are unrealistic and promote a great deal of stress.

1. Take a moment to write down the things you feel you **“have to”** do.
2. Now complete this sentence for each one of your **“have-to’s”** and note what feelings each statement brings up.

I have to _____ because _____ will happen if I don’t.

3. Now complete this sentence using the word **“want”** instead of “have” and note what feelings each statement brings up.

I want to _____ because _____ will happen if I don’t.

4. **Test the truth!** *When you move from “have-to” to “want-to” is the statement really true?*

Do you really want to?

If the answer is no, then consider what it would take to not do it anymore.

If the answer is yes, then stop saying you “have-to!” You want to!

There is a great deal of power in owning how you chose to spend your time rather than stressing yourself out of obligation and the belief that you have no choice.

Another perspective on balance involves looking at your life using four main activities that we all engage in if we are **balanced: true work, true rest, true play, and true study**. If you engage in each of these you'll likely find you have more energy and more time because you are using your energy wisely. You are also replenishing your energy.

Elements of Balance



Let's start with the most important element of balance, **TRUE WORK**.

Do you love your job? Does it make your heart sing? Are you doing your life's mission?

Does your work inspire you toward improvement and making a difference in your community?

The answer to every one of these questions can be "Yes!" But, you must know your mission in life. A simple way of determining if we are doing our true work is to answer the question **"Does my job inspire me everyday or does it make my heart sing?"** Some of you may answer this question easily with a "yes," But often, people work in a job that makes them feel unhealthy. We've all worked at a few jobs where either the job itself or the company we worked for "did not pass the gut check." The outcome is typically poor work performance and recurring illness. Why? Because work meets so many of our needs and it often connects us to meaning. **The good news is that our true work is out there and can inspire us to greet each day with joy and anticipation!**

Now, the question is: **What Is Your True Work?**

There are four easy steps to help you connect with your life's mission.

First, ask yourself “**What is my life's mission?**” You may intuitively know and an answer or at least a direction will come to you once you pose that question. For further information, look at what you read about and how you spend your free time and money.

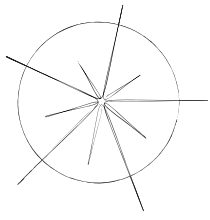
Second, you've likely had consistent messages about your life's mission since you were nine years old. You can **revisit what brought you joy** when you were that age (back in the time when you started to enjoy work). What did you like to do when you were nine years old?

Third, you are guided on your path through many messages that will clearly direct you. By **listening to these consistent messages**, you will be almost forced on your path. Strange turns may take place, however your gut and discernment will reinforce your decisions.

Finally, if that isn't enough, a new **Fourth** step is to use the the following **True Work Journey Activity** to help you think about and find your life's mission.

Once you know your life's mission, you need to find a way to fulfill your mission through your work. For example, Kelly is a hospital CEO. “*There is never a day that I do not fulfill my life's mission of “inspiring healing and improving the health of my community”* in that role. I could see the job as many people do, “difficult.” But I choose to fulfill my life's mission through my work. I meet the expectations of the patients, physicians, staff, and community in my way and I will not do the job unless I am fulfilling my life's mission in the process.”

Some may decide that their life's mission does not support them financially. If that is the case, then you must at least engage in your true work as an avocation. Balance and health are heavily reliant on each of us engaging in our true work. Remember, this is often how you meet your needs and find meaning in your life. **Once you know your mission, you must fulfill it for at least forty minutes daily.**

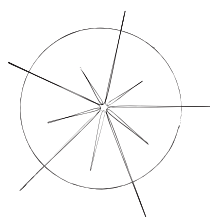


JOURNEY ACTIVITY

TRUE WORK

Finding your true work is very important. Whether you do your true work as a vocation or avocation, it is important that you align your life mission with your daily work. Below you will find seventeen categories of true work with a general explanation. Circle any and all of those that attract or describe you.

Abundancier	You have a way with money. You attract abundance and prosperity and you can easily help others do the same.
Artisan	Choose your medium such as acting, dance, fashion, food, photography or music, and be creative. People want to enjoy your artistic talents.
Child-lover	You are a loving, patient person, and children benefit from your presence. Children need your attention and comfort right now!
Crafter	Choose your medium and start creating or improving with your hands. You ground others with your loving, gentle presence.
Community Activist	You must participate in what improves the community and subsequently the world. You bring people together and help us all see that we are connected.
Environmentalist	Choose your subject — water, land, or air — and educate. People need you to help us become more environmentally friendly.
Healer	You must help people heal and live healthy. We need you to teach others to heal themselves and stay well.
Naturalist	You are at your best when you are with the plants and animals outdoors. You role model and teach others how to respect and learn from plants and animals.
Leader	You lovingly guide others and inspire followers toward a mission! You role model in every way and help us learn to embrace our power.
Player	Play must be in your work. You bring joy and enthusiasm to others through your favorite activity.



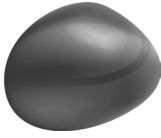
JOURNEY ACTIVITY

TRUE WORK (CONT.)

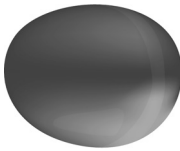
Proprietor	You must own your own business. You have a way of offering people what they need or helping people learn what will help them in this world.
Protector	You feel best when you are responsible and protecting others. You are trustworthy and help us all feel more secure with your presence.
Scholar	You need to read, research and study, and then help others learn. You present information in a way that others can easily understand.
Server	You are an earth angel who provides loving support and service to all you encounter. You gently help us in a calm and effortless way.
Spiritualist	You can choose your method and audience, but you must talk about Spirit. You show unconditional love to all you encounter.
Teacher	You are a born educator and you need to teach what you know. People learn from the engaging way you present information and your joyful teaching style.
Technologist	You are engrossed by technology and you easily work with it to improve the world.
Writer	You are meant to communicate through the written word. You are happiest when creatively expressing yourself and you keep us all informed and entertained.

You likely found more than one avocation that resonated with you. Now look at your current work. *Does your job align with those vocations you have circled?*

If yes, then you are probably doing your true work and your life is a masterpiece in the making. If not, it is time to reevaluate your work. You can also begin to volunteer or practice an avocation after your work for a while. Your true work does not usually feel like work, so this will not be a burden.



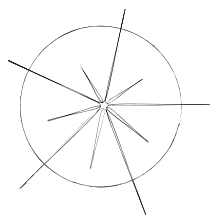
The second important element to balance is **TRUE REST**. This is not sleep. **True rest is anything you do that replenishes your energy and helps you feel nourished, calm and centered.** Most of us do not feel centered. We feel “off balance” or stressed. But when you think about it, there are many activities that help you feel replenished. Meditation is a common suggestion because it is so nourishing and quickly helps you replenish energy. However, you may have several things that work for you. The important point is that true rest does not increase stress. It relaxes you. **We suggest you engage in true rest at least twenty minutes a day.**



The next element of balance is **TRUE PLAY**. All of us need to play! Many people have lost the ability to play. They have nothing that “floats their boat” outside of work and responsibility. **True play is any activity that brings you JOY.** This can be stressful, but it must be joyful. For example, many people say golf is their true play. Other examples could be: teaching, writing, hiking, skiing, gardening, snorkeling, camping, and being with children. Once started it becomes easy to continue to find more and more things that create joy. True play will help you feel healthy and connected to life. You’ll be a better partner, friend, and parent if you play often. *True play is required for at least two hours per week!*



The final element to balance is **TRUE STUDY**. This is often overlooked, but for most it can be the answer to stagnation or complacency. True study is any activity that you engage in that **inspires new ideas or creativity.** True study is learning about or trying something new. Many of us can get into a rut, but study quickly takes you out of the rut, and gets the creative juices flowing again. You’ll often find inspiration and growth as a result of engaging in true study. *We encourage learning and true study at least once a month.*



JOURNEY ACTIVITY

THE FOUR ELEMENTS OF BALANCE

Reflect on the four elements of balance and write your responses in each section. Then estimate how much time you spend in each. If you are lacking in one or more, identify how you will bring more balance into your life in these areas.

TRUE WORK What inspires you? <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	TRUE REST What replenishes you? <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
TRUE PLAY What brings you JOY? <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	TRUE STUDY What increases creativity? <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

The final dimension of balance involves the internal experience of what is often called being “**centered**” or “**grounded**.” To ground is to firmly plant yourself on the earth. To be centered is to be aware of your body’s center of gravity or midpoint. Each implies a sense of being wholly in the body such that all actions flow from that midpoint out into the world. It also implies that this midpoint is the energetic center from which we relate to the whole. Many of us have the experience of feeling “spacey” or “off balance” as we move through the day. We get caught up in activities and can easily live in our heads. These are cues that we are not grounded or centered.

What is meant by being wholly in the body? The next few examples will help you grasp this concept.



*In Yoga, there are postures that involve standing on one leg with the eyes fixed on a spot on the wall, and then bringing the other leg up to the ankle or calf while the hands are at the sides or prayer position or reaching for the ceiling. One only has to try this to understand how “out of balance” we are. The more we try with the mind, the more tense and less able we are to actually do the posture. To be successful, one needs to relax and settle into the body, breathe, and let go of the mind’s chatter. Thinking and doing promote lack of balance. **Breathing and being promote balance.***

Another example comes from the martial arts. In Aikido and other martial arts systems or approaches, the student is encouraged to develop a physical stance in which the body is relaxed, knees slightly bent to maintain a lower center of gravity, and to breathe from what is called “one point.” This point is at the solar plexus just above the umbilicus. When the student is grounded and centered, all actions come from the one point and movement is fluid. This promotes the ability to blend and redirect energy rather than to engage in physical confrontation. It is believed that a relaxed and centered body promotes responsiveness rather than reactivity when confronted with potential conflict.



Getting out of the head and into the body can be a challenge in our society because we value thinking and doing over mindfulness and being. Eastern traditions of meditation, yoga, and energy systems of healing have come to understand the importance of balance in promoting health and optimal living. Western science, complementary healing arts, and philosophy have slowly come to understand the value of inner balance in healing and it is now more accepted in our society. Paired with concepts from quantum physics, in which most of what we are experiencing in the “real world” is a reflection of what is happening in the “inner world,” the idea of inner balance takes on greater importance. We are beginning to see that once we attain inner balance, we breathe diaphragmatically, the mind and feelings align with that inner balance, and we achieve greater clarity, creativity, energy, concentration, and connection. Inner balance is a stress reducer!



STRATEGIES AND TOOLS

*What follows are some suggestions
for creating a more balanced life.*

BALANCE PRESCRIPTION



1. THE BALANCE PRESCRIPTION

Engage in your True Work or life's mission at least forty minutes per day.
Spend at least twenty minutes per day in True Rest.
Play at least two hours each week.
Study or learn something new at least once a month.



2. CONSIDER TAKING A MARTIAL ARTS PROGRAM

Tai Chi, Chi Gong, or Yoga to explore grounding and centering.



3. TAKE A MEDITATION CLASS



4. LEARN ABOUT ENERGY SYSTEMS LIKE THE CHAKRA SYSTEM

Energy work helps the body release the tensions we place in the body from our responses to daily life. It helps us get in touch with our body. It also can help us heal and restore function when we are injured.



5. EXPLORE YOUR CREATIVE SIDE.

Explore your creative side through classes, journaling or doing art. If you did projects early in your life and found joy in doing them, consider picking them back up.



– Pierre Teilhard de Chardin



Who am I? Why am I here? How do I serve the greater good? What do I value and hold true for myself? Do I trust that life has a rhythm and I can just go with the flow? Is there a higher power, and what is my relationship to it? What is my relationship to others and the planet? What happens when I die?

Those are thought-provoking questions with answers that often take a lifetime to come to terms with in a meaningful way. Very often we look outside ourselves to the great teachers, philosophers, and sages to provide us with answers. This comes from a cultural belief that all valuable information comes to us from others. It has been thought that we haven't any inherent wisdom and intuition is not considered reliable or scientific. It can be disconcerting to hear these teachers say that the answers come from inside us; that we create the meaning of our lives; that we determine who we are and how we serve; and that all we need do is to be still and listen to that still quiet voice that resides deep within us and which represents who we truly are. What?!

Most of us are acquainted with a very quiet voice that often answers questions, suggests solutions to problems while we sleep, and provides us insights into people or events. This voice is different from the "I-told-you-so!" voice that represents the inner critic. It is the voice inside that really knows, without us knowing how it knows and had we listened we might not later regretted doing or saying something. This voice is often drowned out by the noise of endless thoughts that cycle through our brains each moment of the day. We have learned to label the voice our "**intuition**," but it is more than just intuition.



This small, quiet voice is the point of origin from which our lives unfold. When we are consciously guided by this inner knowing, we are being guided by our true self or soul.

Why is this the origin and why is connection so important?

In his Hierarchy of Needs, Abraham Maslow placed the need for connection with others and self-esteem as the gateway toward self-love, trust, and self-actualization. It is through transcendence and actualization that the person moves beyond ego into what is called the true self. **Let's take a moment to explore the ego.**

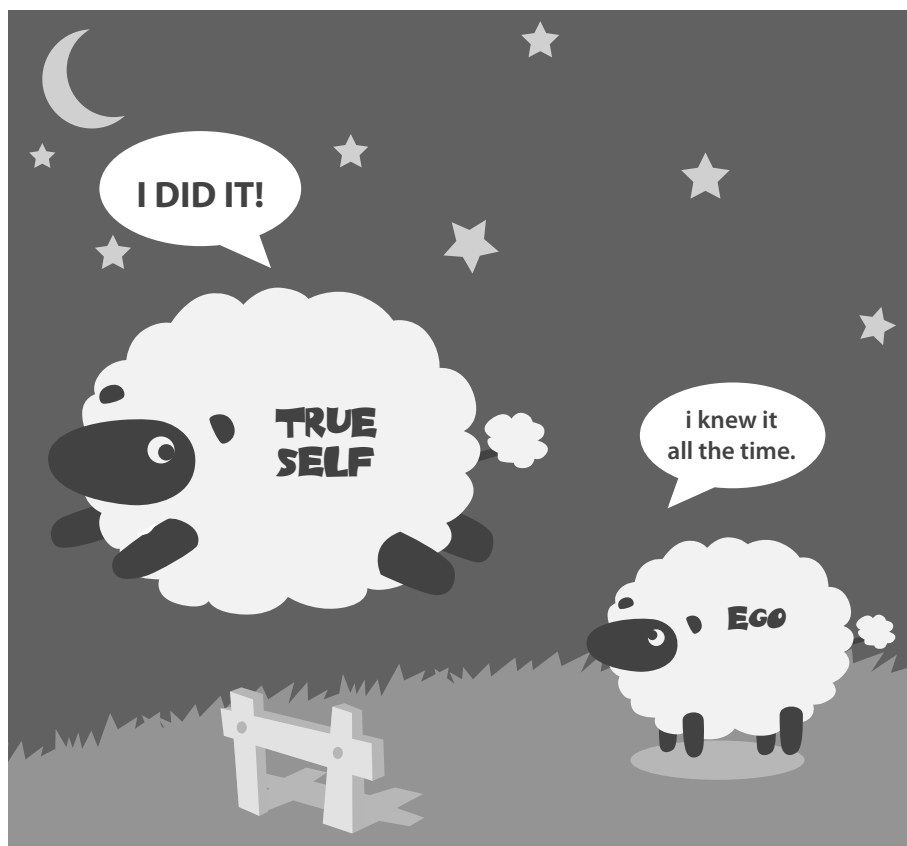
The ego functions to help us manage the activities of our lives. Its primary function is to serve the self. Its objective is to get what is needed to meet basic needs and desires in a way that makes us feel good and reduces anxiety. Without our ego and our ability to think

things through, we would revert back to our more primitive, instinctual behaviors. We would take what we want when we want it without considering consequences. We develop our ego as part of the socialization process because it helps us navigate the world. The ego promotes socially acceptable behavior through the use of fear, negative self-talk and positive reinforcement for conforming to accepted norms of behavior. In the socialization process the ego begins to take center stage, developing a belief system that supports and maintains its centrality. It is the ego that takes pride in achievements at the expense of others and defines the self as what a person does or has and whom they know. It creates the false sense of being separate from others and from the source of all things, or God. It tends to become inflated and take on a greater sense of importance in the personality than it really has, telling us, when it becomes threatened, that we couldn't function without it.



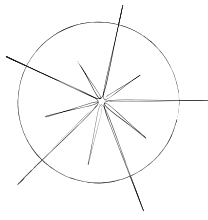
In reality the ego is the servant of the true self, our spiritual self. The true self promotes connection, in fact, it does not perceive any disconnection with others, our world, and the source of all things, or God. Because the true self is one with the source, it operates from unconditional love and trust in both its own knowingness and in its creative process. The saying “go with the flow” means just that. When the true self is in the driver’s seat, there is a trust that all events have an inherent unfolding process and we have only to wait for things to unfold. The ego tells you that you need to do something, to push or pull or to control events in order to make things happen. The true self knows that we are one with a creative process that is constantly unfolding and that all we have to do is to ask for something, let go of the outcome, and trust that what has been asked for will manifest. The true self is hopeful, trusts the flow of life, and is joyful. When you are in your true self you are “in love” with the world!

For example, have you ever wrestled with a problem that you just couldn’t get a handle on? The solutions just haven’t worked and you may have tried to force a resolution out of frustration or desperation, only to have it backfire. Usually at that point we “give up” and walk away. Then a day or a week later, it spontaneously comes to us in a dream or while we are doing some quiet activity. The solution comes to us with blinding clarity. The ego jumps in and says, “Of course, I knew that all along!” But the answer came from your connection with your true self. The true self contains all the wisdom and creativity we need to solve the problems that come up in our daily lives. The catch is that we must be willing to listen and trust what we hear or know.



EGO	Characteristics		TRUE SELF
	Self-involvement	Service	
	Fear-based emotions	Love based emotions	
	Stress Reactive	Stress Responsive	
Separate from others, Independent		Interdependent	
Separate from God or source		One with God or source	
Intellectual / rational bias		Body / Mind / Spirit balance	
	Force	Power	

The chart above probably generates some questions and perhaps some conclusions about the ego. There may be a tendency to see the ego as the villain in all of this, but remember that we need an effective ego to negotiate the activities of our lives. We just need to put it in its place as the servant to the true self rather than the master of the house. There may be questions about the use of the term "God." I am using the term in the context of our inherent spirituality, not a particular religion. Many of us have some religious practice that we adhere to and that needs to be honored. The reader may want to review the true-self characteristics and relate them to those practices. Do they support service and love-based emotions including unconditional love, trust, and oneness with everything?



JOURNEY ACTIVITY

WHAT DO I BELIEVE?

Here are some questions to ponder and write down some thoughts before we move on.

**1. What do I believe about my relationships with others and the world around me?
Do I feel connected or not?**

-
-
- *If not, how did you lose the connection?*

-
-
- *If yes, how do you maintain that connection on a daily basis?*

2. What is your relationship to a higher power? If you don't have one, when did you disconnect? Or, what do you believe about what happens after death?

-
-
- *If you do, does it share any of the characteristics listed under the true self?*
 - *How do you maintain that relationship on a daily basis?*

3. Are you able to trust in your inner knowing and the unfolding of events?

-
- *If yes, how do you maintain that trust? If no, when did you learn to distrust?*

4. Are you able to see yourself in others and extend compassion and unconditional love to both yourself and the other person?

-
- *If not, when did you learn to become conditional and close your heart to yourself and others?*

-
- *If yes, how do you maintain this on a daily basis?*
-

The last Journey Activity asked some very thought-provoking questions. Most of us may remember a pivotal event in our lives in which we moved out of connection and more firmly into our egos. For some it might have been a betrayal of trust with a loved one. For others it may have been the ridicule or condemnation of some inherent creative tendency in favor of conformity to some role or expectation. Whatever the reason, it took us away from ourselves and set us on the path of isolation, fear, fierce needs for independence and control, and loneliness.

The following is a synopsis of Leslie's life story as an example of how disconnection can occur, and the journey back.



"I was a child of nature in my early years, feeling very connected to the world of nature and people. I felt embraced and did embrace everything around me with trust and love, including myself. When I was nine years old, I lost that connection through a betrayal of trust. I internalized a lot of shame, guilt, and self-hatred. I closed my heart to myself and came to distrust relationships. I lost my connection to the source. I sought comfort in intellectual pursuits and sought self-esteem through academic achievement. I thought I could do it all on my own, that I didn't need anyone's help. I learned to give but not receive and picked up a heavy dose of co-dependence. I was often sick with minor illnesses and highly stress reactive. All the while I was doing and being this ego state, the inner voice was still present and I would hear its wisdom deep inside. Although I didn't know it at the time, that voice was my strength in getting through each day. Through the help of counseling, I came to let go of all the turmoil I had carried. I began to see the limitations of always being intellectual and scientific and began to open my heart once again to myself and then to others. A series of workshops, a lot of reading and journaling, as well as a strong commitment to reconnect with myself resulted in my being able to forgive and release the emotional baggage and to see the world from the eyes of my true self. I have begun to realize my true work and have come to trust my inner wisdom implicitly. My days are filled with joyful work that creates challenges that can at times pull me into the ego-state. But now I laugh and understand that this is what it means to be a spirit having a human experience."

All of us have stories to tell. Most of us can provide examples of how we learned to distrust ourselves and our experiences in the world. Some even lost hope. ***What's important to realize is that we are on a journey and that it is not the past that defines us but what we may become that moves us ever forward.***

HOW IS TRUST RELATED TO OUR STATE OF WELLNESS?

Let's go back to the topic of stress and how we perceive and deal with the stressors in our lives. Most of our stress is the result of a perceived threat to the status quo. Our lives have a rhythm; things are moving somewhat smoothly and then something comes up that threatens that feeling of control. The threat usually involves change, and our reactivity is nothing more than resistance to change. When something changes in our lives it has become our habit to resist it, to say something like "That very first impulse of resistance indicates that some feeling part of us does not trust our ability to handle what is happening. We move into ego, our defenses go up, and we automatically react to what is happening in order to meet safety needs. Instead of embracing the present moment of change, we resist. We don't trust that life unfolds in perfect alignment with our true selves. **When we trust, we receive events that mean change for us positively.** We see change as an opportunity for creativity and growth and the feelings are excitement and enthusiasm. Our vision is engaged and we see new avenues to express who we are. *When we trust, we are able to let go of how things are "supposed to be" and allow them to be as they are.*

A PERSON WHO IS TRUSTING OF SELF:

A basic lack of trust in self prevents us from finding balance and self-love. We get stuck in the negative spiral of reactive responses to stress, which form the foundation for the creation of illness and dis-ease. It is this process that places trust or the lack of it at the center of our current state of health.

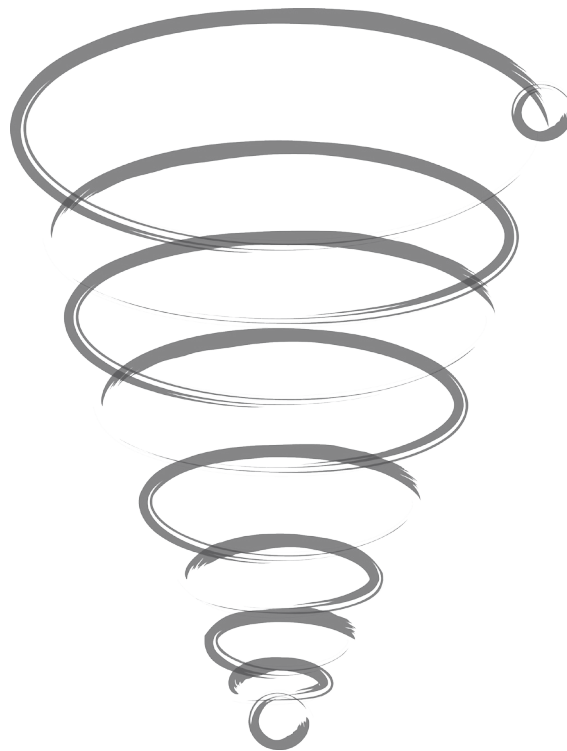
SO WHAT ARE WE TRUSTING IN?

We are trusting that we have a core connection with everything and everyone. We are trusting that our vision, our purpose, the experiences we have, are part of a bigger picture of which we are a part. We are trusting that our life has its own inherent rhythm and when we partner with our true self we can create the life we want, our health, and happiness. We are trusting that we have all the wisdom, knowledge, and creativity necessary to resolve any problems that confront us. We are trusting that the world is a loving, creative, and joyful place where connection with self and others is not only possible but is the norm. We see the positive intention in all our interactions and are compassionate and forgiving when we bump into negativity and negative intentions.

SOUND TOO GOOD TO BE TRUE?

It isn't, but it does take a willingness to let go and choose a different way of seeing the world! It is done slowly and with practice, one step at a time.

Remember: this is a lifelong journey and probably the most important part of being in a physical body. Practice self-compassion and acknowledge your humanness at all times!

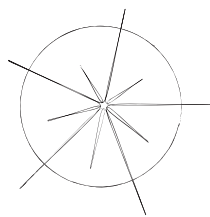


TRUST



There are many ways to do this, all involving removing yourself from the company of others and seeking quiet. Choose one or more of the following suggestions and practice them for a week. Write your observations in your journal or on the back of this page.

-
- This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



JOURNEY ACTIVITY

PRACTICE GRATITUDE

Take the next few minutes and write down five things that you are grateful for right now.

1.

2.

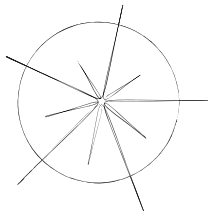
3.

4.

5.

Everything that we have has been given to us whether we believe it comes from the source, God, or some random act of the universe. **Practicing gratitude reconnects us to the circle of life and our interdependence.**

- Before you start your day and at the end of your day, identify and speak or write five things that you are grateful for.
- Start a spiritual discipline of saying a blessing before the evening meal.
- At family or group gatherings, suggest the practice of saying a blessing at the beginning or end of the gathering.
- Find groups that get together to recognize seasons or holidays that invoke gratefulness.
- If you are new at this, find one of the books in the reference list to help you start this practice.



JOURNEY ACTIVITY

PRACTICE FORGIVENESS

There is scientific research that forgiveness is good for your health; mentally, emotionally, spiritually, and physically. People who hold on to grudges, grievances, and blaming have more physical illnesses than those who don't. Forgiveness is about taking responsibility for your hurt, not taking it personally, then releasing it and finding peace. Forgiveness does not mean that you accept responsibility for the hurtful behavior of others. Some behaviors are unforgivable. Instead, you learn to let go of the personal hurts the behavior induced and your decision to keep carrying it. Forgiveness always starts with ourselves.

Identify one event that you have been carrying a great deal of emotion from over a period of time. Start with something a little less painful than a major betrayal. It might be an argument that was never resolved, a small hurt between friends or family members, or something that happened at work.

What happened?

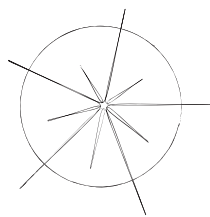
Can the outcome be changed in any way?

What keeps you holding on to the feelings about what happened?

What would have to happen for you to forgive and let go?

(This is not about what the other person must do, as you have no control over what they do; this is about what you must do to stop carrying it).

When and how will you forgive and let go?



JOURNEY ACTIVITY

FOCUSED MEDITATION

Take ten to fifteen minutes to breathe and quiet your mind and then reflect on the following questions. Let the answers come without judgment, and once you are finished reflect on your answers and how they are reflected in your current life.

A. What do I value?

B. What core principles do I take as my truth?

C. How do I serve myself? My relationships? My world?

D. What is the vision of my life? My mission or life theme?

E. How do I stay connected?

A decorative flourish featuring a key as its central element, with elegant, swirling lines extending from the handle and the bow of the key.

STRATEGIES AND TOOLS

*What follows are some suggestions for creating
a more meaningful and purposeful life.*

SUGGESTIONS

*Find a coloring book of mandala designs and sit and color in a quiet place.
Do another form of art. Pay attention to any judgments!*

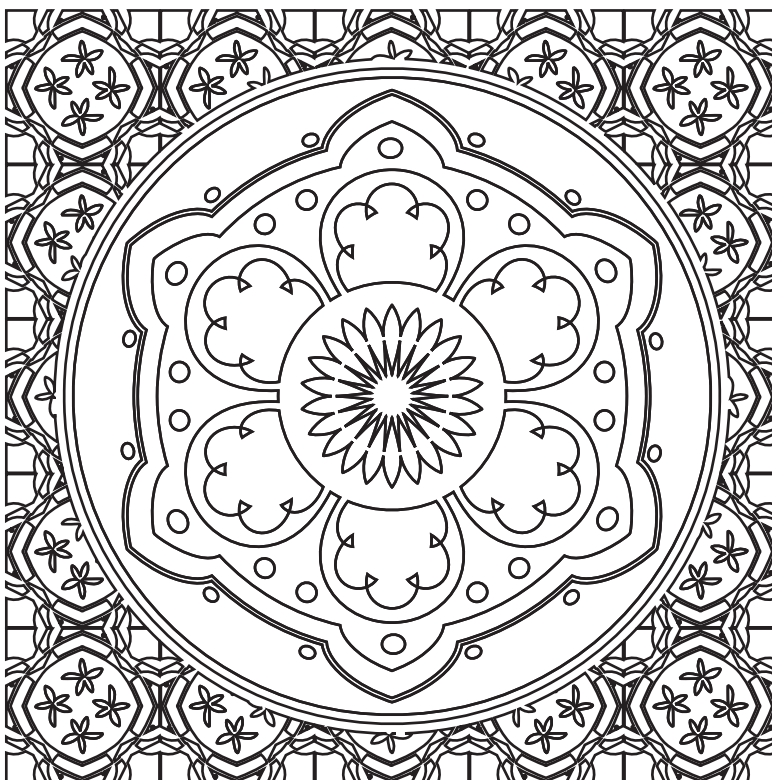
Listen to classical or meditative music.

Take a workshop.

Do reading and journal your progress.

Meditate on nature often.

Find a retreat experience whose focus is on spiritual growth.

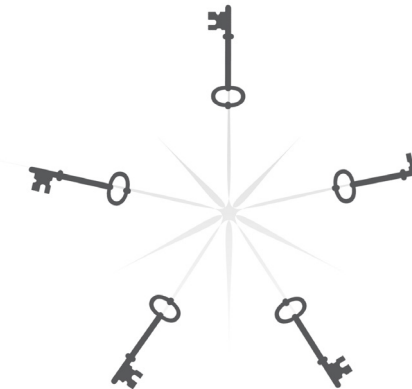


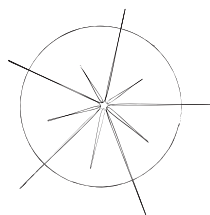
CONGRATULATIONS!

YOU ARE AT THE END OF THE BEGINNING
OF YOUR WELLNESS JOURNEY.

We hope that this workbook was helpful, that you come to this section with greater awareness of yourself, and that you have begun to make some changes to optimize your health. There remains one last activity, and that revolves around the question of how you will maintain what you have started and build on it. The next page is what we call the “Lifeberg.” We encourage you to take the time to create your maintenance plan on the lifeberg and keep it where you can see it each day. We have included some blank copies of the Lifeberg so that you can continue to create maintenance plans as you progress on your journey. We also encourage you to go back to the Wellness Assessment every three months to check in and see your progress.

Remember: this is a lifelong journey. *We may fall off the wellness journey occasionally but coming back to the journey is what matters.*





JOURNEY ACTIVITY

THE FOUR LEVELS OF HEALING

FIRST LEVEL
Signs of Sickness

WELLNESS LIFEBERG

SECOND LEVEL
Healthy Body:

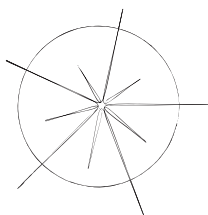
Example: Take a walk three times a week

THIRD LEVEL
Healthy Thoughts & Feelings:

Example: Practice positive affirmations daily

FOURTH LEVEL
Healthy Person:

Example: Practice gratitude daily



JOURNEY ACTIVITY

THE FOUR LEVELS OF HEALING

WELLNESS LIFEBERG

FIRST LEVEL
Signs of Sickness

SECOND LEVEL
Healthy Body:

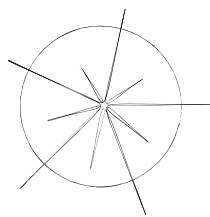
Example: *Do Yoga*

THIRD LEVEL
Healthy Thoughts & Feelings:

Example: *Boundary Exercise*

FOURTH LEVEL
Healthy Person:

Example: *Meditate Daily*



JOURNEY ACTIVITY

THE FOUR LEVELS OF HEALING

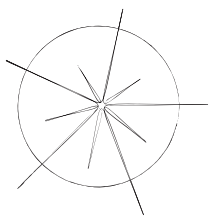
FIRST LEVEL
Signs of Sickness

WELLNESS LIFEBERG

SECOND LEVEL
Healthy Body:

THIRD LEVEL
Healthy
Thoughts
& Feelings:

FOURTH LEVEL
Healthy
Person:



JOURNEY ACTIVITY

THE FOUR LEVELS OF HEALING

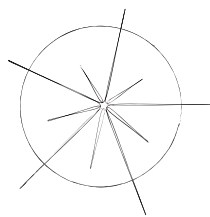
FIRST LEVEL
Signs of Sickness

WELLNESS LIFEBERG

SECOND LEVEL
Healthy Body:

THIRD LEVEL
Healthy Thoughts & Feelings:

FOURTH LEVEL
Healthy Person:



JOURNEY ACTIVITY

THE FOUR LEVELS OF HEALING

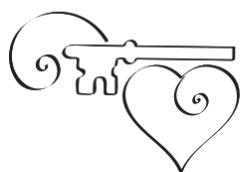
FIRST LEVEL
Signs of Sickness

WELLNESS LIFEBERG

SECOND LEVEL
Healthy Body:

THIRD LEVEL
Healthy Thoughts & Feelings:

FOURTH LEVEL
Healthy Person:

 APPENDIX

INTRODUCTION

Suggested Readings & Media:

- Mather, Kelly, *The Five Keys to Wellness*. Harmony Healing House, 2007
- Moyers, Bill. *Healing and The Mind*, Doubleday, 1993
- Pelleter, Kenneth, M.D. *Mind as Healer, Mind as Slayer*, Doubleday, 1977
- Travis, John M. D., & Ryan, Regina. *Wellness Workbook*. Ten Speed Press
- Weil, Andrew M. D. *Spontaneous Healing*. Alfred A. Knopf, 1995
- Public Broadcasting Services programs: *The New Medicine* 2006. www.thenewmedicine.org • *Worried Sick*, 2006, www.pbs.com

SELF-LOVE

Suggested Readings and Movies:

- Carson, Richard, Ph.D. *Taming Your Inner Gremlin*. Harper / Perennial, 1983
- Emoto, Masaru, Ph.D. *The Hidden Messages in Water*. Simon & Schuster, 2001
- Hay, Louise. *You Can Heal Your Life*. Hay House, 1984
- Laskow, Leonard M. D. *Healing With Love*. Harper, 1992
- Ruiz, Miguel. *The Four Agreements*. Amber-Allen, 1997

Suggested Movies:

What the Bleep Do You Know? • *Mindwalk* • *The Secret*

BREATHING

Suggested Readings:

- Benson, Herbert M. D. *Relaxation Response*. Random House, 1975
- Brantley, Jeffrey, M. D. *Calming Your Anxious Mind*. New Harbinger, 2003
- Hahn, Thich Nhat, *Peace is Every Step*, Bantam Books, 1991
- Kabat-Zinn, Jonathon, Ph.D. *Full Catastrophe Living*. Bantam Doubleday Dell, 1990
- Tolle, Eckhardt. *The Power of Now*, NamastePress, 1997

POSITIVE CHOICES

Suggested Readings and Websites:

Hale, G. *The practical Encyclopedia of Feng Shui*. Anness Publishing, London, 1999.

Herdman, A. *Coffeebreak Pilates*, Fair Winds Press, MA, 2003.

Jamieson, P. editor. *The Essential Eating Well Cookbook*. Eating Well Inc. Publishing, VT, 2004.

Normandi, C. E., & Roark, L. *Its Not About Food*. Penguin Books, 1998.

Schlosser, E. *Fast Food Nation*. Harper / Collins, NY, 2002.

Weil, A. *8 Weeks to Optimum Health*. Knopf Publishing, NY, 2004.

Note: *there are plenty of national information clearinghouse websites that can give you information on all the topics in this section. For instance: American Heart Association, American Cancer Association, American Dietetic Association*

BALANCE

Suggested Reading:

Hunt, V Ph.D., *Infinite Mind: The Science of Human Vibrations of Consciousness*. Malibu Publishing, California, 1996.

Tolle, Eckhart, *A New Earth: Awakening to Your Life's Purpose*, A Plume Book, 2006

TRUST

Suggested Readings:

Dyer, Wayne Ph.D., *The Power of Intention*, Hay House, 2004

Gold, Stuart Avery, *Ping: A Frog In Search of a New Pond*, Newmarket Press, 2006

Hawkins, David M. D. *Power Versus Force*. Hay House, 2002

Hay, Louise. *Inner Wisdom*. Hay House, 2000

Oman, M. *Prayers for Healing*. Conari Press, 1997.

Luskin, Fred Ph.D. *Forgive For Good*. Harper, 2002

Ryan, M.J. *Attitudes of Gratitude*. Conari Press, 1994

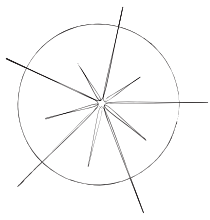
Spalding, Baird. *Life and Teachings of the Masters of the Far East*. De Vorss, 1935.

Walsch, N. D. *What God Wants*. Atria Books, 2005.

Zukav, Gary Ph.D. *The Seat of the Soul*. Simon & Schuster, 1990

Suggested Movies:

What the Bleep Do You Know • The Secret • Mindwalk



ABOUT THE AUTHORS

Leslie Lovejoy has been active in mainstream healthcare, care coordination, quality improvement and complementary wellness movements for over thirty years. As a wellness coach, educator, writer, and consultant, she helps people gain insight into the relationship between mind, body, and spirit and the creation of optimal health. She is passionate about living an authentic life and supporting others as they pursue their own growth. She holds a master's degree in Clinical Psychology and a doctorate in Social Psychology. She combines Western and Eastern philosophies, science, and subtle energy practices to help individuals, groups, and businesses create sustainable health-promotion programs. She provides leadership and student mentoring, community education programs focused on healthy aging and works with her team to continually help patients and their families navigate the healthcare system. Leslie uses her years in continuous performance improvement to direct program evaluation and design in order to promote healthy workplaces that enhance patient and employee engagement.



Kelly Mather is a leader in healthcare, an author and a wellness speaker. Originally from Illinois, she graduated from Auburn University with a Bachelor of Science in Health Administration in 1989 and received a Master's in Health Administration from Medical College of Virginia in 1992. Since 1991, Kelly has been a Hospital Administrator. While serving as the CEO of hospitals, she has always aimed to inspire healing, create healthy hospitals and improve the health of the community. Kelly has written and published seven books on Wellness since 2006 and has created the Healing Hospital model, which continues to evolve. Kelly is married and the mother of three children. When not passionately following her mission or spending time with her family and friends, she is a spa addict and loves being one with nature.

For more information, please visit HarmonyHealingHouse.com.

CREATE YOUR HEALTH

USING THE FIVE KEYS TO WELLNESS

Did you know that *you* create your health? Using the 4 levels of healing and the 5 keys to wellness, you can begin or expand your journey toward optimal health and well-being. The process involves awareness, education, and connection of your mind and body. This workbook will help you assess your current state of health. It helps you answer the questions: *Do you have signs and symptoms of illness? Do you have a healthy lifestyle and are you physically healthy? Do you have healthy thoughts and feelings?* Once you are aware of your state of health, you can easily apply the 5 keys to wellness which are: self-love, breathing, positive choices, balance, and trust. When you complete the journey outlined in this workbook, there is no doubt that you'll have moved closer to optimal health and well-being.

You'll discover that it's easy to:

Understand how your lifestyle creates your health.

Learn to sustain optimal health by avoiding behavior patterns that lead to illness.

Uncover the underlying causes of pain, and change the behaviors that cause it.

Use the four types of healing to become the healthiest person you can be.

Live in a way that promotes consistent good health for you and your entire family.

