

Wellness

making choices that create a positive impact on your health



Self-compassion

Practices to improve & foster love for yourself by Dr. Kristin Neff



Mindfulness

Guided meditations for self-awareness & stress reduction by DoYogaWithMe



Exercise is a brain-changer

Neuroscientist Suzuki tells you why exercise is the key.

Wellness is a Dynamic Process

Research shows that making small changes to specific behaviors is the key to long-term, positive health outcomes.

Your foundation of health depends on the basics: sleep, stress management, healthy food choices, and movement throughout the day. Take an active part in your healthcare by establishing small, specific changes in your daily behavior that will add up over time. Choose 1 or 2 behavior goals a month.

1

THINK FIRST STEPS

Break down your overarching outcome goal into manageable steps.

2

WHAT YOU CONTROL

Choose a goal that you are likely to achieve. Your behavior is in your control.

3

KEEP TRACK

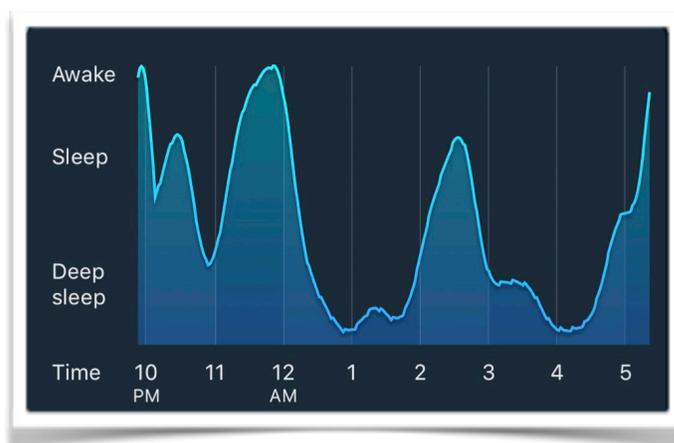
Keeping track of your behavior daily will help maintain accountability to yourself.

Move Your Body

How do you start? Set yourself up for success by asking: What's in your control? What do you like to do?

Finding joy in your activity ensures your ability to establish a routine and stick with it. Do you enjoy working out with other people? Do you need accountability by joining a group exercise class? Or does alone time during a hike in the woods appeal to you more? Maybe staying in the comfort of your home to follow an [online yoga class for beginners](#) or a [smartphone fitness app](#) is your preference. Another option is to hire a [personal trainer](#) to help you with exercise technique or to program different modalities to work on strength and stability.

Incorporate movement in your daily routine. Stand for phone calls and computer work, park so you have a longer walk, play on the floor with the kiddos, schedule alerts for brief stretching sessions in your calendar. People who engage in these non-exercise activities throughout their day are healthier than those who do not. Be creative, enjoy your opportunity to break up the routine and move!



“Sleep plays a vital role in good health and well-being”

The National Institutes of Health considers lack of sleep to be a major public health issue in the US. How can you improve your sleep? Again, break it down into achievable goals. Becoming aware of your sleep patterns may be a mindful first step. [Use smartphone apps](#) to track your quantity and quality of sleep. Then, choose a behavior that works for you: no screen time an hour before bed or practice mindful breathing. Let your family in on your goals and ask for their help to plan the PM and AM schedules.

NUTRITION GOALS & BUILDING #TEAMYOU

Need ideas of how to [break down nutrition goals](#)? Make them specific. Tracking and being mindful of your nutrition will help you create subsequent goals. “I will write down what I eat every day.” “I will eat vegetables with lunch and dinner.” “I will record how much water I drink for 5 days.” “I will drink water instead of wine this week.”

Create a #TeamYou to help! Include people that can help you achieve your goals: friends, counselors, healthcare providers, [fitness coaches](#), nutritionists, yoga instructors, massage therapists, faith-based leaders, acupuncturists, & other wellness specialists.

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