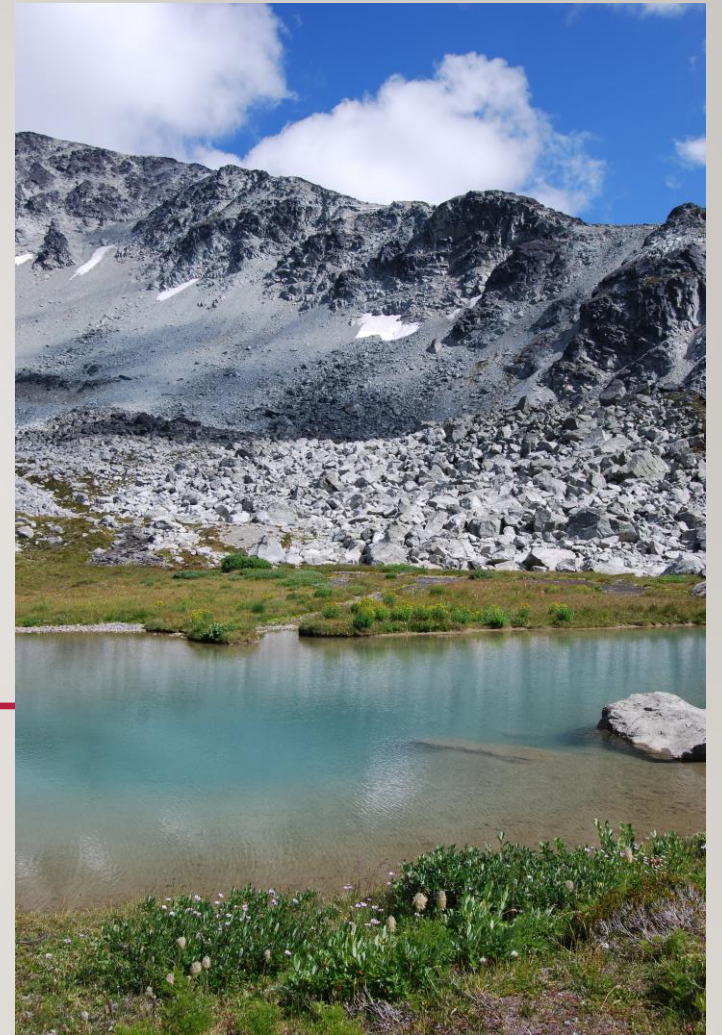


CREATING HEALTHY HABITS THAT LAST

FROM STRESS TO RESILIENCE



Lynell Ross, Certified Health & Wellness Coach

Health & Harmony Wellness Coaching

90% OF ALL CHRONIC ILLNESS CAN BE PREVENTED
THROUGH HEALTHY LIFESTYLE HABITS

Live.Life.Healthy



8 Pillars of Wellness

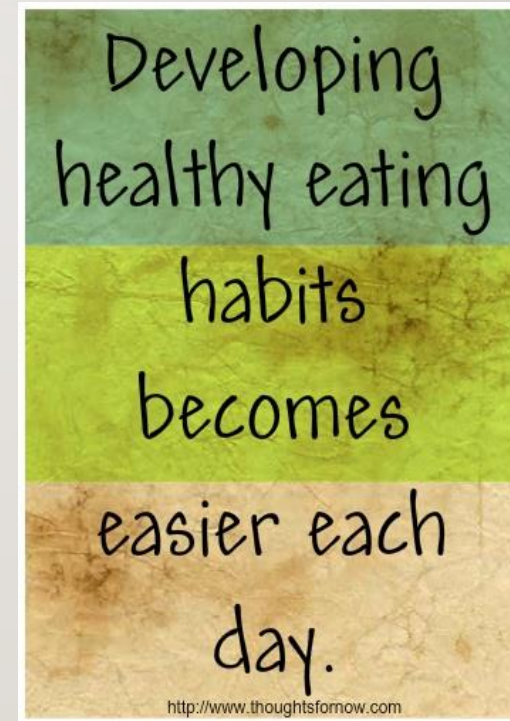
#1 YOUR MENTAL ATTITUDE DETERMINES THE QUALITY OF YOUR HEALTH AND LIFE

- Your Plan to Succeed in Life
 - Determine your values
 - Get clear about what you want
 - Set realistic goals with action steps
 - Believe you can achieve your goals
 - Follow through. Never give up.



KEYS TO CREATING EXCELLENT PHYSICAL AND MENTAL HEALTH

- Choosing Positive Thoughts
- Affirmations
- Visioning
- Assessing Your Current Health
- Creating Healthy Habits
- Eating Well
- Exercise
- Reducing Stress



#2 . GOOD NUTRITION IS THE FOUNDATION FOR PHYSICAL HEALTH AND MENTAL WELL-BEING

Food Group	Serving Size	Svgs. Day
Grains	6 ounces	6
Vegetables	2 ½ cups	2-3
Fruits	2 cups	2 cups
Dairy	3 cups or 1.5 oz. cheese	3 svgs.
Meat & Beans	5 ½ ounces	Per day
Oils & Fats	5 teaspoons	Per day
Extras: sugar	6 teaspoons	Per day



DIETS DON'T WORK

Portion Distortion

What you're served



1/2 lb. cheeseburger, French fries, 3/4 cup ketchup, tomato slice and lettuce.
1,345 calories
53 grams fat

What's one serving



1/4 lb. cheeseburger, half the French fries, 2 tablespoons ketchup, tomato slice and lettuce.
685 calories
33 grams fat



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program. The University of Illinois at Chicago Neighborhoods Initiative is the Lead Grant Administrative Hub for CPHP. The USDA, IUPUI

MEDITERRANEAN STYLE OF EATING IS HEALTHIEST

Heart Disease and Stroke are the two leading causes of death for Americans.

Our western diet with highly processed food and excess of unhealthy fats, sodium and sugar is causing an epidemic of obesity.



TIPS FOR DRINKING MORE WATER

- Buy a water bottle you really like and measure the ounces
- Have a glass of water as soon as you get up, before coffee.
- Have a full glass of water with each meal
- Flavor with slice of lemons, limes, cucumber, or essential oils.
- Get a good water filter at home
- Sip on water while you work during the day
- Eat water rich foods: water melon 92%, Spinach, 91%, Cucumber 96%, Celery 95%, Grapefruit 91% water, Strawberries 92%, Carrots 88%, Bell peppers 94%.



“ Let Food be Thy Medicine.” ~ Hippocrates

3 “Exercise ...

is the closet thing we'll ever get to the miracle pill that everyone is seeking.

It brings weight loss, appetite control, improved mood and self-esteem, an energy kick, and longer life by decreasing the risk of heart disease, diabetes, stroke, osteoporosis and chronic disabilities.” ~

Werner Hoeger” Principals for Fitness and Wellness.



WEAVE FITNESS INTO YOUR DAILY ROUTINE

“ WALKING IS MAN’S BEST MEDICINE.”

HIPPOCRATES



PAIN FREE LIVING: THE BENEFITS OF STRETCHING

- Prevent Pain & Injury
- Heal from Pain
- Reduce Stress
- Relax mind and body



4 MANAGING STRESS

WHAT IS THE AFFECT ON US ?



STRESS IS THE PERCEPTION OF A THREAT AND THE BELIEF WE DO NOT HAVE THE SKILLS TO COPE.

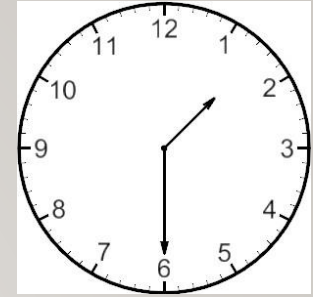
What happens when we perceive a threat:

- Heart beats faster
- Palms get sweaty
- Can think clearly

STRESS IS HOW WE REACT WHEN OUR NEEDS ARE NOT MET

- FIGHT
- FLIGHT
- FREEZE
- RESPONSE

STRESS MANAGEMENT SOLUTIONS



MANAGING OUR THOUGHTS

- Recognize unhelpful thinking patterns:
- Black & white thinking
- All or nothing thinking
- Reframe unhelpful thoughts
- Ask “Is this thought true?”
- Ask “Is this thought helpful?”

MANAGING OUR DAY

- Managing our day becomes simplified when we make *realistic* to do lists.
- Get organized. Take time to step back and look at your day, week, month and year.
- It is your time and you control it!

5 Improve Your Relationships and Reduce Stress With Positive Communication

“KNOWING OTHERS IS INTELLIGENCE;
KNOWING YOURSELF IS TRUE WISDOM. – LAO TZU

- Uncover your **beliefs**
- Your beliefs create your **thoughts**
- Your thoughts create your **feelings**
- Your feelings create your **behavior**
- Your behavior creates **your habits** and your life



What's driving you?

TIPS FOR AVOIDING BURNOUT

- Recognize when you need help
- Take a break
- Say No and Don't feel guilty
- Stop. Breathe Deeply. Rest.
- Have compassion for yourself.



NON VIOLENT COMMUNICATION

BY
MARSHAL ROSENBERG



We can improve our relationships by

- Expressing our needs- If we don't value our needs, others won't either
- We are not responsible for the feelings of others
- We can speak, think and listen to inspire understanding
- Stay peaceful in the face of judgement, criticism and anger

7 KEYS TO BETTER RELATIONSHIPS



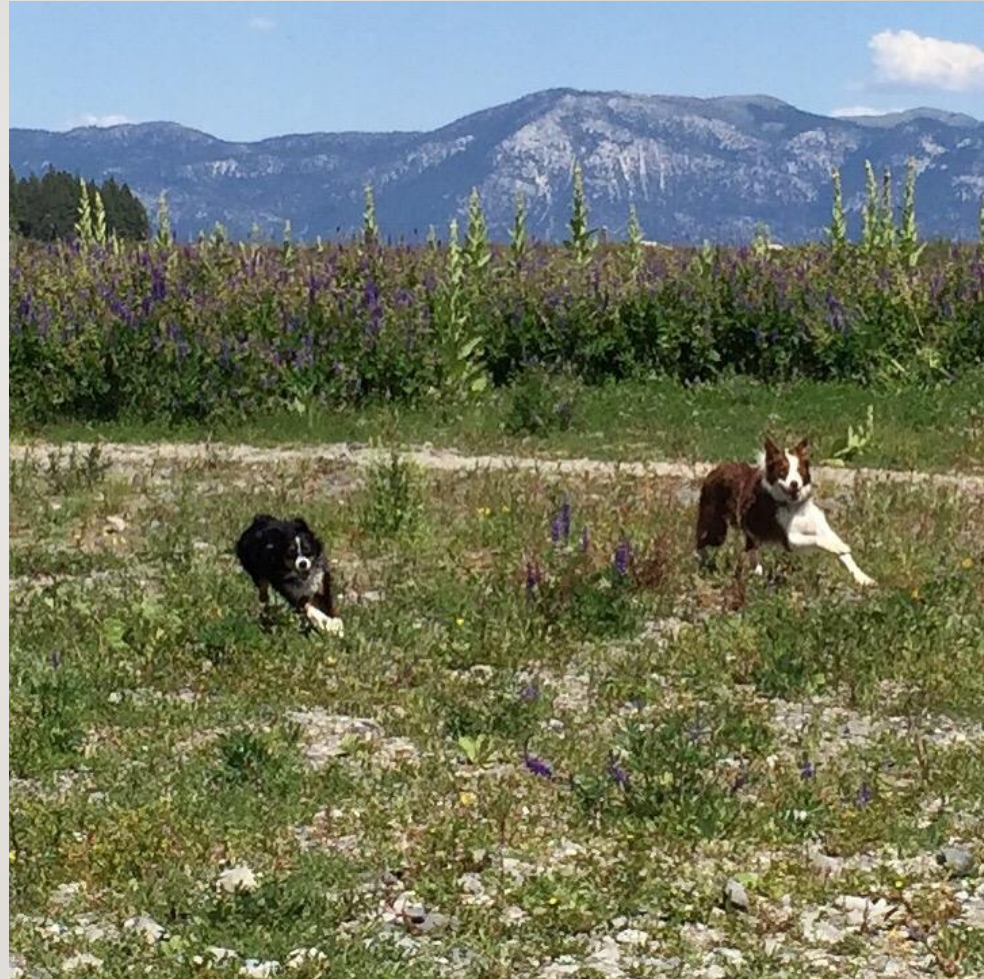
1. Be honest with yourself
2. Practice good communication
3. Be kind to yourself and others
4. Learn how to say NO
5. Don't take things personally
6. Show appreciation
7. Take responsibility for your actions

6 FUN

HAPPINESS IS A CHOICE

What is joy for you?

*How do you balance work
and home life?*



7 “THERE IS A SPIRITUAL SOLUTION TO EVERY PROBLEM” ~ WAYNE DYER



“There are two ways to live your life. One is though nothing is a miracle. The other is though everything is a miracle. ~ Albert Einstein

QUALITIES OF AN ENLIGHTENED PERSON

- Happiness/ Peaceful
- Loving/kind/compassionate
- Humble/ Open Minded
- Inner Strength / Leadership
- Mindful of their health
- Not self-centered- Not other centered.
Knows we are all connected



“Everyone has a purpose in life, a unique gift of special talent to give to others.

~ Deepak Chopra.

8

Sleeping Well and Other Health Strategies



First, say to yourself
What you would be;
Then do what you have to do.
~Epictetus

- Physical Strategies
- Mental Strategies
- Daily Routines

Self-Care Checklist

Self Care Routine	Comments
Drink 64 Ounces of Water	Measure your water to keep track
Breathe Deeply and fully	Take a time out and breathe 3 times
Eat Well	Eat from the food groups
Do some form of exercise through the day	Everything Counts
Find Quiet Time – Turn off electronics	Meditate, Pray, or just sit in silence
Think Positive Thoughts	Make Positive Affirmations
Build your Cheering Section	Create a Circle of 5 supports around you
Learn to say NO	Say no with grace and love
Have fun	Do things you love, be creative, enjoy
Get fresh air & sunshine when you can	Spend time in nature



BE LIKE A MOUNTAIN

“When the stressors of life come calling, imagine you are a mountain. Standing tall and strong against the winds of change. You are capable of handling anything. Be prepared, be positive, and most of all be true to you! “

~ Lynell Ross

www.LynellRoss.com

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