New Beginning

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1.

Rhythm and sleep

Change routine!

We all know getting quality sleep is a no brainer! Try to at least an hour before bed stop work, reduce screen time, meditate, or read.

Not enough shuteye can increase your appetite and decrease your resting metabolism.

Eating pre-biotic and probiotic foods, and less processed foods is key for reducing weight.

With so many bonuses from preventing most chronic diseases and reducing and maintaining weight. Plus, it may help your sleep! Some say it may be due to sleep being disrupted by a drop in blood sugar, since adding sugar and refined, carb-rich foods trigger a larger reaction in glucose and insulin.

2. Movement and breathe

What do you have control over right now ... your breathe?

Changing from short, shallow, clavicle breathing to purposeful, deep, slow, big full belly breath stimulates the vagus nerve to calm the body and reduce anxiety.

Try square breathing (4 in, 4 hold, 4 out, 4 hold and repeat) or 1:2 breath (5 in, 10 out)

Try inhaling through your nose and exhaling through your mouth to help create a more conscious process.

Reduce the number of breath cycles in a minute helps swing the body into healing mode.

Mindset and spirit

Trade to-do lists for not-to-do lists.

Finding peace in a stressed-out, digitally dependent culture may be a matter of thinking differently.

A plethora of articles on mindfulness have been popping up lately, as the mindful revolution grabs media attention and extols its health benefits and virtues across the globe, simply speaking, we cannot discount the fact that anyone can practice mindfulness and meditation wherever they are.

There is no doubt that a peaceful mind equates to a healthy gut.

Mindfulness is escaping from our thoughts about the past and the future to concentrate, body and mind, on the moment.

It is the exact opposite to what we normally do, going through our endless tasks, thinking about what we did or did not do, worrying about what is still to be done and intently focusing on our to do list.

It is the law of yin and yang.

It is hard to see when stuck in what feels like a never-ending downer.

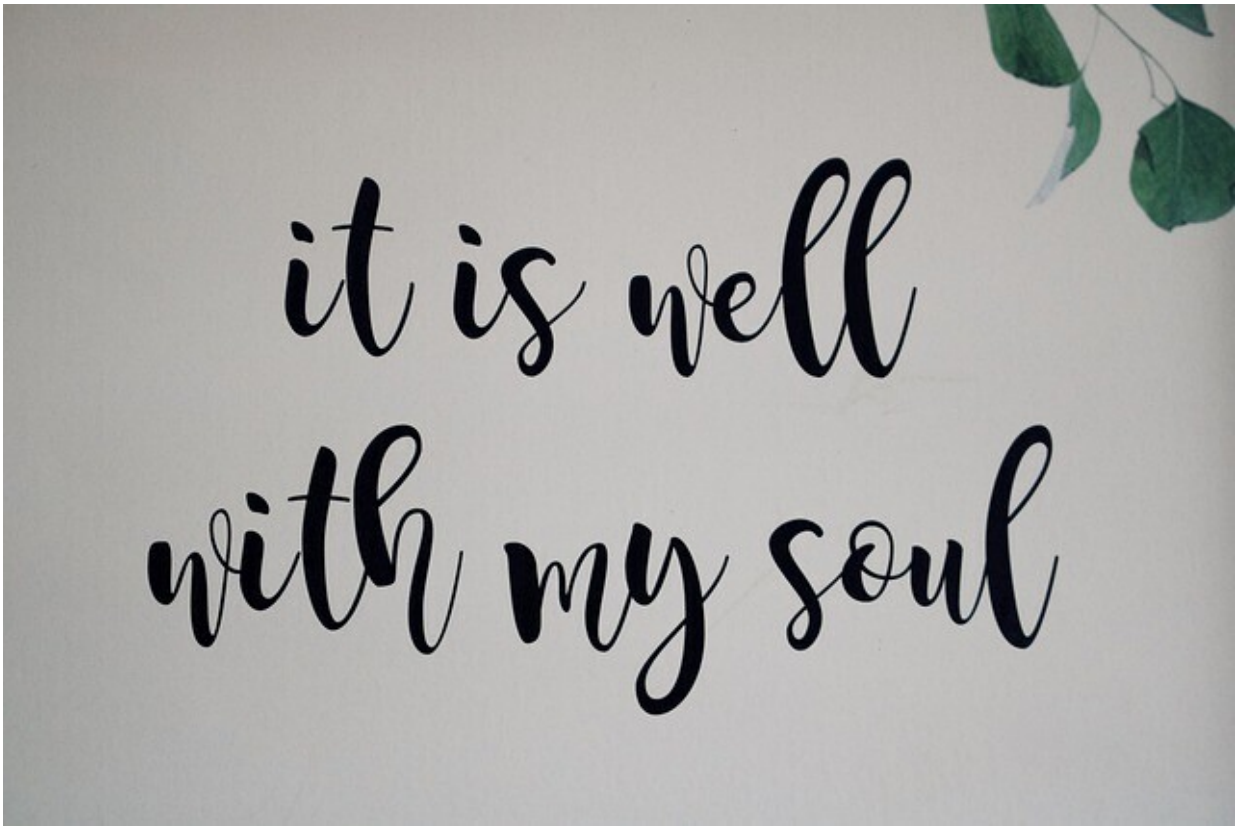
Plenty we can do to get out of it!

Turn off the news...

Try to limit social media scrolling for 10 minutes and get into squats because working the glutes can break the downward spiral and negative self-talk.

Glutes are the 'rise-up' muscle but as they are getting weaker with sedentary lifestyle, the gloomy vibe grows stronger.

Also, pivot while everyone is distracted with doom and gloom.



Reverse your negative emotions!

No beating yourself up – if you fall off the bandwagon.

If you are attending a party … fill yourself full of peace and compassion and enjoy the super-duper birthday cake.

Feeling out of control with what you put in your mouth is not an empowered feeling.

In fact, it can leave you doubting your self-worth; basing your entire identity on your inability to make healthier lifestyle choices.

If sugar and processed, refined carbohydrates are your drugs of choice, you know how real the struggle is, even when your suffering is invisible to other people.

Food and probiotics alone will not promise a thriving colony of healthy bacteria in your gut.

Stress and emotional factors can override even the most perfect diet and wellness practices.

Chronic, long term stress that lingers for weeks is incredibly damaging to your gut health.

Stress causes many changes within the gut including changes in gastric secretion, gut motility, mucosal permeability, visceral sensitivity, and barrier function.

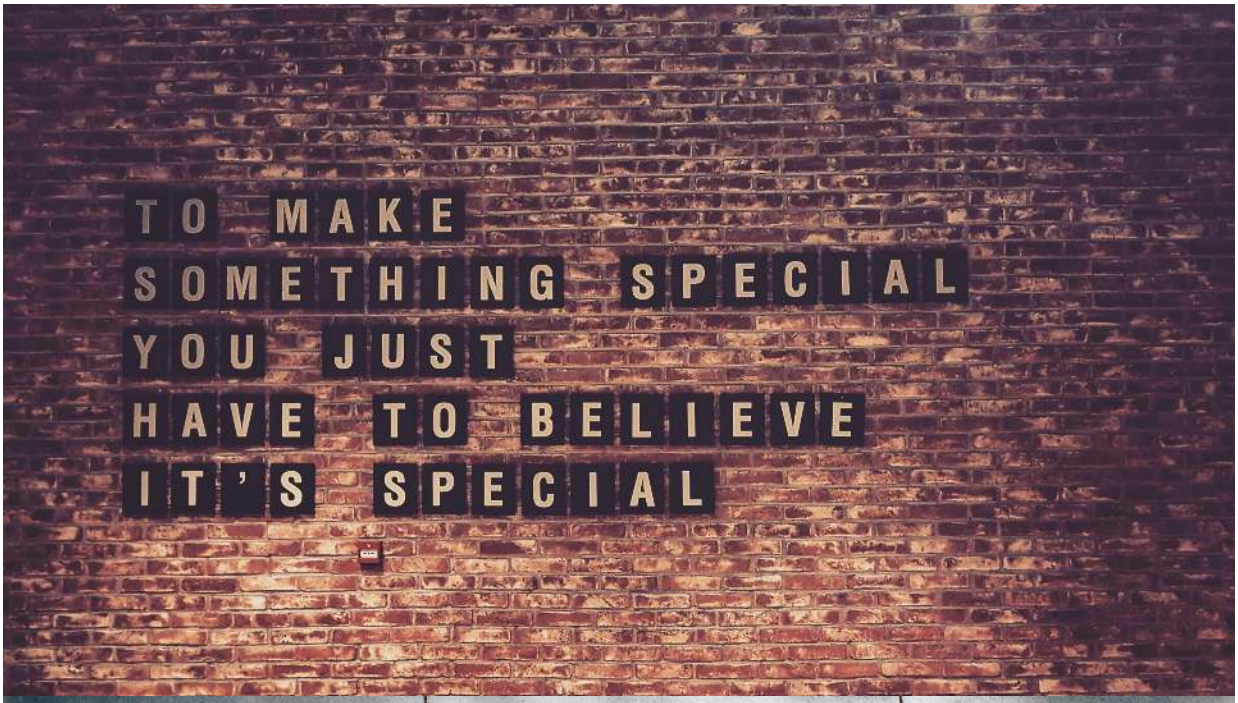
Savouring the pleasures in life as they occur, helps you become fully engaged in activities, and creates a greater capacity to deal with stress and adverse events that inevitably arise.

Interestingly, our bacteria respond in damaging ways to the negative emotions and stress of the host.

The hormones secreted during a stress response contribute to the overgrowth of bad bacteria.

Figuring out what causes your negative thoughts is critical.

Is it something that can be controlled?



What lifestyle changes or decisions can you make that can remove negativity from your life?

Sometimes the answer is not clear, and you might need to seek outside help and that is ok.

Incorporating meditation and yoga into your life may be the key to help you deal with these issues.

From Don Miguel Ruiz's The Four Agreements: A Practical Guide to Personal Freedom

“Always do your best".

- your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick.

- under any circumstance, simply do your best, and you will avoid any self-judgment and regret.

Fortunately, probiotics can reverse these effects. In one study, probiotics were found to decrease stress response by preventing the destruction of the intestinal lining and decreasing the amount of circulating bacterial toxins.

By rebalancing the gut, the harmful effects of stress can be reversed.

Now that is a stress reliever!

I have begun to personally appreciate that the most nutrient-dense diet in the world is no substitute for lack of sleep and overtraining.

So, the things I am working on are:

(A) prioritising at least 7 hours of sleep per night

(B) doing my own interval training, yoga, and meditation practice at an intensity and for lengths of time that suits me and how I am feeling

(C) incorporating more play into my life. Schedule cool activities and commit to them just as I would an important business meeting.

(D) forgiving myself

(E) dealing with stress

(F) take breaks from my phone. Refreshing Facebook all weekend is not the way to a full, rich, meaningful life.

Whoomp, there it is.

Try it!

Make a list of things you are NOT to do, daily.

10 Tips for a new beginning

1. The answer may be right in front of you.

2. Time is often the best medicine.

3. Speak kindly to yourself.

4. The air we breathe matters.

5. Movement is essential.

6. Relinquishment is a balm for the soul.

7. Symptoms will instruct if we listen.

8. Sometimes you are the expert.

9. Allow hindsight to move you forward.

10. The next step is enough.

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