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# YOUR GUIDE TO Improving Mindset For Optimal Health

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# Importance of Mindset For Health & Well-Being

Determining your health status isn't just based on your physical health. Your mental and emotional health are vitally important as well. We now know that these areas can influence one another, making it important to focus on optimizing your mindset.

## Mindset Work Can Significantly Help:

### STRESS MANAGEMENT



If you are a person that feels stressed on a daily basis, taking time to work on your mindset can help you learn how to deal with those feelings. It's important to limit stressful situations as best as we can, but sometimes that's just not possible. We may not be in a position to leave a stressful job (at this current moment), or avoid your mother-in-law when there are family gatherings, but you can learn how to manage your stress so it doesn't impact your body as negativity. When your body experiences stress, the cortisol hormone is released from your adrenal glands and increases throughout your body.

High cortisol levels over long periods of time can cause:

- Digestion Issues
- Weight Gain
- Acne
- Severe Fatigue
- Slow Healing
- High Blood Pressure
- Increased Blood Sugar
- Moodiness
- Hard Time Concentrating
- Headaches

In order to avoid chronic stress, it's extremely vital that we be able to manage our stress using mindfulness techniques,



## REDUCE ANXIETY & DEPRESSION

Over 40% of the population suffers from some sort of anxiety disorder, and each year 16.2 million suffer from a major depression episode. Many of these people don't receive treatment and suffer with this for years.

Mindfulness can give you an awareness of what is happening in the present moment, rather than focusing on the unknown future or what's out of your control. Working on your mindset can give you more control of your emotions so you don't act out instinctively, unaware of why you are feeling a certain way.

When you can start to focus on what you can control rather than what you can't, it will help your mind automatically direct its attention to those things. You will find yourself having less anxiety and depression if you feel that you have more control on your own thoughts and feelings. You can't control every situation, but you can control how you react to them and what you put your energy towards. This doesn't happen overnight, but the more you practice improving mindset, the easier it will come.





## INCREASE YOUR CONFIDENCE BY REDUCING LIMITING BELIEFS

Over the years, we tend to perceive our own reality based on our parents' views, friends and family's opinions, and our teacher's words to us growing up as a child. Labels may have been put on us before we even got to decide who we wanted to be. You create a version of yourself in your mind that may or may not be true.

We may tell ourselves that we are lazy based on the time our teacher labeled us "lazy" when we didn't do our homework. That belief could stay with us into adulthood, affecting the way you view yourself. We may think "I'm lazy, therefore I don't exercise and will gain weight". However the incredible thing about mindset is that we can change that and rewire our brains.

**"We are in control of our thoughts"**

When we are in control of our thoughts, we can change those limiting beliefs we have about ourselves. This gives us more confidence to be the best version of ourselves. Instead of thinking, "I'm lazy", start telling yourself, "I am productive and energetic".

At first it may feel weird saying this, but with time you will be creating a new reality for yourself. You will see yourself as this new productive and energetic person rather than someone who would make excuses for yourself. At the beginning you have to ask yourself, "what would this new version of myself look like?", and show up as that person. With time you won't have to think twice and you will automatically do things that an energetic and productive person does - like working out, making healthy homemade meals, sticking to your to do list.



## YOUR ATTITUDE TOWARDS EXERCISE/CLEAN EATING/ HEALTH

When you work on improving your mindset, you will feel an attitude shift towards helping your physical health. You will start to notice how much lighter and better you feel emotionally and mentally, and you'll want to go even further with optimizing your health. Eating clean and exercising can help your mind become even more clear.

Improving both your mindset and the way you take care of your body physically, can affect one another. The better you feel, the more likely you are to put more effort into taking care of your overall health. Who doesn't love to feel their best? Especially once you realize that how you've been feeling the past 5 years is not normal and that there's so much room for optimizing your health!

## LIVE A HAPPY LIFE ALTOGETHER (THIS IS WHAT WE ALL WANT, RIGHT?)

When you truly start to experience a mindset shift in the way you think, your outlook on life will never be the same. You will come to realize that it's not our situation that makes us happy or sad, it's our perception of the situation, and that's when you can start to understand the power of positive mindset.



You are in control of how you respond and react to an angry driver or overbearing boss. You can decide if you want to keep thinking those thoughts that you've always had, which trap you in the same unhealthy state. Or you can rewire your brain and focus on the positives and the new version of yourself that is happy and healthy.

If the whole idea of improving your mindset is new to you, don't worry! It takes time to understand the affect and magnitude of this practice. It definitely takes patience, but it is worth every second. Some days you may feel like you finally understand a deep part of yourself, while other days you zone out, thinking about what's for dinner. Working on your mindset is a journey and accepting that is one of the most important factors for success.

## Try These Practices to Improve Your Mindset

### JOURNALING

Journaling can boost your mood, enhance your sense of well-being, help with depression, reduce avoidance symptoms of post-trauma , improve memory, and can help relieve stress. Begin your morning or night spending a couple minutes writing down your thoughts. Some days you might want to write about a specific topic, and other days you can write down any old thought that comes to mind. By doing so, you are letting your thoughts be released as you write them down. This can help you feel more relieved by actually acknowledging your feelings and taking the time to process them.

Many people hold thoughts and feelings in, allowing them to build up. This often causes stress and negative emotions. Daily journaling can allow you to clear out your mind, especially if you are one to be overwhelmed with so many racing thoughts. This can also help you get better sleep at night. Writing down anything causing your anxiety will release it so you aren't replaying it over and over in your head.





## BREATHING

Learning beneficial breathing techniques can help you manage stress and anxiety. Sometimes we hold our breath when we are stressed, when in reality the best thing we can do for ourselves is to take deep breaths in.

Here are some simple breathing practices to incorporate into your daily routine so when a time comes that you're feeling stressed, anxious, or overwhelmed, you know how to calm yourself down.

**Deep Breathing:** This is a simple practice you can do if you are just starting out. Sit up straight and inhale deep through the nose. Hold for 5 seconds and then slowly exhale.

**Breath Focus Technique:** Lay on your back or in a comfortable position. At the beginning just be aware of your breath. Don't make adjustments, just notice how you feel and how you are breathing. Slowly incorporate some deep breaths and see how you feel. Place your hand on your stomach and feel it rise and fall. Make your breaths more intentionally deep and make sure to inhale through your nose and exhale through your mouth with a sigh. After a couple minutes, take note of how your body is more relaxed and how your breaths are more slow and deep.

**4-7-8 Breathing Technique:** This is a popular breathing practice that includes breathing in for 4 seconds, holding it for 7, then exhaling for 8 seconds. This technique is known to help with anxiety and sleep.



## MEDITATION



Meditation can help you be present in the moment. The goal isn't to have a blank and empty mind. Your mind will wander off, but the important thing to do is recognize that it's wandering off and bring your focus back to the present moment. With time it will become easier and your mind won't wonder as much, leaving your thoughts in the present moment.

Spending 5-20 minutes meditating can significantly help with a number of mental and emotional issues you are experiencing. Giving yourself this time to slow down and be with your thoughts allows you to really acknowledge and process everything you've got going on in that busy brain of yours!

## AFFIRMATIONS

Affirmations are sentences, phrases, or ideas that we say out loud, write down or think to ourselves. You need to say these as if they are the truth. To optimize your health, you'll want to focus on powerful positive affirmations that lift you up. When you continually say these affirmations, you can make them your reality. Here are a couple examples of positive affirmations that you can practice everyday to improve your health.

- I am a healthy person.
- I love feeling fit, healthy, and energized.
- I am calm and at peace.
- I fuel my body with nutrient dense foods.
- My sleep is revitalizing and refreshing.
- My body provides me with energy.
- I love my body & the things it allows me to do.



## VISUALIZATION

Visualization is the practice of imagining yourself in your most desired situation. This could be visualizing your body being healthy, strong, fit and loose. It could mean imagining being able to run so many miles at a certain pace.

The goal here is to imagine the most key details of an event or desired situation. Think about how you want to feel when you are at mile 5- great, full of energy, happy. Or imagine what your day may feel like when you get a full night's rest and wake up feeling fully refreshed. How do you feel after a day or week of eating fresh whole foods? Practice visualization two times a day for a couple minutes each session. Focus on that ideal situation and overtime you will slowly create how you will get to that goal.

## PRACTICING GRATITUDE

Being grateful for everything in your life can change your perspective of the world. Practicing gratitude can bring on positive thoughts and emotions by simply stating to yourself everything that you have to be thankful for. Once you start naming everything, you'll feel that the small things you get upset over or worried about really aren't that big of a deal or aren't worth getting upset over.

Before you go to bed at night, you can either think to yourself, or share with someone like your significant other, 5 things you are grateful for today. It could be as simple as having access to healthy foods or your delicious hot coffee in the morning, or as big as being grateful for having a deep, trustworthy relationship with a friend or having a body that allows you to enjoy taking walks through nature.

**These mindset practices might seem too simple or too alternative to actually make a difference in your life. However, I don't want you to underestimate the power of positive thinking and mindfulness. You can rewire your brain to think differently. Your thoughts determine your actions, and your actions determine your life. When you focus on your thoughts, you can make big changes to your health and overall well-being.**