

EAT. PLAY. LOVE. *Live*
YOUR BODY. YOUR LIFE. YOUR RULES

Re-defining (Your Version of) 'Healthy'

The Original Definition of 'Health'

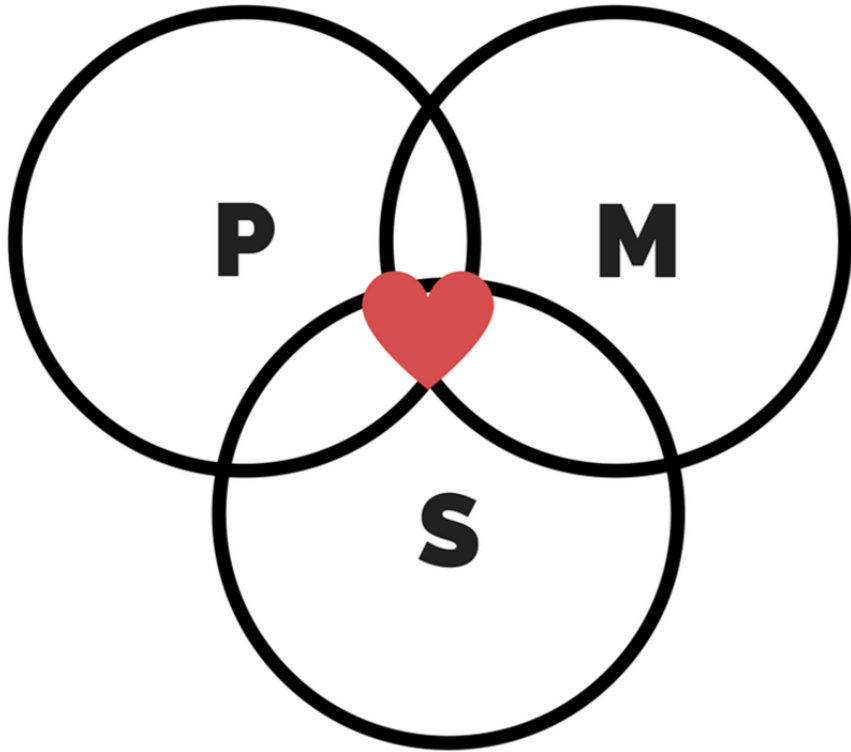
- ★ "wholeness, a being whole, sound or well,"
- ★ "whole, uninjured, of good omen"
- ★ "to heal"
- ★ "prosperity, happiness, welfare"
- ★ "preservation, safety."
- ★ "free from disease"

A Distorted View Of 'Healthy'

- ★ 'Good' foods, 'bad' foods
- ★ Eat less, move more
- ★ A food and movement conversation
- ★ A one-dimensional conversation (ignores that we are a system of systems)
- ★ A body conversation (what about the mind & brain?)
- ★ Addressing the effects vs. the 'system' as a whole
- ★ It's not personal! There's a general 'story' about what's deemed 'healthy' or 'not healthy' and it has nothing to do with the individuals needs/wants.
- ★ Everrrrrryone's an 'expert'.

The Solution:

3-Dimensional Self-Care



- ★ Physical
- ★ Mental
- ★ Social/Emotional

So now the conversation becomes...

- ★ What do I need **physically** to get (and stay) 'healthy'?
- ★ What do I need **mentally** to get (and stay) 'healthy'?
- ★ What do I need **socially/emotionally** to get (and stay) 'healthy'?

Remember: You have 3 brains (not just 1)



Health is 3-Dimensional!

- ★ It's physical. It's mental. It's social & emotional.
- ★ And leaving ANY ONE of these off the table when we talk about YOUR health and YOUR well-being and YOUR happiness...
- ★ Is a recipe for disaster.
- ★ That's why YOUR 'winning game' plan accounts for ALL of you.

The Biggest Mindset Shift of All...

FROM → 'Repair' Mentality

- ★ Your body is something that's 'broken', needs to be 'fixed' or repaired. It's a burden, a stress, a worry.
- ★ A brain, body, and heart that always feels weighed, down, bogged, down, and stressed (Survive Mode)
- ★ Move away from pain (Fight/Flight)
- ★ Repair Damages
- ★ Reacting (Being 'Caused')
- ★ No choice, take freedom, it's work
- ★ Always look to someone else
- ★ Short term repair
- ★ Brain 'hijacked', feel out of control
- ★ Need someone else, dependent on someone else
- ★ Control
- ★ It's punishment or toll
- ★ Nuisance, burden, worry, weight
- ★ Focus on body when it's bothering you

TO → 'Care' Mentality

- ★ You and your body are a team and partners-in-crime for the rest of your life, so you need to learn to care for your body because you only have one.
- ★ A brain, body, and heart that feels light, and stress-free, and makes you feel BETTER and better each day. (Thrive Mode)
- ★ Towards Pleasure/Safety (Peace of Mind)
- ★ Prevention/Cure
- ★ Respond-ing (Being the 'Cause')
- ★ Create choice, freedom, play, it's just part of your life!
- ★ Learn how yourself
- ★ Long-term care
- ★ Mindful, at your pace, calm
- ★ You're the pilot, the driver, independent
- ★ Freedom
- ★ It's a gift
- ★ Love Acceptance Care Connection
- ★ You have body and brain 24/7/365

Another way of looking at it...

FROM → Weight Loss Mentality

- ★ Your body is something that's 'broken', needs to be 'fixed' or repaired. It's a burden, a stress, a worry.
- ★ A brain, body, and heart that always feels weighed, down, bogged, down, and stressed (Survive Mode)
- ★ Move away from pain (Fight/Flight)
- ★ Repair Damages
- ★ Reacting (Being 'Caused')
- ★ No choice, take freedom, it's work
- ★ Always look to someone else
- ★ Short term repair
- ★ Brain 'hijacked', feel out of control
- ★ Need someone else, dependent on someone else
- ★ Control
- ★ It's punishment or toll
- ★ Nuisance, burden, worry, weight
- ★ Focus on body when it's bothering you

TO → Self-Care Mentality

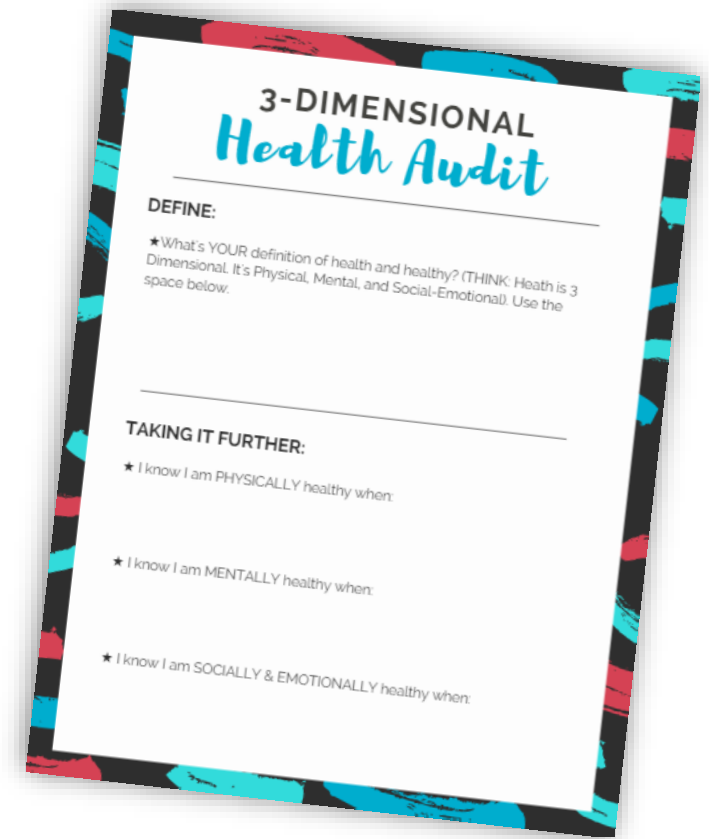
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Action Time!

Grab Your 3-D Health Audit

- ★ PART 1: Re-defining YOUR version of Health
- ★ PART 2: The Audit (Awareness + Influence)
- ★ Let's check it out!



Part 1: Define

What's YOUR definition of health and healthy? (THINK: Health is 3 Dimensional. It's Physical, Mental, and Social-Emotional). Use the space provided on your Action Sheet.

Taking it further:

- ★ I know I am PHYSICALLY healthy when:
- ★ I know I am MENTALLY healthy when:
- ★ I know I am SOCIALLY & EMOTIONALLY healthy when:

Part 2: The Audit

AWARENESS

★ Currently I feel that I would 'score' myself as a _____ when it comes to my Physical Self-Care

★ Currently I feel that I would 'score' myself as a _____ when it comes to my Mental Self-Care

★ Currently I feel that I would 'score' myself as a _____ when it comes to my Social/Emotional Self-Care

Part 2: The Audit

INFLUENCE

List ONE example of something you can do RIGHT NOW (think: baby step) that would yield you a +1 in the direction of peace, happiness, and freedom in each of these areas. (PMS):

- ★ What's an example of +1 when it comes to influencing your Physical Brain (My Body Brain)?
- ★ What's an example of +1 when it comes to influencing your Mental Brain: (My Mind Brain)?
- ★ What's an example of +1 when it comes to influencing your Social/Emotional Brain (My Female Mammal Brain)?



That's It!