

BY SMART HEALTHY WOMEN MAGAZINE



The Smart Healthy Women's Guide to Wellness

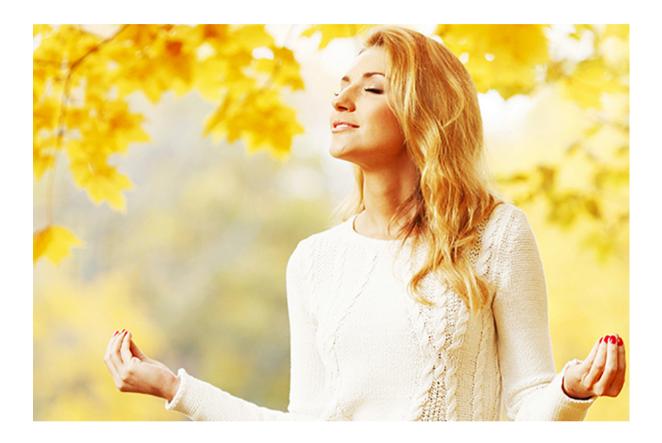
In this guide we have brought together our best experts in the art of wellness to give you many practical ideas about enhancing your daily wellbeing.

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Welcome to Smart Healthy Women

Smart Healthy Women is an online magazine devoted to providing smart women of all ages a forum to connect with experts around the world whose passion is sharing information to make life more informed, interesting and fun. Our philosophy is that life should be lived to the fullest and the happier and more joyful we allow our lives to be will have a direct effect on our environment and will inspire others to do the same.

In this guide we have brought together some of our best experts to inspire you to achieve your own level of optimal wellness.

With so much emphasis these days on treating symptoms which can arise

from a lifestyle imbalance, it is refreshing to focus instead on practices that increase wellbeing and optimal health.

The vast array of wellbeing practices is ever growing, and with women often taking on the role of health advocate for their families, it is important to educate yourself on what works to provide the best quality of life and health.

Use this guide as a companion to inspire you with ideas of how to achieve a vibrant energy that is your birthright to enjoy.

As a coach who has worked extensively with many women from all walks of life, I can tell you that the one thing we have in common is our resiliency and the care we show our families and loved ones. But we also need to fill up our own well of strength, happiness and comfort. I invite you to explore the ideas in this guide and fill your own well too!

With love and light

Estelle Williams

Editor & Founder Smart Healthy Women

You can't punish yourself into change. You can't whip yourself into shape. But you can love yourself into well-being. - Susan Skye

3 Smart Ways to Outsource Your Wellness

Here are my top three smart ways to outsource your wellness so you get the biggest benefit with the least amount of organising.

by Lisa Mills



A few days back I was talking to a corporate client of mine about what she struggles with most when it comes to staying on track with her health. Her answer was a typical and pretty valid one, and something you might resonate with as well.

Her answer was simple...I just don't always have the time.

I completely get this, and it's something I find challenged by at times too.

The secret however is in how you process the challenge in your mind and whether you are willing to look outside the square to solve it.

I love being able to remove barriers for my clients, so when she said that time was her challenge, I set about giving her some really practical solutions that could make is far easier for her to tick off her wellness goals, even when she was time poor. She would have heaps more energy to get what she needed done in her day, and her mind would be free to think about the important things rather than what she was having for dinner, or how slack she thought she was for skipping her walk that morning.

Time can't buy money...but it can be used to out source!

Here are my top three smart ways to outsource your wellness so you get the biggest benefit with the least amount of organising.

Outsource Your Food Prep

Sign up to a food delivery service like Hello Fresh and You Plate It. Both companies create really healthy tasty recipes, then pre package the ingredients so that all you need to do is cook. I have one client who lives on her own and signed up for the couples box, which meant each time she cooked she also had lunch for the following day. I use the family box and I have to say there has not been one meal my kids have turned their nose up at. The best thing is that I don't have to think of what to cook each night and better still, I don't have to set foot in a supermarket if I then order the other common groceries we need online as well! Plus there is next to no food wastage each week which saves money!

Outsource your food prep for your weekly meals and leave the weekend for eating out or using cooking as a way to unwind if that's what floats your boat.

Outsource Your Fitness

I might be biased here but small group personal training sessions, or even private sessions really do help you get and stay fit...and this is one of the best ways to boost your productivity at work. A super ambitions career women I work with does just that - she sees me twice a week for 30 minutes at a time and then may squeeze in a run or a class at another time in the week. Over the past 4 months her body shape has changed dramatically, her fitness levels are through the roof, and she said that the only thing she is doing differently is the training we do each week. The sessions keep her accountable and she makes

sure they are locked into her calendar. each week.

There are so many different ways you can outsource your fitness: get a few colleagues together at work and bring in a trainer at a time of the day that suits; hire a yoga teacher to make sure your body is getting the mobility and strength it needs so that you stay pain free and mentally on fire at work; sign up to a small group program that automatically debits your account monthly (make sure they have a good timetable for those weeks when you may need to shift your booking).

Outsource Your Stress

Yes please I hear you say! If there is one thing that can throw a spanner in the works it's stress. Not only can stress contribute to fat gain around the midsection, it may also cause your usual sharp focused mind to scramble... which can make you feel less capable of getting the job done.

My number one strategy for outsourcing stress is to have a regular massage - whether you can afford it weekly, fortnightly or monthly, a massage is such a simple way to de-stress. Not only does physical touch increase oxytocin in your body (think happy hormones), it also helps to down regulate cortisol levels and nurtures your adrenal glands. If you want to avoid burn out then this is a must.

Massage can take many forms - full body, feet, head, shoulders - the most important thing to remember is that this must be a massage that is somewhat relaxing. Sure you might have a few tight muscles that need some smoothing out, but you won't benefit from the massage as much if you are white knuckling the table and wishing it was over. I personally like Swedish or Hot Stone massage. If you want to be taken to another planet, then I highly recommend Lomi Lomi (Hawaiian) Massage...freaking incredible!

There you have it, three easy ways to outsource your wellness so that you can perform the way you want.

I have chosen to focus on these three areas (food, movement and stress) because they are often the ones that cause the most damage from a health and performance perspective if ignored.

Whilst money can't buy you time...it can buy you some pretty darn good wellness strategies - ones that can have a huge impact on the way you look and feel and your ability to bring your A-game at work and in life.

Lisa Mills



Director at Lisa Mills

Lisa Mills is on a mission to inspire women all over the world to nourish their body and harness their mind so they can kick arse in life, without sacrificing their health or happiness. She teaches women how to boost their energy, become focused, and mentally and physically strong so they not only succeed, but also connect with their highest purpose.

Lisa is a qualified Coach, Fitness Trainer, Neurolinguistic Practitioner and Speaker with over 20 years experience teaching women how to look after their body and develop a strong and resilient mindset. Her unique Secret Success Blueprint Formula and practical coaching style gives her clients the confidence and tools they need to succeed.

Rest Yourself to Health and Wellness

Taking regular time out of your schedule prevents burnout from occurring and replenishes your energy reserve so that your body and mind will be operating at an optimal level so you can enjoy your life with a strong and healthy body and a calm mind.

by Kate Reardon



In Western society our lives are so full and busy that many of us do not find enough hours in each day.

When you are pushing yourself to the limit mentally, emotionally and physically a biochemical reaction happens within your body that increases the level of cortisol, a stress hormone, putting you in to a 'fight or flight' response.

When "**fight or flight**" mode is activated you are constantly in a state of stress no matter what you are doing and your mind and body never get a chance to rest and rejuvenate.

When you have been running on 'fight or flight' for too long your body will inevitably start to break down in various ways.

Your mind becomes overactive which eventually leads to the point of complete exhaustion and you may have no energy reserves left at all.

This is known as burnout.

It is an extremely hard and long process recovering from burnout and can take months, even years to get back on track.

5 ways to take time out of your busy schedule in exchange for health & wellness

- **1. Breath** Yes that's right, just breathe. Most people use only 1/3 of their lung capacity to breathe which is called thoracic breathing and it doesn't allow much oxygen to enter the cells of our bodies as the breath is too shallow and fast. Taking 10 slow deep long breaths will help to calm down the nervous system and relax the tissues of your body. If you do this several times a day your body has the ability to increase its oxygen capacity, which assists rejuvenation on a cellular level. Best of all its free, quick and we all know how to do it.
- **2. Presence** Bring yourself into the present moment by getting out of your head and into your heart. Sit with yourself and assess how you are feeling in that moment as opposed to what you are thinking. Mentally taking time out allows for your mind to calm and reset itself promoting a clearer outlook, relaxed nature and leaves you re-centered once again. Bring your awareness in to your heart space and listen to the wisdom that flows within you. Silence and presence delivers us peace and stillness, which benefits our health immensely.
- **3. Biophilia** Go outside, bare foot if you can, and stand on the earth. Biophilia is nature's ability to heal us. Connecting directly with the earth breathing in clean air and allowing sunshine to be absorbed on your skin has been scientifically proven to calm down the nervous system. It is that simple. Go outside, get barefoot in the grass, dirt, soil, sand or whatever you can connect to and simply breathe and surrender to the healing presence of

mother nature. A mere 5 minutes a day will make a huge difference to the health of your body and state of your mind.

- **4. Rest** Resting when you need to is not a sign of weakness nor is it a selfish practice. It is a sign of self-respect and self-love. Resting when you need too allows your body to restore itself leading to better performance, increased mental capacity and an invigorating boost in energy levels. When you do not rest you are depleting your body and activating the 'flight or fight' response in to overdrive. Give yourself permission to rest when you need it, it becomes a wonderful healing gift that you can give yourself and you will benefit it so many ways.
- **5. Learn to say NO** This is a big one and something most of us are not very good at. We are often the illusion that the more we do, the fuller our schedules and the more we give of ourselves to others the better person we are. This thinking is not only false but can potentially drive us in to exhaustion at rapid speed. Learning to say "**No**" is also a form of self-love and self respect because it provides you with appropriate boundaries that you need to take care of yourself. When you become tired, worn out and overworked you are no good to anybody, including yourself. Learning to say **No** to things that do not serve your best interests in that moment enables you to protect your own energy reserves and therefore have more to give to yourself and all of those around you in the appropriate moment. You feel better and everyone around you gets to experience a healthy energized version of you. Sometimes saying No to other people demands on us is the best thing we can do for our own health.

Rest and rejuvenation is often viewed as something we do on vacation when the reality is, it's just as important as eating healthy and getting exercise.

Remember, disease doesn't just happen overnight. By the time we show signs and symptoms of a problem, it's been quietly building within your biochemistry for some time.

Taking time out therefore becomes a preventive measure for optimal health care and wellness.

Kate Reardon



Kate Reardon is a Naturopath, Nutritionist and Intuitive Metaphysical Healer. Kate has managed health retreats in Thailand, seeing personal one on one clients in UK, USA, Spain, New Zealand, Canada, Australia and Indonesia, presenting health workshops and seminars in Thailand and Australia to eventually founding Natural Instinct Healing Health retreat which runs fasting, detox, raw food and yoga in Bali.

You can connect with Kate on;

Facebook or visit her in Bali or Australia by checking out her website here.

Mindset Management for Wellbeing

It's important to set yourself up for a peaceful and joyful existence and these tips will get you there.

by Jane Turner



Albert Einstein said, "Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its life believing that it is stupid."

The simple fact is that if you take control of the way you approach your life from the point of view of what goes on in your mind, you'll not only improve your health, but you'll also improve your relationships, and your prospects of a happy and healthy future.

It seems to me that the combined influence of the education systems most of us come through, the families most of us are brought up in, and more generally the world we live in, sets us up to struggle with the kind of crazy reference points the quirky quote above typifies.

The upside here is that the ball is in our court in terms of being the one (and in fact the only one) who decides how we respond to the kinds of cultural/psychological undercurrents that we'll experience in one way or other as we move through life.

The bottom line really, is that taking the time to look under the hood and see what's going on in your mind on a daily basis will take you a long way in terms of being able to avoid wasting time on mindless thoughts and actions that can generate a lot of stress, and even spiral out of control into obsessions or addictions if the conditions are right for those conditions to take hold.

I've included an exercise at the end of this article to you get started with unearthing some of the negative beliefs that might be sitting in the unconscious part of your mind.

The problem with negative beliefs is that they are incredibly effective in filtering our experiences in a way that only let us see our deficiencies, rather than all of the ways in which we are great. 'Not good enough' thinking or Impostor Syndrome as it sometimes manifests itself, is surprisingly common. It's really quite perverse.

I see clients in my coaching practice who've achieved fabulous things, but still manage to worry about being 'found out'. It seems that the prospect of being made to feel inadequate in general, and stupid in particular, is one of the biggest fears that way too many people spend their life running away from.

An Exercise in Futility

What I want to say here, is that worrying about being a fish who can't climb a tree is an exercise in futility and a license to be miserable.

With concerted effort and focus a number of years ago, I was personally able to swap that kind of license for one that cleared the way for me to be for the most part happy and well.

The strategies around mindfulness and mindset management that I used as I was going through a period of burnout in 2010, literally helped me to breathe life into my future.

Prior to that, because I hadn't taken the initiative to manage what was going

on in my mind, my mind was essentially managing me with its default programs.

One of these default programs involves compulsively thinking. Another one adds in automatic negative thoughts that seem to spring up out of nowhere.

If you find yourself in a similar position to the one that I was in in 2010, I want to assure you that there is a way out. Recognising what's going on is the first step in taking control back.

Cognitive Behaviour Therapy is one well known approach that has been proven to be effective in helping people to bring their mindset back into balance. For my part, mindfulness in general, and regularly connecting with my breath in particular, are the tools that I rely on these days to maintain a healthy outlook.

I'll be honest with you though, having to do something in the way of managing my mindset was a bitter pill for me to swallow back in the day. I was one of those people who had lived their whole life in their head.

So the problem for me was that I was trying to solve the problems I was experiencing with exactly the same tools that had created and continued to perpetuate them.

In fact, thinking back on it now, I can see how easy it would have been to have given up and told myself that feeling at best unsettled, and at worst regularly verging on anxiety attacks, was 'just the way it was'. In other words, I could have easily stayed in a victim mentality.

But I guess because I'd picked up enough understanding of the way the mind works through my initial coaching training, I knew on at least some level, that it's not the world 'out there' that stops us from experiencing peace and contentment in our life, but our own habits of mind like perfectionism, as well as the tactics we might choose to use like blame, justification, numbing, and denial, that serve to keep us blind to the truth about what is holding us back from living the kind of life we deserve to be living.

The Importance of Feeling

Another thing that keeps us stuck is compulsively 'doing', rather than 'being'. This entails never slowing down to feel into our feelings, and to check in with our body to find out what's really going on.

Starting to experience life on the level of feeling rather than just experiencing it on the level of thinking was a real game changer for me. I now know that one of the keys to wellbeing is to regularly feel into my body for clues about what's really going on.

I want to invite you now to pause and take a moment to feel into your body. This exercise will allow you to take a snapshot of the tone of your current mindset.

To prepare yourself for this exercise, just sit comfortably and take a couple of nice long, deep breaths, and notice any tension in your body. Then notice what happens to that tension as you ask yourself the following questions.

- Where am I applying perfectionism in my life?
- How do I feel about that aspect of my life right now?
- In what ways am I doing really well in this aspect of my life right now?
- In which other areas of my life am I doing really well?
- What drains my energy?
- What could I do to limit this drainage?
- How do I show myself respect?
- How else could I show myself respect?
- How easy or hard have I made it to feel good?
- What could I do to make it easier to feel good?
- When do I numb myself?
- How do I numb myself?
- What has numbing myself cost me so far in my life?
- What could I replace this behavior with?
- What do I say to myself when I've made a mistake?
- What's a more empowering thing I could say?
- What do I say to myself when I'm tired?
- What's a more compassionate thing I could say?
- What things could I do to cultivate more self-compassion?

Adopting practices that involve deliberately checking in with your body, and developing awareness around what's going on in your mind, will set you up for a more peaceful and joyful existence than you would otherwise have.

I'm living proof of the fact that it's well and truly worth the effort.

Jane Turner



Director at Wellness Coaching Collective.

Jane Turner is the Director of the Wellness Coaching Collective. Jane uses NLP and Negative Pattern Clearing to help her clients fast track their way to their goals.

Jane holds Master Coach qualifications through the Behavioural Coaching Institute, and a Diploma in Counseling for Health and Social Care through the Medical Register of Australia. Jane will complete her Transpersonal Coaching qualifications in 2016.

In addition to her Wellness Coaching Programs, Jane also runs her Simplified Book Writing Program that enables her clients to get the information out of their head and onto the page in an easeful way.

Your Soul's Haven

The energy within your home propels you positively forward and it also propels the people you love within your home forward, as well.

by Kristin Smith



A safe haven can be viewed as a refuge or a place to retreat. Believe it or not, your home is meant to "house" positive energy adding oomph to your soul.

This is especially true when it comes time let go of the external world and pressures. It is important to bond with your home and create a relationship with your sacred home space that validates your truth, your values, your aspirations, and your heart.

When you walk through your home it is a confirmation of your hard work, your beliefs, and your efforts. When you look around you should feel a rapid wave of energy jolting you right into your happy place.

If your home doesn't endorse who you are and what you love, there may be an immediate transformation shift necessary to revive the energy you once visualized for this sacred home space.

Just like in our daily lives, our soul's energy can become stagnant, taken for granted, or forgotten about. It is time to think back to the feelings you had when you first moved into your home space.

What colors did you imagine? What artwork did you want to hang? What was your favorite room and why was it your favorite room? In life, we sometimes have to remove the cob webs and remember the original plan. So, what was your original plan for your home space? Think with me for a few minutes.

If you are walking through the doors of your home carrying in the baggage belonging to the external world such as: pressures, demands, negative outlooks, and deadlines then it is time to learn to leave it where it belongs...and that is NOT in your home.

Take a deep breath with me now because I want this to sink in. It is important to leave what does not positively serve the energy of your home away from your home.

This is the very first step when it comes to restoring a healthy amount of energy powerfully right back where it belongs. Now, let's uncover three immediate actionable steps you can take right now to heal the energy of your home:

Step 1: Look around and get rid of the clutter. This is negative energy trying to trap your soul. Clutter sabotages energy and your ability to relax, restore, and bring back balance to your soul so that you can be great when you leave your home.

Step 2: Immediately place something powerful that speaks to your soul within the entry way of your home. When you walk in the doors of your soon to be sanctuary, I want you to be reminded that your soul is alive and well. And it is reborn every time you walk through your doors.

Step 3: Think of your favorite fragrance. How can you capture this scent so it fills your home? This automatically spikes up the energy of your home because smells are powerful and they energize you.

What do you think you can expect from considering how to heal the energy of

your home? You can expect to be presented with the gift of reconnecting with your private internal world.

You can expect to become intentional about leaving what belongs to the world outside of your doors. You can expect to reconnect with your visions of what a home is supposed to feel like as soon as you walk through the doors.

My friend, find your "home soul" again and revive the energy!

Kristin Smith



Kristin Smith is a trained coach who seeks to empower women to step into their best life now. No excuses! She left her corporate life to explore the world of business and life coaching. Kristin received her Master's degree from the University of Northern Colorado and graduated from Coach Training Alliance and now powerfully coaches women in business and in life.

Kristin is a mover and a shaker. She spent many years plagued by the disease to please and was ready to get clear on her life and what she was divinely designed to do, which was to live on purpose. If you are looking to go from inaction to action in your life, career, business or as a stepmom seeking to be powerfully amazing, contact her today!

7 Steps to Living Organic

When transitioning to an organic lifestyle, I advocate taking baby steps to begin. As you notice your wellbeing increasing, you'll be motivated to go all the way.

by Estelle Williams



Research has shown the benefits of adopting a more organic lifestyle over the conventional one that is the staple of most people in the western world.

Even so, the task of adopting a completely organic lifestyle can be seen as daunting, expensive and just too damn hard. Many people who recognize the likely benefits of including organic food and other organic products (think personal care and cleaning products) in their lives can fall by the wayside when they try to embrace the change cold turkey and with no going back.

I would advocate a different approach: Take baby steps, notice any difference in your health, moods and energy levels and once you have, you'll find you're

motivated to go to the next level.

To make it easier for you I've put together seven easy steps you can take to embracing more organic-driven habits on a daily basis.

1. Start with staples

Food is surely one of the joys of life and consuming food that you have lovingly prepared from garden to table is a great motivator and eye-opener when it comes to seeing exactly what you put in your mouth.

So start with replacing some of your daily or weekly grocery items with more natural alternatives -- lots of fresh fruits and vegetables, prepared as soon as possible after purchase, free range (or preferably organic) eggs from happy hens, free range meat sources if you can locate a producer who provides quality of life for his stock, olive oil and coconut oil that is cold pressed and not subject to chemical extraction processes -- these are some ideas to get you started.

Prepare at least one meal per week (more if you can manage) where you involve the family in the food prep and clean up, giving you a chance to discover and discuss the origin and benefits of the food they are seeing on their plates.

2. Check out your local food producers

When you purchase your food from local producers, you are helping your local, regional and national economy. You are assisting your community to reduce green house gasses by cutting out the food miles that are incurred when produce is imported from countries half way around the world.

You are helping someone in your community feed their own family by helping to provide an income and stability in their livelihood.

There is so much uncertainty in the world caused by economic forces that this is a very small thing that you can do to make a huge difference. You and your community will reap the benefits.3. Visit farmers markets

Check out your local farmers markets. Get up close and personal with food producers in your area -- ask them about their produce, what is in season (and therefore at its best), what growing practices they use to bring the produce to market, what is their favorite way of enjoying it.

If you don't have a farmers market close to you then seek out a local organic produce market or an organic produce delivery service. I use a local organic service from Byron Bay and they deliver me a beautiful surprise box of seasonal organic produce that is bursting with goodness every week at a very reasonable price.

It challenges me to cook the freshest produce that is at its best, and I know what I prepare will taste incredibly delicious.

On the other hand, if you shop at a large supermarket, who knows if what you are seeing on the shelves is in season or if it has been in cold storage for months? I know where I want to put my money!

4. Read your labels

Many food items that fill up the grocery cart these days are unrecognizable from what they began as in their raw state -- overly processed, any natural fats they may have started with stripped out and replaced by sugar that can cause addiction, obesity, diabetes and a host of other health and societal issues, and having a shelf life that could possibly outlive a nuclear holocaust -- this is what the majority of the population consumes as a matter of course.

The next time you're at the supermarket, take some time to read the labels and the nutrition panel. If the print is too small, then have your reading glasses with you -- it's an eye-opener, I promise! If there are any ingredients you don't recognize, then you've got to really ask "If I was preparing this at home from scratch, would I put that in?" I like to use the Nana Rule -- ask your grandmother if she knows what that is and if she doesn't then don't eat it!

5. Shop on the outskirts

I don't mean to shop on the outskirts of town, but if that's where your farmers markets set up, then by all means do! What I mean is that when you are in the supermarket, shop on the outside aisles for most of your food. Supermarkets are generally set up with the fruit and veg, meat and fish sections on the perimeter in the layout of the store. If you look at the centre aisles you'll likely find all the sodas, sweets and other junk foods.

6. Grow something - anything

You may not have the space for a full blown veggie garden that is bursting with ripe tomatoes, plump lettuces and bulging aubergines -- and if you have, then send in a picture! But anybody can find a window sill that will host a modest small pot of one or two herbs -- try parsley, basil or oregano. You could grow a pot of cherry tomatoes on a balcony, or if you have room for more then there are a lot of veggies that can be grown in tubs and that don't require a proper garden at all. Remember to water them regularly and they will reward you with a burst of real flavor and goodness. If you don't cook, you can snip off some fresh herbs and nibble them as you go about your day -- it's the best 'vitamin pill' you could wish for and probably the most nutrient dense thing you'll consume all day.

7. Don't be too rigid

Finally, don't be too gung-ho about your attempts at adopting an organic lifestyle. As I said before, baby steps to build on what you experience, notice and learn about what you consume will promote awareness, wonder and joy in that most basic of items -- your daily food.



Estelle

Estelle is the Editor & Founder of Smart Healthy Women Mag. She is an expert Coach, Author and Speaker. She is passionate about providing her clientele and readers with successful strategies for realising a life of purpose, meaning and fulfilment using the best in change tools and believes that by reaching their potential, everyone can make the world a better place. She loves to share strategies to enhance the many facets of the busy woman's life, and has also been seen on the Huffington Post sharing her insights.

Off The Grid

Some refer to it as unplugging. Others call it disconnecting or going "off the grid". How often do you take real downtime each day?

by Lisa Zawistowski



How much time are you spending away from your phone, television, computer and other devices that keep most of us nearly continuously bound to the outside world?

I have found myself being drawn to my smartphone like a moth to a flame because I happily feel connected to the world...my family, friends, business acquaintances and everyone else (fashion designers, business moguls, Oprah) through Facebook and Twitter.

I can also satisfy my somewhat insatiable curiosity around the clock thanks to the internet. I do google searches a dozen times a day on average. And while I may be better informed than when I had to revert to a library card catalog or set of encyclopedias to search for knowledge, I often find myself feeling frenzied and over stimulated in the midst of the satisfaction I feel from the

constant contact.

I find myself resorting less to the stack of magazines that show up each month or the multitudes of books I collect. On the positive side, the magazines and books do not come with an electrical charge and radiation and they do readily accompany me to the deck or the chaise just like my phone and computer.

What they do offer me is knowledge without the busy-ness. I can escape into the pages of beautiful fashion, delicious food or how to get a flat belly without the twitchy urge to check my email or respond to text messages in the middle of it. The absence of that connectivity is the key to maintaining balance.

We all know our brains can hold a lot of information and it seems we have evolved into Information Age superhuman multitaskers and jugglers of very full schedules with a variety of jobs. But there is a limit to what our brains can process, store and retrieve according to the Limited Capacity Model (Lang, 2000, 2007).

Social media fatigue, which according to one exploratory study by Bright, Kleiser and Grau, is the feeling of being overwhelmed based on information overload from social media (2014).

Bright, Kleiser and Grau found positive relationships between self-efficacy (belief in your ability to use and participate in social media) and helpfulness (how beneficial social media is to you) and social media fatigue possibly indicating that the more comfortable you are with social media and the more useful you believe it is, the more you are participating in its venues causing overwhelm and "fatigue".

And when we reach this state of fatigue, two things are likely to happen in varying degrees - an increase in errors and a deterioration of mood.

Fortunately, I have found, partly through reading content on social media, several simple solutions to decompress and recharge that I am willing to swear by:

Step away from your computer and smart phone (far away). This one is obvious so I will not elaborate other than its best if these items are out of sight to get them totally out of mind. If you can't see them you are less likely to cave to curiosity and pressure and reconnect before you've thoroughly

disconnected.

Engage in conversation (in person or by phone but no multitasking). If you're unable to talk to coworkers or meetup with friends, talk to a stranger. Everyone has a story and you may be surprised at how easily your life is enriched by someone you sit next to on the train, for example.

The conversation will happen more readily if you think ahead of a few questions you want to ask your stranger. StoryCorps has a great app for phones that will record the interview if you're so inclined and you can also find dozens of interview questions there. This tool is also good for interviewing friends and family and archiving the interviews for the future.

Place your bare feet in grass, dirt or sand. This is a grounding technique that not only helps you to connect with nature but physically and psychically allows the electrical energy to go back into the earth. It's important to get this byproduct of electrical devices out of your body.

The natural ground is also a vehicle for stress to exit through the many energy points in the feet. Focus on the feeling, temperature and texture of nature beneath you. Let your thoughts go as you take in the sight of the rolling clouds, birds, butterflies and the sounds of the environment.

Sit by the water or a fountain. A fountain in your office may provide a more realistic alternative if escaping during the day is less than likely. The sound of water flowing is naturally soothing. The sight of it is also sensually pleasing and relaxing but if you can't actually be by the water at least be able to hear it.

Do something precise that requires your undivided attention.

Cooking a new recipe, quilting or performing some other activity,
especially a fairly new one that requires your full attention will give
you needed time away from the temptations and demands of
email, work and social media.

Dance lessons, for example, can provide you with not only exercise and entertainment, but can offer a welcome opportunity to pay full attention to something other than electronics. And you may meet the stranger you want to interview at the studio.

Or your new best friend. If dance isn't your thing, try a painting class (I'm

limited to stick figures as an artist but had a surprisingly fun time painting in an art class), writers group, running club or whatever even remotely interests you. Even if you don't think you can do it or you won't be good at it revel in the fun of it and the escape.

Engage in some one on one time with your partner, kids or fur children. Sit at their level and play. Make eye contact and share energy. Feel the goodness they offer and the simplicity of the exchange.

Stay engaged and challenge yourself to be an active listener. When your spouse, partner or children are talking, let them talk. Occasionally repeat what they have said so they know you are giving them your undivided attention. You are also more likely to remember what was conveyed if you restate it and you're also giving them a chance to confirm that you got it or to let you know what they really meant instead.

If you are engaging fur children simply enjoy and play. Stay in the moment past one or two throws of the ball and have treats and hugs.



Technology is amazing and literally has put the world at our fingertips. I thoroughly enjoy the ease with which I can learn something new, satisfy my curiosity, find a restaurant, shop and stay connected with old friends and meet new ones.

But all things even good ones can cause us to feel fatigued and overwhelmed. Listen to your body and know when to disconnect. You will be happily rejuvenated and back to your networks before long and you will maintain balance - a useful lesson our small ones can learn from us as well.

Lisa Zawistowski



Lisa is a writer, blogger, life coach, entrepreneur, owner of Small Steps 2 Big Change (www.smallsteps2bigchange.com), author of "Midlife Uncrisis-How to Turn Crisis into Positive Change" and a certified Strategic Intervention coach.

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3 Steps to Being Resilient

The difference between the person who succeeded and the person who failed is that the one who succeeded, never stopped getting back up after being knocked down.

by Nathalie Gevinti



The one who succeeds also has awareness of what she can control and what she can't. We have choices every single step of the way.

I was reminded of this yesterday because I got some sad news. I went for my 8th week check up at the obstetrician, and nothing. No heartbeat. I've been down this road before, so I knew what it meant.

I am lucky enough to have a beautiful baby already, yet it hardly dulls the heartache. I'm ok though, I cried, I'm sad but I know I will pull through.

Knockdowns happen all through our lives. They are like notches on our timeline. They take different shapes and forms and can affect any areas; or rather they can *happen* in any area, because whether it is work or personal, at the end of the day it is us, as individuals who are affected.

Our feelings, our emotions, our doubts, our questions, replaying scenarios, all of this keeping us awake at night or occupying our thoughts during the day, influencing our mood, our reactions and ultimately our results.

When you choose to become a leader, you expose yourself to a lot more sorrow than when you only manage yourself.

When you are in charge, when you are responsible for others, when results are your responsibility and when you might be called to make difficult decisions that impact others, you've got some tough times coming your way.

The rewards are worth it, but you must learn how to make it through the hardship. You need to be able to pull through and protect your emotional well-being. If you can't handle stress and adversity then you will either not succeed as a leader or you will jeopardize your happiness, sanity and health.

The comparison might seem trivial. Miscarriage compared to work issues.

But when you're the one facing the upset, no matter what it is, at that very moment it feels like the worst pain in the world.

And it's even more than that; it's the fact that how I do resilience right now is how I do resilience all the time. For smaller issues, different problems, any situation that knocks me down a little or a lot, I run the same strategy to get back up:

1. Take the time to feel

First I pause and take time to know how I feel. I take note of it without judging, simply noticing.

If I feel like crying I give myself permission to. You need to be your own best friend. I didn't always do that step and it wasn't a healthy resilience.

Find some alone time (in your car or later at home) and let the feelings come to you. What are they? Anger? Disappointment? Sadness? Hurt? Incompetence? Fear? Acknowledge them.

2. Look at the whole picture

Did you miss out on the promotion? Has a supplier let you down and "you"

have stopped the line? Right now it feels like the end of the world especially if on top of that you stubbed your toe in the morning, broke your heel on the way to work, and spilled tomato sauce on your shirt.

I can promise you that this is not the whole picture.

I am not talking about having a positive outlook on the situation, although you are more than welcome to do that. It's about getting some perspective.

After taking a narrow view of the current situation and how you feel about it, take a bird's eye view and notice that right now in your life, while this sucks, not everything does.

Maybe you have a great partner, an adorable pet, child or great friends that you are catching up with soon, or some holidays coming up?

3. Focus on the solution

Until someone creates a time machine, we can't go back in the past, but it doesn't mean we can't still influence the future.

This is about the outcome you want, and focusing on how you are going to achieve it.

This is powerful for 3 reasons.

First no one has ever achieved anything by remaining angry, fearful or in tears. So while it's good to acknowledge what's going on in the feeling department, this helps you snap out of it if you were starting to feel too cozy in there.

It's also a great way to move you towards the direction of achieving your goal and you don't have to wait to hit a snag to do this.

And finally when everything seems to go out of shape, this gives you back some control by focusing on what you can actually do rather than dwelling on what you can't change.

So feel it, look at the whole picture and start thinking about what you would like to achieve.

Imagine the alternative. Bottling up your emotions, focusing on everything that's going wrong and that you can't change. What sort of results would that give you?

As I said earlier, you have a choice every step of the way, the event itself is not what matters; what you make it mean and what happens next is what makes all the difference, and that is all up to you.



Nathalie Gevinti

Director at Unlimited Mindset Solutions

Nathalie Gevinti helps first time managers become inspiring leaders. As part of her work she has developed a mentoring program specifically for emergent women leaders. She guides them to utilise their strengths and develop their confidence so they can become inspiring leaders, empowered women and achieve high performance.

We Are Energy

Every cell in our body vibrates with particles of energy that have existed from antiquity to the present and this cellular energy is influenced by the world around us.

by Lisa Zawistowski



I have said many times, "Guard your energy". Take care of it, feed it and nurture it. Connect to nature and let your cells breathe in positive energy while limiting the amount of negative energy to which you are exposed on a daily basis.

For those of us with a higher anxiety set point, it is especially important to do the work needed each day to care for our energy.

There are several ways we can manage our energy, even minute to minute, as exposure to both positive and negative energy is a continuous flow but may be out of balance in a negative direction at any moment.

Here are some of the things I have found to be particularly effective in

maintaining positive energy or to make very quick shifts in energy when needed:

- **1. Have a mantra that represents the energy you wish to maintain.** My energy mantra is "All is well, all will be well". The mantra is a simple statement that articulates my intention for me and my energy vibration. Your mantra states the standard you have for yourself and anything below that standard requires a shift.
- **2. Flip your sign.** Recently, as I took my energy pulse upon waking, I realized I was completely riddled with stress and negative energy. I made four index cards, each bearing a word that described how I was feeling: stressed, tired, perplexed and worried. On the other side of each card, I wrote what I chose to replace those feelings with: happy, energetic, certain, and calm. I acknowledged the energy I was feeling and then, literally and symbolically, flipped the sign to the words representing the energy I was willing to hold. I placed the cards near me as a reminder and enjoyed the almost immediate change in emotional and vibrational energy.
- **3. Play the "find the gift" game.** In all things, even the seemingly negative ones, there is a gift of something good. In order to maintain a positive vibration, I find the good in the situation and help others to do so too. Finding something positive in each negative situation prevents us from lingering on the negative, which can cause the negative event to grow bigger into a negative mental state, where we are overwhelmed or become convinced the issue is bigger than it really is or that you allow yourself to become part of the problem.
- **4. Know who your like-minded team is and use them when you need to.** This could be talking to a friend who may be able to help you find the gift or remind you of who you really are. It may be tapping into a network of similar souls who regularly post inspirational messages on social media which you can access on a daily basis or as needed. Have multiple sources to lift you back into the positive when you need help as you do for others when they need it.
- **5. Be the energy leader.** Those of us that generally radiate positive energy must share it. Energy sharing happens naturally, with negative and positive energy, and is sometimes referred to by social psychologists as emotion contagion, but what that is at the heart of it is energy sharing. If I am in a negative mood state, those around me who are more susceptible to this

energy either because they are very compassionate or because they are more likely to absorb energy than repel it, respond quickly with negative mood states even if they were happy before I showed up. In the same energy sharing it is also possible to brighten someone's energy with your positive self.

We do not have to remain in the state we wake up in or find ourselves in after some trigger. Each of us has the power to change our energy in a few seconds.

I do not have to ruminate. And I do not have to wonder about the trigger, whether it was something someone else said or did or something that happened. I don't have to spend time trying to figure out the meaning.

I can clarify the meaning or I can move on. In some situations it is impossible to clarify the meaning. That doesn't mean spend a lot of time in your head as your brain spins its wheels coming up with EVERY possible meaning. Let it go.

Words are the window to your soul"- Masaru Emoto

Your mantra, your network of positive people and resources, and your words that describe how you are and how you choose to be carry more power to shape your energy vibration than any outside influences will ever have.

These tools create a protective shield to maintain healthy energy at the cellular level and to assist you in making repairs when necessary, as none of us are infallible energy super heroes.

When your vibration goes awry, honor your cells, choose your words carefully and literally, flip your sign.

Lisa Zawistowski



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Start Taking Action!

Surrounding yourself with positive influence and taking the time to uncover tips to overcome some of the hardest obstacles you will ever face in life are very important aspects to personal development.

by Kristin Smith



Stop "Just" Absorbing and Start Unleashing!

Inspirational words, encouragement, and other forms of motivation help to push you forward, especially when you feel ready for a new start or ready to recover from a tough situation.

But I have to ask you - when does all of this become just a little too much?

When do you start to actually apply what you already know?

I ask this because I was once stuck here. I felt like I needed to read "one more" book and listen to "one more" video and attend "one more" conference and hire "one more coach" before I could put myself out there.

Before I could start to heal the wounds or change my life and take the necessary action-based steps I needed to take, I believed I needed to stop and read more and work through "more inspiration."

And then I realized I was staying stuck and simply not moving. I had to trust that I had all the information I needed at the time to make a move and stay consistent with the actionable steps necessary to sustain the motivation required to sustain the success I was after.

This brings me to you. Do you think you possibly could be spending "too" much time in front of all of the "feel good stuff" causing you not to make any real progress at all? Is it time to tap into all of the gems you have already uncovered and put them into action? Let me take the time to remind you of a few things. Are you ready?

Reminder #1:

You are enough right now, today. You have all you need to take that simple step forward, even if it is a tiny little baby step, you are ready.

Reminder #2:

You already know there will never be a perfect time and you will never have the right amount of resources you think you need, so make use of what you DO have today. I promise you will unearth resources you had no idea where within your reach right now.

Reminder #3:

Balance the feel good stuff with actual action. For every chapter you read, come up with an actionable step that you **WILL** take now. With every beautiful and inspiring video you watch, take one nugget and run with it.

So stop just absorbing and start unleashing!

Kristin Smith



Kristin Smith is a trained coach who seeks to empower women to step into their best life now. No excuses! She left her corporate life to explore the world of business and life coaching. Kristin received her Master's degree from the University of Northern Colorado and graduated from Coach Training Alliance and now powerfully coaches women in business and in life.

Kristin is a mover and a shaker. She spent many years plagued by the disease to please and was ready to get clear on her life and what she was divinely designed to do, which was to live on purpose. If you are looking to go from inaction to action in your life, career, business or as a stepmom seeking to be powerfully amazing, contact her today!

Stop Well-doing and Start Well-being

When I think of well-being, I think of those times when I have been in a state of bliss, non-attachment and high vibration. It is my natural state, when I am unaffected by my environment.

by Estelle



Well-being is an interesting word don't you think?

If you look at any article or advice on how to achieve true well-being, you are most likely advised to take this action step or that action step - it's all about what your willpower leads to. And if your willpower lets you down, you are on a spiral of stress, ill health and bad consequences - not to mention guilt and blame.

It is not selfish to love yourself, take care of yourself and make your happiness a priority. It's necessary. - **Mandy Hale**

Rather than having to take a list of prescribed action steps however, I think that we've missed the mark. That is a prescription for **welldoing** rather than **wellbeing**.

When we truly come from a state of well-being, we already know that being well is our natural state. We don't need to take actions that may feel forced and even though they may be "good for us" still on an unconscious level we are fighting those actions tooth and nail.

Granted, when you start from a position of non-wellness and make the important decision that your well-being is of the utmost importance to you and your ability to savour life, then it is often through the process of making conscious choices involving action that you will reach your ideal state of well-being.

Why am I nitpicking you ask?

One of the most important concepts we should be aware of when becoming more conscious, heart centred individuals is the strength and power in our words.

Even the most innocuous words will trip us up if we are not careful.

Observe the habitual ways you use your language to describe your world - those words are potent prophecies for what you will experience in your life.

We often diminish ourselves with our words in an effort not to offend others nor to be seen as trying to elevate ourselves above them - it's the tall poppy syndrome. That idea that by being happy, joyful, successful and free from stress that we think we're better than our peers.

One word of advice - it this is your experience, it's time to change the people you hang out with. Success breeds success, happiness breed happiness, well-being breeds well-being.

The operative word that applies to well-being is the 'being'.

BE the kind of person that naturally takes the actions that will bring your mind, body, emotions and spirit to an optimal state of bliss. If you change your focus from having to effort a change and taking actions that don't feel joyful to you, the chances of sustaining the results is poor.

Rather, focus on being in wellness and your words, actions and feelings will naturally support your well-being - it is the more sustainable path to a happy existence.

Estelle



Estelle is the Editor & Founder of Smart Healthy Women Mag. She is an expert Coach, Author and Speaker. She is passionate about providing her clientele and readers with successful strategies for realising a life of purpose, meaning and fulfilment using the best in change tools and believes that by reaching their potential, everyone can make the world a better place. She loves to share strategies to enhance the many facets of the busy woman's life, and has also been seen on the Huffington Post sharing her insights.

We're Already Well

A simple, yet profound perspective on wellness that says that by developing respect and compassion for ourselves, exactly as we are, our Spirit will naturally emerge to manage our lives and make contentment, healing, and prosperity possible.

by Denee Jordan



Respecting our 'Mammal' Self and Allowing Spirit to Rise and Lead

Our self-acceptance is the precursor to our success.

It is natural and normal to want to improve ourselves; to become more successful, healthier, happier, richer, smarter, more attractive, and so forth. Though different people and different cultures define 'success' differently, what lies behind the desire to be successful is the same for all of us; our drive to survive and thrive. As Human Beings we all desire three things: to feel safe, valuable and connected. This concept may sound simple enough, but it is actually the key to humanity's

evolution or destruction. Depending upon how we choose to feel safe, valuable and connected, this underlying desire can be at the root of the most heinous war, or the root of the noblest human activity.

In our present society, many of us try to achieve 'safe' using defensiveness, worry and fear. We try to feel 'valuable' using relentless self-scrutiny. We try to feel 'connected' with constant striving, comparing, and competingand we fight for all of it....creating a society prevalent with depression, anxiety and disease. Today it is estimated that there are over 15 million Americans diagnosed with depression. That is heartbreaking considering our spirits' natural capacity to love.

'Already Well' says that there are three false belief systems that we are operating on that are preventing us from finding the healing and happiness were deserve. They are as follows:

- 1. We don't have enough, need to get more, and when we do, we will be successful and content.
- 2. We need to fight for what we want, or we will never get it.
- 3. We need to fight for what we have, or we will lose it.

'Already Well' challenges the validity of these beliefs. Such beliefs are based in fear and perpetuate our problems. When we never have enough and need to fight to acquire and maintain more, it creates a vicious cycle that cannot be broken without a new perspective.

Some people say that humans are born to fight. This is true in part, but we are also born to love and consciously evolve. We are a magnificent blend of mammal and Spirit. One survives; the other thrives. Survival involves contracted energy, or negativity. Thriving involves expanded energy, or positivity. They are both necessary to live here on the planet Earth. 'Already Well' says we need to balance our need to 'survive' and 'thrive' by making peace with ourselves, as we are, before we are able to make any other 'improvements' to our lives. It is essentially learning to lovingly tame our mammal self to allow our Spirit self to lead.

How do we do this? How do we find the 'enoughness' in our lives as they are? How do we find self-acceptance when we have been unsuccessful or made mistakes? How can we get in touch with our Spirit and accept our lives, in their entirety, with compassion?

'Already Well' utilizes 4 steps:

1. REFLECTION

Start by giving yourself the credit you deserve just for living. Look back on your life and identify all of the time and energy you have spent struggling, loving, hurting, healing, suffering, discovering, working, succeeding, failing, feeling frustration, joy and disappointment in order to be alive in the present moment. It is no small feat to be a surviving Human Being in our present society! In fact, it is amazing!

2. RECOGNITION

Recognize all of the effort you have put into living your life and what you have learned along the way. Nobody but you knows what your experience has been! Notice that there is no mention of just learning from the 'good' parts of your life. All of your life has had value! Let's use obesity as an example. 'Already Well' encourages the overweight client to add up the pounds she has lost and gained, the money she has spent on weight-loss treatments, the time she has spent worrying and feeling isolated and depressed and turn that focus on praising herself by saying, "Wow! You are amazing! It is wonderful that you can invest all of that emotion, energy, and time into trying to feel better! You actually have demonstrated tremendous ability!" The only thing missing for this woman is self-respect and acceptance. She has already demonstrated the ability to do the work! Remember, self-respect precedes success!

3. RECONCILIATION

'Already Well' says that we must look at our lives in the present moment and know we have done the best that we have learned how to do and give ourselves credit for our efforts, without exception. People might say, "Yes, but I know better." 'Already Well' says, knowing is not enough, we only do what we have learned. If we had learned better, we would have done better. We need to be honest about who we are and accept ourselves as completely as possible, including the things we think are 'wrong' or 'bad'. It is more than self-forgiveness. It is a compassionate acknowledgement of the value of your life. People might say, "That's crazy! If I accept myself, nothing will change." Though it may seem counterintuitive, self-acceptance paves the way for positive change. Self-acceptance is not a judgment that everything is the way you want it; it is a decision to accept and honor yourself as you are, so that you can move forward positively!

4. EMBRACING SPIRIT

When we make peace with ourselves as we are, we naturally, progressively become aware of our Spirit. Our Spirit is our core, the 'thriving' part of us; the part of us that is central to our really feeling safe, valuable and connected. There are many different names for our Spirit, but however we choose to address it, essentially our Spirit comes alive when we stop fighting with ourselves. We don't have to go looking for it, because it is always with us. We often just can't hear it with all the

battle sounds ringing in our ears. The question is...how can we hear it better? Practice. Practice makes progress; Practice mindfully watching ourselves, consciously understanding and honoring ourselves as we are. Our behavior, thoughts and feelings are all part of our Human Nature and they will actually improve as we watch ourselves respectfully. A specific 'Practice Plan' includes focusing time on and engaging in personal activities that encourage self-acceptance and self-compassion (i.e. listening for negative self-talk and gently correcting it, holding our boundaries with other people, risking feeling uncomfortable, recognizing our limitations without shame, trying new things, etc.) Our Spirit knows how to take good care of us. Trust in that.

'Already Well' says that finding 'success' doesn't involve changing anything in your life right this minute. It teaches us to understand that all of our actions, feelings, thoughts and behaviors are rooted in our human instinct to survive and thrive, regardless of what we have or haven't done. When we can accept this with self-respect and compassion, our Spirit naturally emerges to take care of our lives. When we recognize our total magnificence in the present moment without changing a thing, we liberate ourselves to heal, learn, prosper and succeed in all of the ways we dream possible.



Denee Jordan

Founder at Already Well

Denee Jordan, PSY.D is a licensed Clinical Psychologist and Marriage and Family Therapist and the founder of Already Well.



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