



Rescript to A

Sustainable Health Story

For any Stage of Life

Karen Toews

FB Vibrant Inspired Living

<https://karentoews.com/>

## Rescripting to a Sustainable Health Story for any Stage of Life Karen Toews

**Name it:** what ignites your spirit, your heart – include both ‘big and small’.

- how you would like to feel
- what you would like to be able to do
- what you’d like to become

### 1) Run your own race in every stage.

Wherever you are in life, accept that there isn’t one formula-for-all because everyone is different. Recognize – take note of – your uniqueness in these areas:

- *food choices*, i.e. may thrive on lentils or function better with a burger, sweets aren’t a temptation but salty snacks sure are
- have an innate love for *exercise*, or takes effort to be routinely active
- *emotionally, mentally*, i.e. easily tackle new things or you’re adverse to change: love organization or you’re not interested in another to-do list
- your life’s spiritual journey, i.e. what are your core beliefs, do you believe events from the past limit your future path
- different spiritual temperaments (*Sacred Pathways*, Gary Thomas), how we best relate to God, to the Divine: i.e. in nature, contemplation, liturgy, etc.

### 2) Build on your strengths.

Recognize, make a list of your strengths and positive characteristics, and post in a visible spot, i.e. computer, mirror, fridge door.

Regularly check in on what you do well. Choose a trigger when to remind yourself of three strengths, i.e. on the way to work, when you’re brushing your teeth.

Use strengths → Opportunity for positive outcomes → Confidence → Keep going

Appreciate positive strengths in others around you: to motivate, not compete.

### 3) Set goals

Be clear WHY you want to make a goal .i.e. how will this goal benefit you, is it important enough to dig into the effort to make changes

Don’t wait for all the ‘right’ circumstances to happen before you make goals.

Consider Dr. Larry Crabb’s definitions:

- **goal:** an objective within your control, i.e. *I will eat 4 vegs./day this week*
- **desire:** an objective you fervently want but one that can’t be reached through your efforts alone, i.e. *I will lose 5 pounds this week.*

- the outcome following the language you've spoken – “*it's my goal that I will*”, or *it's my desire to*” – can influence your confidence for on-going action

Choose one goal for change – make note of it. Focusing on a single self-improvement goal increases your chances of success, as each simultaneous goal increases the demands on your willpower. (*Willpower*, Roy Baumeister & John Tierney)

#### **4) Your body was designed to move!**

Asking these questions will help support your long-term fitness plans.

- Does your exercise routine bring you enjoyment?
- Is the activity-exercise the same one/ type of thing you've done forever?
- Does exercise bring you the benefits you've desired to achieve?
- Are you accountable to anyone with how you are doing your activity plans?

Consider what motivates you to be active: i.e.... to be strong, you have a competitive drive, to manage your weight, to hedge on better health for the long term, to be able to eat whatever you want, you feel intimidated or pressured to please someone else, etc. -- is this motivation working for you?

Mix up your program to reduce injuries and avoid pain physically and mentally.

#### **5) Catch some ZZZs.**

Target an 11:00PM-7:00AM sleep zone. Fatigue and exhaustion makes 'showing up for life' harder: not just for moving forward through the daily tasks. Your brain cannot function as well when it's stretched to its limits.

Poor sleep can contribute to excess weight:

→ contributes to more stress → health challenges → affects appetite hormones

Do your best to resolve conflicts before 'lights out'. It's not worth sacrificing sleep in delaying a reconciliation - it generally becomes harder the longer the delay!

#### **6) Make a clean sweep**

**Mind cleansing** - rather than forcing yourself to finish your to-do list, focus on something entirely different:

- a walk or phone call with a friend, your spouse or family member
- read a book
- meditate, listen to music

**Soul or emotion cleansing:**

- do the work: find a level of understanding about root causes of a behavior

- figure out a blueprint what walking out of that behavior would look like
- see a spiritual advisor, get one-on-one coaching, professional counseling

**Spiritual cleansing** or renewal—an intimate time of giving yourself to quietness, for awareness of being overwhelmingly loved and cared for by God, the Divine.

**Physical clean sweep**, a body cleanse. Depending on your individual circumstances and goals choose something - gentle or intense – what fits for you that you will do.

Everyone can do something:

- simple thing like drinking more water
- resting, sleeping: gratefully accepting its life-giving restoration
- avoiding processed, sugary foods and eating **real food**
  - where nutrients are better absorbed and functioning as they were designed to do
  - with fibre that moves through you efficiently, to help avoid **chronic constipation** which is more than a painful inconvenience, but can contribute to disease and other concerns

### **7) Don't take yourself too seriously: laugh a lot with others and at yourself!**

An ancient proverb says “a cheerful heart is a good medicine” – laughter has no side effects and **helps lower stress levels** to:

- help lower blood pressure
- trigger release of endorphins - our body's natural painkillers
- increase antibodies and natural killer cells
- boost functioning of the immune system
- support cortisol levels: affects visceral fat storage, insomnia, depression

Research says 10-15 minutes of laughter burns about 50 calories!!

### **8) Eat for health**

Eat real food

- eat food that is as close as possible to what you'd find in nature
- increase your vegetable and water consumption
- reduce processed, refined sugar foods – make them your ‘sometimes foods’
- eat protein with every meal and snack (i.e. apple, fresh veggies with cheese, hummus) - protein releases satiety hormones faster than carbs do.

Tool kit for challenges:

- Cravings: commit to eating three healthy foods – like an apple, few nuts or seeds, some veggies or cup of soup – before eating unhealthy foods

- Feeling deprived: lean into the power of thoughts like, “I want to feel good, I love my life, I want to be energized. Am I really having fun indulging in too much fast food or alcohol, etc or am I just covering up sadness or frustration?”
- Discouraged by slow results: change takes time, celebrate every step forward
- Tempted to follow fad diets: there isn’t a quick fix, embrace lifestyle change

Eat with others, share the gift of food in an environment that supports relationships.

**9) Put together a dream team – Don't DIA (Do It Alone)**

It’s rare that we make significant life changes without the involvement of others.

Join a FB group with a leader who is directing a challenge, join a class. Find a recommended mentor: check my coaching options, book a free discovery call before committing to being on the same team ☺ <https://karentoews.com/coaching/>

Link up with those who are in a similar place on the wellness journey. With whom do you share with most in your “laughing and crying”? They relate best with your discouragement or achievement because they are in a similar place.

**10) Plan to succeed and start slowly.**

- can you help prepare those around you for changes you want to make?
- **write down three things daily that are going well – and why**
- don’t focus on the areas where you think you’ve messed up: “take as seriously what goes right, as what goes wrong” (Krista Tippett, ‘On Being’)
- adopt a mindset that your words have the power to help you succeed
- choose an attitude\* every day that will support your health script:
  - i.e. optimistic, determined, flexible, faithful, honest, persistent
  - list all the reasons why you need that attitude that day
  - what will be the outcome of your day by following that attitude
 (\*Debra Searle- it’s not Magic, It’s Mindset)

Your plans to rescript your health story

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