

TIP OF THE MONTH

Reboot Your Physical and Emotional Well-Being

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How can you reboot your physical and emotional well-being? It helps to pick one reasonable goal or intention; perhaps you decide to start walking a few times a week or add in some mindfulness into your day. Take time to figure out where you are with your own “internal energy battery” to decide what level goal would work for you. If you feel you are on “low battery mode,” pick a smaller goal like setting a positive intention for the day. On the other hand, if you have been completing some healthy steps, but feel you need a boost, be a bit more ambitious. And if you feel yourself at 75% battery, you can take it up a notch.



ALL-OR-NOTHING THINKING

A common obstacle in the process of making positive change is called all-or-nothing thinking. In this mindset, you are not successful if you are not following your plan/goal perfectly. This creates a very narrow path for change. However, for most people, change is not a linear process - there are ups, downs, and plateaus all along the way - making success challenging in this mindset. **Here are some strategies to help navigate through all-or-nothing thinking:**

THINKING SHIFTS:

Redefine success - widen your view of what constitutes success! For example, if the goal is to lose weight, accept that you need to count on something other than the scale to prove that your life is changing. As you do, you begin to own your lifestyle change as it occurs rather than waiting until you hit the goal weight. It's helpful to focus on having more energy, making a new friend in your exercise class, enjoying the taste of fresh fruit, etc.

Expand your vision - focus on what your new life will look like, what exciting things will you be capable of doing, etc. Take steps that are small enough to achieve on a daily basis but large enough to feel the promise of progress and success in your efforts. This will help you evolve towards your goal and stay motivated.

Let go of perfection - just strive to do or be your best. This way, you leave room for mistakes and learning. Living a healthy life takes place in an ever-changing environment and the learning never stops. (Hottinger, Greg and Scholtz, Michael, *Coach yourself Thin*, 2012)

1 by 9

Here is a process to help you achieve some positive change energy early in the day. 1 by 9 is a process developed by Mary Sherman and Beth Frackleton using Positive Psychology and Health Coaching to help create upward spirals and increase motivation.

Pick one healthy behavior to do within two hours from when you arise. When you are getting ready to complete the activity, honor that you are doing this for your own well-being, so your body and mind will receive it that way. Then, celebrate for a moment that you started the day off with a healthy behavior.



This is a great way to infuse energy into the beginning of your day and get in a good well-being intention. Because we have more resiliency earlier in the day, adding in the healthy habit early leads to greater success. Your healthy behavior can be simple, like setting an intention, or challenging, like a morning workout, depending on where your "battery level" is. As your energy grows, add in more healthy behaviors

(2 by 12) in order to continue with an upward spiral of positive momentum.

SELF-COMPASSION

We know from Kristin Neff's research that self-compassion increases motivation, and decreases depression and anxiety. When we feel pain and suffering, we may feel separated from others. Self-compassion reminds us that we all feel pain and suffering, and it actually connects each and every one of us. Therefore, we should talk to ourselves like we would a good friend.

For example, if you are doing well and then slip on your goal, speak to yourself the way you would to a friend: "You are doing great and focusing on taking good care of yourself. Look at what you can learn and any adjustments that might help. You've got this."

On the [FEAP website](#), you will find helpful resources. Consider reviewing the section on [positive psychology](#), and watch the recent seminar that went into depth on [rewiring your brain for improved focus, mood, and resilience](#).

Additionally, FEAP consultants are available to meet with you if you are having a challenging time rebooting. Reach out to FEAP:
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For free Health and Wellness Coaching, contact Beth Frackleton, M.Ed., BSN, RN, NBC-HWC:
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