



8 Key Components of Good Mental Wellness

That Are Easy to Implement with Minimal Effort



Doesn't it always feel like you are so busy taking care of everyone else, that it leaves no room for yourself? You've got an extremely busy life, doing everything for everybody else, which makes it really hard to focus on your own health. Of course, this leads to disconnected friendships, unstable partnerships, and work that feels purposeless. The puzzle pieces of life are not fitting together as planned.

With the 8 Tools for a Flourishing Foursome (that is, your physical, emotional, mental, and spiritual health), it's easier than ever to stay on track. You're busy thinking of everyone else, but now you can easily add yourself to the to-do list:



Sleep like a Baby

Your body enters into a natural rhythm when you sleep, and each cycle lasts about 3-4 hours. Your deep-sleep phase is the best and most restorative part of your sleep cycle and takes up about 75% of your sleep time. As you enter into your deep-sleep phase fully, your blood pressure drops, your muscles become super relaxed, and breathing becomes slower. And frankly, this is when you've hit the sleep sweet-spot. Why? Because your body is now restoring. **During your deep-sleep phase of sleep, your blood supply increases to your muscles (muscle repair from a workout during the day) and tissue begins to repair itself.** Your brain also begins its own repair process. Throughout the day, your brain is gathering information consciously and subconsciously. It does not rest, even when you're resting. **But, when you're sleeping, your brain has a unique way of deciding what's important and what's not. It gathers all the input you've taken in throughout the day and decides what it needs to keep and what it needs to throw out.** What it keeps, it categorizes for you so you can have easy access to the information at another time - these become your habits. Your sleep cycle is an incredibly important part of how your brain and body restores, rejuvenates, and processes new behaviors, thoughts, and emotions.

CURRENT HABITS: _____

NEW GOALS: _____

Engage Your Body and Brain with Nature



Some pretty magical things happen in your body when you're zoned into yourself while moving. Movement oxygenates your brain and the mindfulness you create through tuning-in supercharges your brain balance and health. **Use movement and exercise to tune in rather than using exercise as a way to tune out.** Just like a good, deep sleep, being in nature helps you feel more grounded, light, and as if all the stuff you've piled on in your life really is so small. **How you perform mentally and physically is affected by your environment.** Being outside, and among mother nature, affects how the neurotransmitters (communication signals) work in your brain. A pleasurable experience increases your natural opioid production (that's right, you don't have to get high to get high, you can just go outside and be amongst living green things!). Conversely, when you're in a chaotic environment without nature (like a gym), your brain may feel stressed and over-stimulated, producing more cortisol which weakens your immune system, interferes with memory and how you learn. It can even stimulate weight gain - not the desired effect of exercise for most people!

CURRENT HABITS: _____

NEW GOALS: _____



Listen to Motivational Media

Self-help books, talks, and conferences are the inspiration you need to get the creative, inspirational juices flowing to change any stuck thinking you might have. Self-help books are the biggest selling genre of them all, and you can pretty much get a book or find a talk on any topic to move your life in the direction you want to move it. **Think of self-help media as simply stories of encouragement.** It's like going to a conference with your favorite motivational guru, except your guru is streaming through your earbuds. Everyone has a story, and if it's been written about, it only serves to help you jump through the hurdle of your own life struggles. Chances are, if you listen to a story that really hits home for you, that's one you need to latch onto for dear life. **This mental health principle is about listening to self-help over and over and over again, so whatever you're manifesting and working to do differently, gets stuck on repeat, and you can finally change some subconscious habits.**

CURRENT HABITS: _____

NEW GOALS: _____



Filter Through Psychological Noise With Meditation

There is a lot of evidence that meditation can lower blood pressure, regulate heart rate, and alleviate chronic pain. It lowers stress levels, boosts your immune system, and helps you sleep. **Meditation can help keep you healthy by preventing illness, because it helps to lower stress levels,** but it can also help you sleep better and become an overall peaceful person.

CURRENT HABITS: _____

NEW GOALS: _____



Open your Emotional Energy through Reading

The allure of reading is a way of losing yourself into someone else's world as a way of escaping your own. But, **there's some evidence that those who read also have greater empathy and mentalization (the ability to step into someone else's shoes mentally) than those who don't.** How you care for your own feelings is directly related to how you care for others people's feelings. You cannot have empathy and understanding for another person without empathy and understanding for yourself. You give to another person from your overflow, and from the comfort you have with being in your own skin. Read more to finetune your empathy for yourself and others.

CURRENT HABITS: _____

NEW GOALS: _____

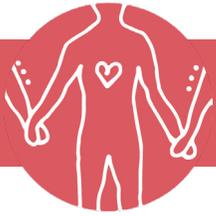


Visualize the Life you Want

Visualising your ideal life through journaling increases mindfulness and helps you tune into your own thoughts and emotions. Intentionally writing your experiences down helps you become more aware of your own life's process, especially when it's hard to make sense of what you're going through. **You must trust the process of life, but in order to grow from it, you have to become aware of the journey.** Journaling can help keep you laser focused on your goals and aspirations, like, for example, finding a partner or landing your dream job. This practice improves your health because by writing it down you are solidifying your goals. In addition, journaling helps you continually examine your life, because as Socrates said, "An unexamined life is not worth living."

CURRENT HABITS: _____

NEW GOALS: _____



Load up on Love from your Inner Core

Your inner core are those people with whom you can share the good, the bad and ugly parts of yourself. These people know everything about you, including the parts you'd be embarrassed to have someone else know. They've seen you break down into several hour or day crying fits, and they've seen you rage into grown-up temper tantrums that resulted losing your shit all over the place. They've seen you wallow in shame or guilt over an action that was so completely out of character, and unlike anything you'd ever do before. This person sees you in your most raw, vulnerable state, all while loving and accepting you without conditions. You don't feel judged by this person, and this is what makes the bond an inner core quality. **You can be your whole self – live in the rawest way – without judgment and without the fear of abandonment. Your inner core sees the good and bad, and they are the only group that sees the ugly.** The closer your relationships and the more trust you put into other people, the more vulnerable you are with them. Vulnerability is tough because while it's essential to love and connection, it opens you up to great pain and sadness. This is where understanding, and cultivating great friendships is really important. **Your inner core are those people who you will be the closest to, and with whom you will open up with immense vulnerability.**

CURRENT HABITS: _____

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Enrich your Body with Nourishing Food

What you put into your body, from supplements, drinks, and food, is chemistry. **Food is medicine.** This principle isn't just about what you put into your body and following the outdated food pyramid; it focuses on understanding what nourishes your body at its core. Correct nutrition helps you perform optimally both physically and emotionally. If you deal with depression, anxiety, or some other mental health issue, nothing else is as important as feeling better. Taking a hard look at how food affects your body and mind is worth the effort. **You never know how much your food affects your mood until you take a deeper, mindful look at what and how you eat.**

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NEW GOALS: _____



Life's too short and the stakes are too costly to continue to put yourself last. Save time and energy by implementing these 8 simple health strategies - the Flourishing Foursome!

NEXT STEPS: Download the Self-Love E-Book at iChooseChange.com. You'll receive the Self-Love Planning Sheet and the Self-Love Tracking Sheet to help get you on track and keep you focused.