


Week 12: Nourishment and Healthy Practices Compass

This week I want to focus, again, on using nourishment as a way of taking care of your self. It is about establishing a sense of wellness and balance from top to bottom, inside and out. I have found in my experience with clients and in my own life, that remembering to take care of yourself first is the key to living and staying healthy. As we wrap up the end of this program, I would love for you all to also create a healthy practices compass, you can write it in the space below, you can create your own with the layout on another piece of paper, vision board however you want to create it and keep it. This will serve as a place for you to check in with yourself when you need to. I've done this for myself and it's a great check in, truth telling map if you will. Whenever you are feeling "off" or out of control with your own health and even life in general, it's good to bring this out and really see if you are staying true to what you value as far as your health and wellness.

There are also a few other things that I want to hit on, some things to remember when your are moving forward:

- If you did the MRT test and you find yourself moving into the territory of eating too many things that you have no idea if they are causing symptoms or not but you are feeling a bit different than you did when you first started, go back to phase 1 for a week, let your body reset and then move through phases 2-3 for a week, then you can really see if there was anything that you were eating that was giving you fits.
- Whenever you are in doubt about "was it something I ate or am I just flat out stressed out?" Rest, Keep an eye on what you are eating, how much you are eating, if you need to keep a log of it, do it. Whenever you have a




hunch that it could have been “X”, it usually is. But if it’s not, look at what other foods you eat with “X” and that may shed some light as well.

- During your period, stay light on the dairy if you are eating dairy. This will help your body shed what it needs to shed with a little more ease and a little less pain.

When you are in the head space of “ I’m over this way of eating, why I can’t I just eat whatever I want?” , Remember why you changed the way you were eating. Instead of putting yourself in the negative Nancy energy, switch it up and write out what has changed since you tapped in to what your body really loves nourishment wise.

Speaking of nourishment, chew on this for a minute. Nourishment is so much more than putting food into your mouth. It’s about nourishment for your physical body, your mental body and your spiritual body, or your soul. When we are feeding all three of these parts of who we are, we tend not to need as much physical nourishment. Note* This is NOT the time to create an eating disorder by trying to decrease the amount of foods you eat, we all know that is damaging to our body and that is NOT taking care of yourself. What I mean by this is, pay attention to what feeds you... day to day, what is filling you up. Is it just food? You’ll know this by feeling like you are always hungry, like nothing ever satisfies you. You will also notice if you the other two parts of you are receiving nourishment by how hungry physically you really are. Example, when I was doing my yoga teacher training last year, I was worried about eating throughout the day. I was always eating every few hours and running around like a chicken with my head cut off, surprisingly while I was there, I wasn’t eating as often, the foods that I was eating were satisfying, even with hours of yoga daily. I was feeding my physical, mental (emotional) and spiritual self. I was completely full, body, mind, soul. That’s what I’m talking about.



To this day, I still noticed those things and am now moving into more intuitive living, moving into the place where I feel the most whole body full, which in turn creates whole body health.

Example: I love to explore new places, eat new food and meet people. Getting completely out of my bubble at home is essential for this rejuvenation.

Here is a little check list for you to start with to see if you are getting the basics:

- How much sleep do you get on average?

- What time do you usually go to sleep and wake up?

- How many hours per week do you work, including at home?

- How often do you get together with friends?

- Would you describe your usual eating pattern as chaotic? (going long periods without eating or skipping meals?)

- How often do you get outdoors?

- How are you at setting limits with people—especially friends and family?



- Do you say “yes” to little things that pile up on you?
- Do you tend to be a perfectionist?
- Do you have spiritual practices? (Note this is NOT going to church. This is filling your own cup, what makes your heart happy? For me, dancing, playing music, being outside, yoga, meditation...etc)
- How often do you drink alcohol? How much on that occasion? (This is NOT a bad thing, just be aware of your habit)
- Do you feel guilty if you are “not productive”?
- What do you do to relax?
- How would you rate your current stress level, on a scale of 1-10 (10 being the highest)
- How often do you engage in physical activity? Such as walking, gardening, dancing?



If's difficult to be attuned in your body if you are chronically sleep deprived, work too much, skip meals constantly, etc. It's also difficult to know where you need to focus your self care on and create a healthy practices compass by not knowing where you need to place your attention. These answers will give you a good picture of your self care practices and will shed light on if you are REALLY putting yourself and your desires, health, truth first.

The ones that you checked off and had a less than stellar response to, clearly shows you where you need to spend more time on yourself. Prioritize your areas of work, then create your Healthy Practices Compass from there.

Okay a few more:

Are you giving yourself time to plan meals?

Are you giving yourself time to eat without distraction?

Are you paying attention to your hunger?

It's one thing to start the process, but not to finish it, what is that serving you?



Healthy Practices Compass Outline:

How I want to feel In:

Life:

Work:

Eating and fueling my body:

Relationships:

Any other area of life:

What activities or practices get me there?

Life:

Work:

Eating and fueling my body:

Relationships:

Any other area of life:

Foods that make me feel amazing:

Eating Habits that make me feel amazing:

COLLEEN



MCCARTHY

Foods that make me feel heavy:

Eating Habits that make me feel heavy:

What does my day look like? This can be very loose, but it is just going to get you in the habit of moving with a feeling rather than a to-do list. Of course we all need some to-do list, but are we the ones putting pressure on ourselves to get these to-do's to done's? I notice that I was the one putting the pressure on, not anyone else.

So write it out, what do you want your day to look like. Even if you have a 9-5 job or any other job, it's still your health and lifestyle to create.

Next week we will be wrapping all of this up and you will all have the chance to have a lifestyle planning session with me, which will be an hour long. The first step is answering the questions that will be send to you this week, then you will be able to schedule your time.

This is going to take the place of content for the last week, however, we WILL have a group call at the end of next week, the date and time is TBA.