

Looking After Your Wellbeing

As promised last month, Discovering You brings you more tips on recession-proofing you and your family. Be sure to keep warm as the temperatures dip again, and remember to turn up the corners of your mouth regularly. It really is good for you! Have a nourishing and enjoyable August and September.

Recession Proofing Ourselves from the Inside Out

When we are busy and feeling stressed in various ways it can all feel a little overwhelming. I've felt that overwhelm myself lately and it was a good reminder about the importance of breaking things down into more palatable chunks. As one of my clients said the other day, the only way to eat an elephant is one bite at a time (yes it is a cliché, but if we were to try it out I think we would find it to be true!).

Here are some ways to help you do this, to support your wellbeing and keep yourself on track.

Don't do more, do less (really!)

It can be very tempting to work flat out and make ourselves very busy to ensure we have enough work, food and money, which easily leads to stress, burn-out and health problems. Obviously becoming too stressed or ill to work or look after ones family is counter productive! We can actually save money on doctor's or naturopath's bills, massage or pain killers when we are avoiding burnout and looking after our health.

It is more essential than ever right now to be clear about what's most important to get done, what will make the most difference and therefore where to focus your efforts. This allows you to also create time for yourself to rest, bring yourself into your body and re-energise. You feel ready to go again, with clarity, focus and energy.

Keep things simple

In the midst of my recent overwhelm a dear friend of mine had a wonderful piece of advice. She suggested I ask myself, how can I make this simple? It is just one question, but when you ask it of yourself, it sends you down very useful neural



Wellbeing Offer for Winter

For those clients who have received Wellbeing vouchers in the last few weeks, be sure to make the most of them before the end of August. You only have a few weeks to get booked in, so get cracking and book now.

It has been a pleasure being able to offer these wonderful services to you, so enjoy!

"Take the first step in faith. You don't have to see the whole staircase. Just take the first step."

Martin Luther King





freshwaysforward

pathways. It allows you to access new and constructive solutions. So next time you're feeling frazzled or frustrated, ask yourself, how can I make this simple?

Be in charge of your internal dialogue

Most of us know that it's perfectly normal to talk to oneself. I was delighted to discover this a few years ago and thrilled to have official confirmation that I wasn't barmy! Internal dialogue or self talk is part of our human experience and can be extremely useful. For example, when we are hearing a message on the TV or radio that we don't agree with, it's often through our internal dialogue that we choose what to take in and what to ignore.

While there are wonderful uses for this 'voice', it can also prove to be just as unhelpful if we are not using it with care. Tony Robbins sums it up when he says that the quality of your communication with yourself (and others) is the quality of your life.

Have you noticed how you talk to yourself day to day? If you forget to return a phone call or pick up dry cleaning how do you talk to yourself about it? With compassion and encouragement or with impatience and reproach? Do you sound like your very own task master with a whip in hand, or an encouraging friend or coach?

You might be thinking, yes I know, it's running all the time. But are you running it, or is it running you? Get in charge of that voice!

How are you thinking about the state of the world right now? Of the state of your world? How do you talk to yourself about your choices, what you can and can't do right now? Is it helping you, or making things worse?

It's simple: our inner voice can create happiness and unhappiness. We must, therefore, choose our words carefully.



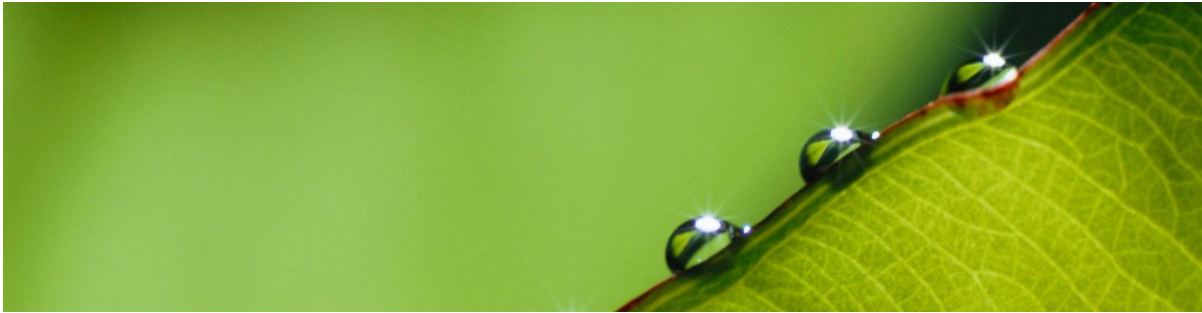
The Eckhart Files

At times of loss or tragedy we can feel devastated, broken, even at war with the world in the midst our frustration and hurt. Tolle says "Whenever tragic loss occurs, you either resist or you yield. Some people become bitter or deeply resentful; others become compassionate, wise and loving."

When we are faced with challenges it can seem impossible to accept what life is presenting us with. It is, however, the only way. "Yielding means inner acceptance of what is. You are open to life. Resistance is an inner contraction, a hardening ... If the shutters are closed, the sunlight cannot come in," Eckhart Tolle, A New Earth.

Remind yourself about what's really important

When funds are lower than usual and hard decisions need to be made, it is a wonderful opportunity to step back and ask ourselves 'what is really important?' When the economy is strong and things feel effortless it is so easy to forget what's important to us and how much we already have. Be clear about what matters most to you.



His Holiness the Dalai Lama Visiting NZ

At the invitation of the Tibetan Buddhist community of New Zealand, we are fortunate to have His Holiness the Dalai Lama visiting NZ in December of this year. He will give public talks during the first weekend of December in Auckland. I attended his last public talk here and it was a real privilege, and most uplifting. This is a wonderful opportunity to be in the presence of someone influencing peace on our planet in profound ways every day.

Find out more and book here: www.dalailamavisit.org.nz.

"There is no need for temples, no need for complicated philosophies.
My brain and my heart are my temples; my philosophy is kindness."

His Holiness the Dalai Lama