

## Wellbeing Special

Welcome to this exciting special edition on Wellbeing. Find out how to recession-proof yourself and your family from the inside out, what great reads will keep you inspired this winter, and an amazing offer you will just love!

Enjoy this issue, and have a great month of June.

### Recession-Proofing Ourselves: from the inside out

Individuals and businesses alike are feeling the need to 'recession-proof' their assets, homes and portfolios right now. There is much talk about reducing costs, improving efficiencies and safe-guarding assets. But what are we doing to look after our mental, physical and emotional wellbeing at this time? How about recession-proofing *yourself*?

What are you doing to relax? How does life feel for you at the moment? Do your children have a healthy understanding of the situation? While it's important to be making good careful decisions about our work, income and spending, looking after our body, mind and spirit is equally essential. There is a saying that 'your health is your wealth' and material concerns can pale into significance if we suddenly hit a wall due to stress - often resulting in burnout or illness. What we are thinking about and how we are feeling emotionally has a huge impact not only on our health but also our ability to handle tough situations. So here are some key tips for recession-proofing yourself, and your family (with more to come in the next issue!).

#### Increase your self awareness

Are you keeping a watchful eye on your wellbeing? Challenging times call for vigilance around our thoughts and feelings. Only when we are aware of our state of mind can we then change it. With anything we want to change in our life, it begins with awareness of the problem. In other words, knowing you are stressed is a good start!

When an extreme athlete comes under pressure because of the conditions or his opponents, awareness of his mental state is pivotal to his success. A winning athlete will be the one who constantly monitors what he's focussing on, how he's talking to himself and what he feels in his body. And if it's not working for him, he'll quickly change it.



### A WOW offer for you this winter

It's winter time, we're in the midst of a recession and you want to look after yourself, right? Well do we have an offer for you! I have come together with a range of practitioners who complement what I do and are leaders in their field, to bring you a sensational opportunity to enhance your wellbeing.

#### Wellbeing Offer for Winter

When you book a session with me over the months of June and July, you'll receive a voucher that entitles you to free or highly discounted sessions with a massage therapist, chiropractor and fitness and lifestyle coach. Wow, what a chance to really look after your mind and body, and the total package is worth over \$200!

It's easy to book with me, and you'll get more than transformational coaching, you'll get to look after yourself physically, mentally and



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### Choose carefully what you focus on

When we are worrying about money or what we can and can't do in a particular situation, we are usually creating anxiety in our body and failing to focus on what we actually want. The thing is, the brain is paying attention to these thoughts. Where attention goes, energy flows. That means that when we are worrying about something that might happen or may go wrong, our body responds as if it's true, as if it's happening right now. This is the structure of anxiety. Focusing on a positive scenario may seem like Pollyanna thinking, but it's useful in more ways than one.

Coming back to the athlete analogy, we know that things can go wrong in a race. Preparation allows an athlete to be ready for contingencies, and after that possible problems are forgotten as his focus moves to the result wanted. He is choosing not to focus on how much faster or better his competitors might be, or on what could go wrong. If he finds himself doing any of these things, he will bring himself back to more useful thoughts as quickly as possible.

Top athletes focus on what they want (to win), and the immediate step in front of them. That way the brain is receiving constant instructions towards the result wanted, and the body's chemistry is in a positive state (excited and energised rather than anxious).

When your attention is going in a less than helpful direction, change it. Bring yourself back to what you want to have happen, and consider what the first (probably) small step is that will get you on track. If you want to have more time with your children during the week, what is one small thing that could be changed today in order to begin making this happen? When we ask ourselves questions like this we are inviting our brain to find new and creative solutions. Instead of going round in circles, we are literally accessing new neural pathways to find the answers.

emotionally!

(Vouchers valid until 31st August 2009)

**Here are the offers you can enjoy ...**

#### **Chiropractic Care**

Iain Wood, Advanced Spine & Joint Clinic

**Free initial assessment including fully chiropractic, orthopaedic and neurological evaluation. Worth \$90.**

#### **Massage Therapy**

Chrissy Diamond, Holistic Alignment

**Offering you an hour-long treatment including consultation for half price (saving you \$40)**

#### **Specialist Fitness and Lifestyle Coaching**

Michelle Owen, Fitness and Function

(Chek Practitioner (Corrective Holistic Exercise Kinesiologist) and postural specialist)

**Free 30 min postural check or nutrition consultation to find out what is going on in your body and how you can fix it! Worth \$75**



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### Help children feel positive and appreciative

Children don't have the same cognitive abilities as adults to filter information and make sense of situations. This means that as families tighten their budgets and curb spending, children will make meaning of what is happening that may not be entirely helpful. A friend of mine remembers thinking as a child that his family didn't have a lot of money and that it wasn't ok for him to ask for things. Retrospectively, he realises that his family were in fact relatively well off but he frequently heard his mother saying "oh, we haven't got any money". He didn't know that this was incorrect and therefore felt a sense of lack throughout his childhood.



Having little ability to filter information means children can very easily create new (negative) beliefs about money and abundance when they are told "No, you can't", "stop asking me!" or "it's too expensive, we're not going". It's easy to get frustrated with demands for the movies, shopping or clothes. It's not that we shouldn't say No, it's about how we say it. When talking with children, the trick is to let them know what is possible in a way that makes them feel that things are ok and that they are loved. Our tone of voice can make all the difference when we say 'You can't go I'm sorry'. It can let them know you want to let them go even though you can't. When we express our concerns or frustrations 'at them' they don't know what to do with it. It simply isn't appropriate to burden children with challenges only adults can truly deal with and find solutions to.

Helping kids be grateful for what they do have is also part of this picture. Giving thanks for meals, and expressing appreciation for help from others or time spent together, are good ways of influencing those around you to do the same.

This is also a prime opportunity to help children learn the value of money, how to spend wisely and save part of their pocket money every week. Some great resources are available on this at [www.theparentingplace.com](http://www.theparentingplace.com) including a book by Sylvia Bowden called *How to Stop Your Kids from Going Broke*.

"The same creative force that generated the universe created your body. It is vibrating with intelligence and spirit. It is ultimately sacred and worthy of your love, respect and intention. Take good care of it and it will take good care of you."

Deepak Chopra



### The Eckhart Files

Another word from Eckhart Tolle.

One of my biggest life lessons (and one I seem to keep learning repeatedly!) is how expectations can cause us to miss out on happiness. Tolle explains that the more expectations we have of how life should unfold (be it a party, some ones actions or a relationship) the more we are in our mind instead of being present. When we are not present, we miss out on what *is*. Tolle says "The present moment is the field on which



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For many families life doesn't feel easy right now. Being clear about what we can control and what we can't enables us to be in charge of our life as much as possible. We are in charge of our thoughts, feelings and behaviours, and therefore how we experience life. No matter what happens around us, this will always be true. The coming months may well be a real test of our mettle. It is certainly a time for learning, growth and courage. Richard Nixon said "Greatness comes not when things always go good for you, but the greatness comes when you are really tested, when you take some knocks, some disappointments, when sadness comes. Because only if you have been in the deepest valleys can you ever know how magnificent it is to be on the highest mountain."



the game of life happens".

"There are three words that convey the secret of the art of living, the secret of all success and happiness: One With Life. Being one with life is being one with Now", Eckhart Tolle, A New Earth.

#### Refer a Friend

Thank you to those who have referred friends or family this month. I hope you enjoy your books and CDs, and thank you again for spreading the word of personal change.

[www.freshwaysforward.co.nz/ReferaFriend.php](http://www.freshwaysforward.co.nz/ReferaFriend.php)

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### *I must tell you about ... stories that inspire*

Here are some winter reads to nourish your mind and soul.

#### **Eat Pray Love** by Elizabeth Gilbert

If you haven't heard about this book yet, lucky you to be reading about it now! Now, it is a bit of a chick flick in paperback, but one you want to keep watching again and again. Written with immense honesty, humour and candour, Eat Pray Love tells of Elizabeth's journey through Italy, India and Indonesia following a messy divorce. The title explains the rest. I loved this book, enough to write the author (!) and I think I'm due for a re-reading! Enjoy.

#### **Losing My Virginity: The Autobiography** by Richard Branson

Richard Branson has written a number of books since his autobiography and I have to confess that I have not read any of them, however I still remember this one! It is an inspiring read about his life, his philosophy and how he has created success. It's an upfront, tell all extravaganza of balloon flights, exciting deals, music, planes and all things Branson. It had me spellbound from the first chapter to the last.

**The Journey** by Brandon Bays

If you feel like being inspired by someone who made a very successful journey of self-healing, this is the book for you. In the face of worrisome diagnoses and much scepticism from medical specialists, Brandon Bays allowed herself to find her own way to heal her body and emotions, and has since helped thousands of people around the world on their own healing journeys. With many similarities to NLP methods, The Journey is a profound and beautiful approach to healing and transformation. This is a compelling and interesting story on its own, and a hugely useful tool, depending on what you're looking for.

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"He who lives in harmony with himself  
lives in harmony with the universe."

*Marcus Aurelius*

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