

# WELLNESS WITH SANDY

MONTHLY NEWSLETTER

JUNE 2022

## A SYSTEM FOR SELF CARE: HEALTHY HABITS FOR ANYONE TO ADOPT

We hear about the importance of self-care, but a lot of these habits come from making micro-changes and adapting our routines. Below are some general tips:

1. Use a wall calendar (or other method of tracking) to visually assess your progress. Writing down your behavior in a visible place holds you accountable for all these habits every day. I personally recommend a tangible calendar rather than something on your phone. Why? A small screen just doesn't provide the same satisfaction as checking your days off on a big calendar.

2. Set your alarm 30-45 minutes earlier every day. Whether or not you meditate, getting up 30-45 minutes earlier makes all the differences in setting a positive and focused tone for the day. Research shows that earlier risers are more proactive, productive, consistent, and successful than those who try to tackle tasks at night. Studies conducted on the most successful people show they almost always wake up earlier because they know it will help them accomplish the things that will make them thrive both personally and professionally.

3. Consider healthy habits as imperative to your day as brushing your teeth: we have certain non-negotiables in our day, and the same thinking should be applied to healthy habits like drinking enough water, moving our bodies, or eating vegetables.

4. Tell yourself just one push-up, fifty steps, or five minutes of cardio: I used to view exercise through the lens of all or nothing. Either a fit in a 45 minute workout, or I would skip the day. However, I've learned that you can accomplish a lot with your body in even 15-20 minutes. When it comes to most physical activity: setting low expectations when you're time-crunched (or unmotivated) is one of the most effective ways to get moving.

5. Utilize apps to track meditation, steps, sugar intake, or hydration: It can be helpful to see hard data when it comes to motivation. Tracking through an app can be helpful in two ways: providing real-time information to adjust our behavior to meet our goals 2. motivating us to work harder when we see data we don't like or to motivate us to maintain the number that we see.

6. Stop paying more attention to your phone than your friends/family: Everyone deserves to enjoy time off the grid, even if only for a few minutes. For instance, whenever you walk, try putting your phone in your purse. This can result in mental and emotional clarity, and can even be safer.

7. Think of sugar like a drug - WHICH IT IS! For some of us, when we taste something sweet, it may be hard to control ourselves without eating massive amounts (or we may have tremendous self-discipline). Whatever camp you're in, sugar can trigger an addictive cycle of highs, lows, cravings, and withdrawals. For some, it may be advantageous to follow a three-bit rule around sugar or avoiding it all together. And we are talking about ADDED sugar.

8. Use visual props to help you adhere to your habits. One of the accessories I keep out pretty regularly is my yoga mat. Context is the cue, and by leaving it in an obvious place, it reminds me to hit the mat each day. It reminds me how good I'll feel after the practice.

## BLOGS OF THE MONTH

### INTUITIVE WELLNESS

<https://www.wellnesswithsandy.com/post/balancing-physical-activity-with-optimal-health>

### CAUSE OF CRAVINGS

<https://www.wellnesswithsandy.com/post/the-long-yet-fulfilling-road-to-health>



## \*Just Breathe\*



1. Rehearse calm patterns of thinking long before the amygdala anticipates a threat so that you carve out a familiar peaceful pathway that as well away from anxiety.

2. Do something, science shows that simple problem solving can fire up the logical thinking that works.

3. Focus on something tangible outside of yourself, such as counting the leaves on a plant to help you fall into a calmer pattern of thinking.

## RELAX



Feel free to check out my Instagram page and my website for more information and updates!

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