

12 Steps to Wholeness

What better time than today to ask yourself what “Health” means to you? There are many layers to the questions, Mental health, Physical health, Emotional health and Spiritual health just to name a few. For me health is wholeness, being “whole” in all areas of wellness. This will (and should) constantly change throughout the seasons of your life and learning to become aware of 12 basic areas to focus and grow in will help you with adapting throughout.

1-Drink more water: I can not stress this enough, many of our organs are over 65% water! That means the more you drink, the better these organs can function, heal and regenerate.

2-Practice Cooking: I know, we live in a fast paced world so start small with one meal a week and work your way up. Learning to cook at home is a very therapeutic spiritual practice, and bonus you know exactly what is going into your body, you are in charge!

3-Experiment with Whole Grains: Some of the top wholegrains are rye, barley, rice, corn, oats, quinoa, and wheat. These wholegrains are high in antioxidants, such as Vitamin E and B, Iron and Fiber. This will reduce the risk of many diseases such as Cancer, Diabetes, Heart Disease and Obesity.

4-Increase sweet veggies: As we head into fall and winter these are perfect to add to soups, roasts, salads, casseroles and just to eat as a snack! Some of my favorite sweet veggies are winter squashes, yams, beets, carrots, corn and onion.

5-Increase leafy green veggies: Adding this to your daily diet will aid in digestion, energy and supercharge your immune system. You would be amazed at some of the many ways you can eat your leafy greens raw, cooked or steamed. I just learned about grilled romaine lettuce and I am hooked.

6-Experiment with protein: Protein comes in many forms other than animal products, such as nuts, legumes and some veggies, so if you are vegan, vegetarian or aspiring to change your diet this step still applies to you. Protein is one of the building blocks of the body along with fats and carbs.

7-Eat fewer processed foods: Refer back to step #2, if you are cooking your own food most likely you are using whole ingredients aka something that doesn't come in a box! You can purchase unprocessed foods in a box, however I suggest going out of your “box” and experiment with all natural ingredients.

8-Make a habit of nurturing your body: One word “Self-Care” by applying these steps you are already making strides in your whole health journey. You also want to ensure you are getting enough exercise, rest and connection to those you love.

9-Have healthy relationships; You have heard before, you become what you eat, well same applies for the connections in your life, you become a product of your environment, so choose who you surround yourself with wisely.

10-Exercise: Move daily, your body will age slower, you will feel younger and more care free. Some of my favorite ways to move are dancing, yoga, running, hiking, rollerblading and simply walking my pup around the park.

11-Find work you love: Having a career you are passionate and brings meaning to your life it is such a powerful step that is often overlooked. I understand we have to work to live, but don't close the door to any opportunity out there to find something that truly fuels you. You are the one manifesting your reality, remember **YOU ARE IN CHARGE!**

12-Develop a spiritual practice: One of my favorite steps because it is as unique as you are. Play around with different practices such as journaling, meditating, hiking, grounding, church, connection, service, prayer or reading inspirational books. A spiritual practice is something that brings you a sense of balance, wellbeing and connection to the world and humanity, providing you purpose and hope.

I hope this has encouraged you to celebrate good choices, and challenge yourself to begin living your best life! Remember I am always here for any questions and would love to guide you in anyway possible.

All my love, Shanai Olson LMT and Health Coach