

52 WEEKS TO A HEALTHY, HAPPY, CALMER YOU!

Ginger Bisplinghoff
Options to Health eBook

2022



OPTIONS TO HEALTH

Introduction

Welcome to 2022! You have been through a lot in the past almost 2 years. It's time to reset your perception of this coming year and your future.

Change is not always easy, especially if you set unrealistic goals for yourself. My husband, with his long, narrow face and ability to take things step-by step, has taught me so much about expectations and building confidence by doing things slowly. If you know me, you know I like to “*get er done*” quickly 😊

What if each week you choose a new goal, a change, a habit to break, a self-care ritual to incorporate into your life? Take a week to experiment and if you are feeling comfortable with this, add something new the following week. Imagine where you can be on December 31st, 2022!

The following pages are only suggestions. Create your own 52 week challenge. Have fun with it. Be kind to yourself and know that any change you make will help to rewire your brain and create a new point of view.

I wish you health, happiness and a sense of calm.

Ginger

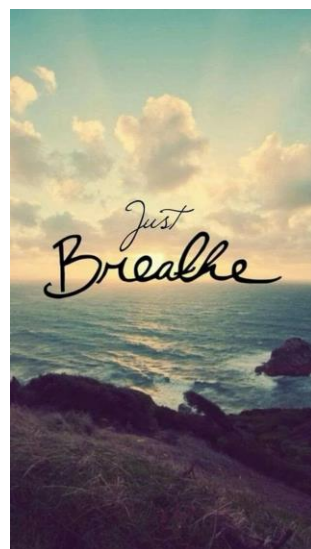
www.optionstohealth.com

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WEEK ONE AND TWO

WEEK ONE

Take a ten minute break, three times a day this week and just BREATHE. Notice your muscles relaxing, your brain clearing and your productivity increasing.



WEEK TWO

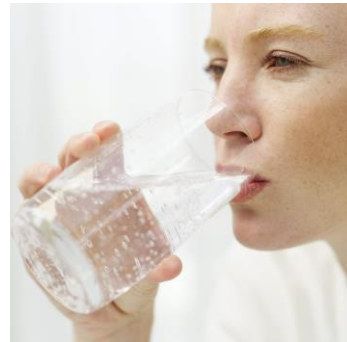
Start a journal for the year: *aha* journal, gratitude journal, food journal, daily thoughts journal or anything that works for you.



WEEK THREE AND FOUR

WEEK THREE

Water, water, water. Stay hydrated throughout the day for more energy, healthier skin, prevention of muscle cramps and so much more.



WEEK FOUR

Try a yoga class either in person or find an inspiring video on YouTube, Amazon Prime or a recommendation from a friend.



WEEK FIVE AND SIX

WEEK FIVE

Do one thing at a time! Phew. This is a hard one for me. I do so many things at once and guess what...I can never find where I left my phone because I wasn't paying attention!!

WEEK SIX

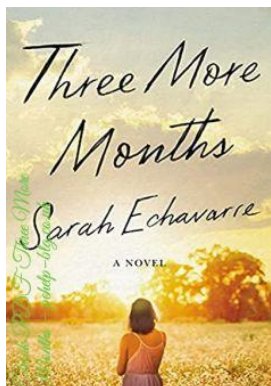
Continuing with week five might be:
JUST SAY NO! Or, step back and ask yourself if saying yes would distract you, complicate your life, stress you, add to your life. Check in with yourself.



WEEK SEVEN AND EIGHT

WEEK SEVEN

Read that book that's been on your night stand or in your tablet waiting for you.

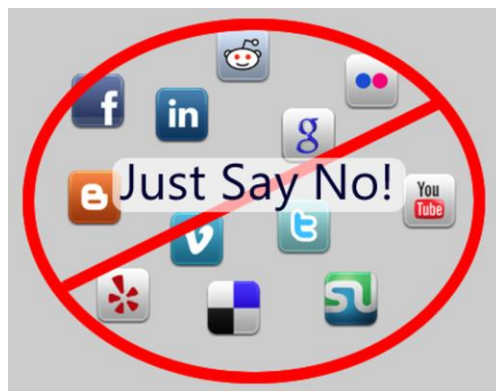


This novel will change you. You will look at your life differently.

Reading it inspired me to write this eBook, think about who or what is important and incorporate this weekly agenda into my life!

WEEK EIGHT

Take a social media break or turn off the TV.



WEEK NINE AND TEN

WEEK NINE

Play! What haven't you done in a while?



WEEK TEN

Keep it up. Try something new.



WEEK ELEVEN AND TWELVE

WEEK ELEVEN

Time to evaluate your food, food intake, choices of food and what gives you the most energy. How are your macros? Perhaps use this week to simply keep a food journal and assess your eating.

my food journal week of: _____

	<small>sun</small>	<small>mon</small>	<small>tue</small>	<small>wed</small>	<small>thu</small>	<small>fri</small>	<small>sat</small>
<small>break</small>	<small>FoodIntake</small>	<small>FoodIntake</small>	<small>FoodIntake</small>	<small>FoodIntake</small>	<small>FoodIntake</small>	<small>FoodIntake</small>	<small>FoodIntake</small>
<small>fast</small>							
<small>lunch</small>							
<small>dinner</small>							
<small>total</small>	<small>total</small>	<small>total</small>	<small>total</small>	<small>total</small>	<small>total</small>	<small>total</small>	<small>total</small>
<small>water</small>	<small>water</small>	<small>water</small>	<small>water</small>	<small>water</small>	<small>water</small>	<small>water</small>	<small>water</small>
<small>fitness</small>	<small>fitness</small>	<small>fitness</small>	<small>fitness</small>	<small>fitness</small>	<small>fitness</small>	<small>fitness</small>	<small>fitness</small>

mary marta mama

WEEK TWELVE

Make some different food choices. Experiment. What would you like to include in your diet?



WEEK THIRTEEN AND FOURTEEN

WEEK THIRTEEN

Spend time in nature every day.



WEEK FOURTEEN

Focus on quieting your mind. Do you need to meditate, get back out in nature, create a sacred space in your house?



WEEK FIFTEEN AND SIXTEEN

WEEK FIFTEEN

Have some fresh flowers in your house.



WEEK SIXTEEN

Have you tried flower essences:
vibrational medicine that helps to
rebalance body, mind, spirit?



WEEK SEVENTEEN AND EIGHTEEN

WEEK SEVENTEEN

Add a walk to your day. Make it a stroll, a power walk or a discovery walk. There are no rules. You can keep your breathing exercise and focus, as well.



WEEK EIGHTEEN

Time to declutter!



WEEK NINETEEN AND TWENTY

WEEK NINETEEN

Take a break.

Standing still and moving forward are not mutually exclusive.

WEEK TWENTY

How can you simplify your life?



WEEK TWENTY ONE AND TWENTY TWO

WEEK TWENTY ONE

Check in with what you have accomplished so far. Is there anything you want to revisit? Is there still a healthy habit that is hard to incorporate in your life?



WEEK TWENTY TWO

Take time to stretch or use a foam roller to hydrate connective tissue. I love having Melt Method on demand.

www.meltmethod.com



WEEK TWENTY THREE AND TWENTY FOUR

WEEK TWENTY THREE

I have incredible feedback from friends and clients who are using Vibrant Blue Essential oils. It is lifechanging for many!

www.vibrantblueoils.com



WEEK TWENTY FOUR

Get some sun and Vitamin D!



WEEK TWENTY FIVE AND TWENTY SIX

WEEK TWENTY FIVE

Awareness week! I believe awareness is 99% of the solution to any problem.

“Awareness is the greatest agent for **change**.”

-Eckhart Tolle

WEEK TWENTY SIX

Grounding week. Get your bare feet in the earth: loosen tight muscles, decrease anxiety, strengthen your immune system, boost energy, improve your sleep.



WEEK TWENTY SEVEN AND TWENTY EIGHT

WEEK TWENTY SEVEN

Focus on laughter.



a laugh
is just a
smile
that lost
control

WEEK TWENTY EIGHT

Ask a lot of questions to yourself, for yourself. Ask others. Be inquisitive.

*“He who asks a question is a fool for five minutes:
he who does not ask a question is a fool for
forever.”*

Chinese Proverb

WEEK TWENTY NINE AND THIRTY

WEEK TWENTY NINE

This is a week to hum or sing. Humming activates the vagus nerve and your Parasympathetic Nervous System allowing for rest, digestion, relaxation.



WEEK THIRTY

Unleash your inner sparkle!



**NOTHING CAN
DIM THE LIGHT
THAT SHINES
FROM WITHIN.**

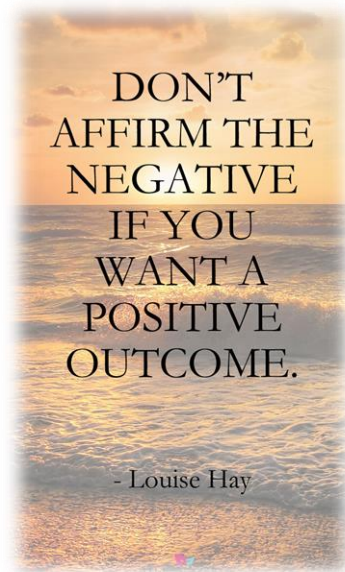
- Maya Angelou

WEEK THIRTY ONE AND THIRTY TWO

WEEK THIRTY ONE

A week of affirmations.

What do you want to affirm and broadcast?



WEEK THIRTY TWO

It's challenging to talk about money. Do you have a budget? Would you benefit from looking at your finances or meeting with someone who can help you? Take the challenge.



WEEK THIRTY THREE AND THIRTY FOUR

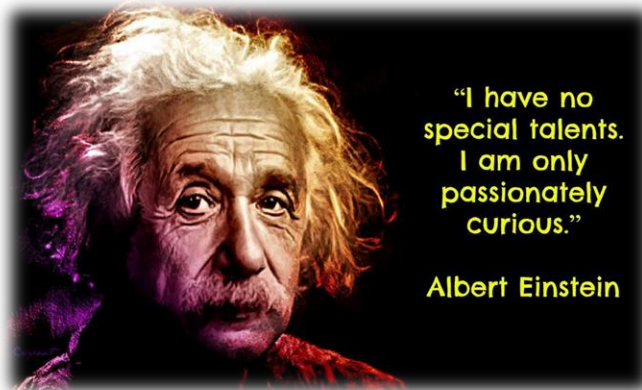
WEEK THIRTY THREE

Find and schedule a Flote session for relaxation, renewal, reducing pain, quieting your mind.



WEEK THIRTY FOUR

Make a list: things that excite me/things that slow me down.



WEEK THIRTY FIVE AND THIRTY SIX

WEEK THIRTY FIVE

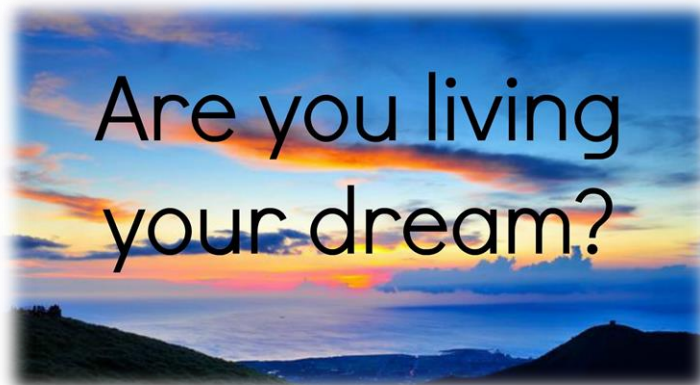
From the book, *Start Where You Are* by Meera Lee Patel, she asks:

“If you could own only four possessions for the rest of your life, what would they be?”



WEEK THIRTY SIX

Keep a dream journal for a week. Are there any common themes?



WEEK THIRTY SEVEN AND THIRTY EIGHT

WEEK THIRTY SEVEN

Fall foliage time! Walk in the leaves, rake the leaves, craft with the leaves...



WEEK THIRTY EIGHT

Continuing with Fall, this might be a great week to get some pumpkins for decoration, carving, crafting.



WEEK THIRTY NINE AND FORTY

WEEK THIRTY NINE

What does your body need to feel nurtured, strong and healthy? Is it something physical, mental, emotional and/or spiritual?



WEEK FORTY

Let's get creative. What peaks your creativity: music, dance, writing, singing, crafting, painting?

One of my creative outlets is bead weaving.
It takes my mind off of everything except the crystals and beads.



WEEK FORTY ONE AND FORTY TWO

WEEK FORTY ONE

Here is a follow up to last week. Do you ever do a puzzle to clear your head or just for fun? I actually do a quick puzzle between clients so I can start fresh with each person.



D	E	E	W	E	D	I	N	G
O	F	D	W	E	L	L	E	R
E	L	B	E	E	V	L	E	E
C	O	R	U	Q	R	L	K	Z
N	A	I	S	R	O	I	L	Z
R	S	T	R	H	E	U	R	A
G	T	P	T	H	E	U	R	A
A	V	R	O	T	N	I	A	R
R	E	R	A	W	O	R	G	E
F	N	W	T	E	U	Q	U	O

ARRANGE. DELIVER. FRAGRANCE. LEAF. PRUNE. SCENT. SUPPLIER. WEATHER.
BEAUTIFUL. DOZEN. GARDEN. LOVE. RAIN. SHROU. SURPRISE. WEDDING.
BOUQUET. FERTILIZER. GIFT. PINK. RED. SOIL. THORN. WEE. WHITE.
CLIPPERS. FLOWIST. GROW. GREENHOUSE. PLANT. ROMANCE. STEM. VASE. WATER. YELLOW.
CULTIVATE. FLOWER.

		3		9	2			
4				3			1	
2	7							
	1		3					8
	5		1	6	7		3	
3					8		6	
							5	3
	3			8				9
			6	2		1		

WEEK FORTY TWO

Space clearing week. Clear the energy in your house or office with smudging or spraying a space clearing mist such as the Australian Bush Calm Space Clearing Mist. I order mine at:

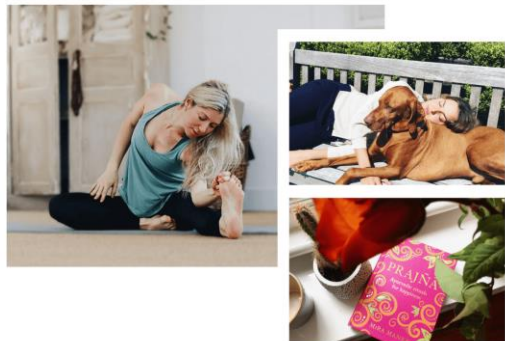
www.southernherb.com



WEEK FORTY THREE AND FORTY FOUR

WEEK FORTY THREE

Plan a retreat either away or at home, with or without friends. Turn off all devices, get a book, bath salts, food and maybe a friend or friends. Separate yourself from daily concerns so that you can re-enter ordinary life with a sense of renewal. Get out in nature and feel yourself relax.



WEEK FORTY FOUR

Talk to your angels or gather insight with a set of angel cards.



WEEK FORTY FIVE AND FORTY SIX

WEEK FORTY FIVE

Time to give thanks.

Who and what are you thankful for?



WEEK FORTY SIX

Send a handwritten note or a card to those people on your list who you are thankful for. You will get as much out of this as you give. Don't you love to get a card when you least expect it?



WEEK FORTY SEVEN AND FORTY EIGHT

WEEK FORTY SEVEN

Finding your ***super foods*** is the plan this week. What foods give you the most energy and brain power? Some popular ones:



WEEK FORTY EIGHT

SLEEP! Are you getting enough? Establish a routine that works for you, keep the room dark, use amber glasses with your devices, find the right pillow and restore your energy.



WEEK FORTY NINE AND FIFTY

WEEK FORTY NINE

Holiday time can be stressful. Up your exercise, sleep, water, sunlight, relaxation. Look back at the year and see what has worked the best for reducing stress and work it into your day. This year can be different because you have tools!



WEEK FIFTY

Be childlike, playful, cheerful, silly. What makes you laugh?



WEEK FIFTY ONE AND FIFTY TWO

WEEK FIFTY ONE

Holiday time brings the wonder out in children. Would you like more of that?



WEEK FIFTY TWO

Congratulations! You have added health, happiness, clarity, a sense of calm and I hope a whole lot more. Reflect on the year. What could you do more of, what was inspiring for you, what is still a challenge and what do you want for next year?



GINGER BISPLINGHOFF, RN, BS

Holistic Specialist

I have always loved gathering information and passing it on to family, friends, students, clients and even strangers who will stop and ask me a question. I like taking something complicated and finding a way to simplify it.

Even with 40+ years of nursing experience and study in both the medical and holistic world, I am still craving more knowledge and continue to study as often as I can.

This eBook was inspired by reading ***Three More Months*** by Sarah Echavarre. It made me sit back and reflect on how I use my time, who is important and what I want to change.

I hope you will be able to take some of the ideas and suggestions and make positive changes in your life. Keep it simple and enjoy the process.

Wishing you a year of health, happiness and a sense of calm.

Ginger

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