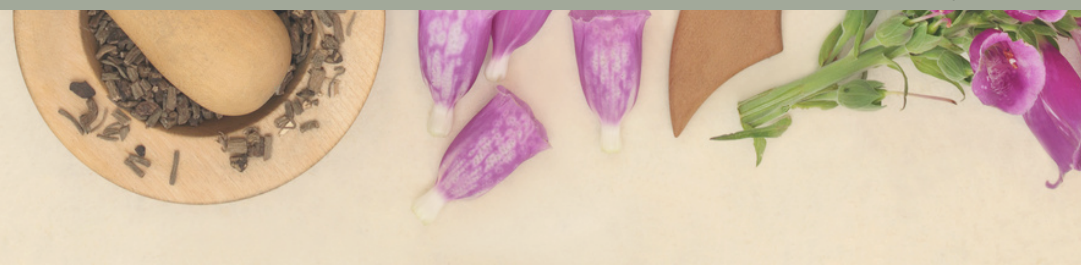




THE
Health &
Wellness
WORKBOOK

A book full of strategies for living a healthy and happy life.

Coach Laura K.





Welcome!

I'm a Coach, a writer, a speaker and Owner of Strengthinself.com

I'm proud to be part of the Health & Wellness community in Quakertown, PA. It's a blessing to watch so many health changes happen in the community I live in!

My passion for sharing health and wellness advice comes from first-hand experience of battling sickness & diseases that nearly killed me. Now I dedicate my time to helping women, men & teens like you live happier and healthier lives. I do this by sharing tools that transformed my own life.

I hope you find these resources a source of strength and comfort and I wish you happiness and health in everything you do.

Coach Laura K.





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Vision & Mission



Our vision: We want to give our clients a way to focus on their health and wellness and find a clear purpose in their lives, so they can reach their goals and fulfil their life-long dreams

Our mission: We are committed to providing high quality health and wellness coaching, so that our clients can enjoy a better and more fulfilled life. We will develop a tailor-made set of goals that motivate clients to achieve their true potential and bring positive change.



Overview

What to expect when you join Strength In Self with Coach Laura K.

We aim to encourage people of all ages and abilities to create their own incredible and healthy life. At Strength In Self, we are driven to provide a personalised service which successfully enable every client to live a healthy life.

Our clients are all essential to our business so we strive to empower every client to build their health goals as well as their physical and mental wellbeing through personalised, expert-led coaching plans. These plans are carefully constructed from detailed assessments, guided reflections and in-depth discussions with clients at every stage of the process.

Follow Along with our E-Book to see what it is we sometimes work with individuals and how we can help you with these particular areas

01 Spring Clean Your Mind

02 How to Feel Happier

03 Multi-tasking: Pros & Cons





01

MODULE ONE

Spring Clean Your Mind

Our first step is to give our minds a spring clean so we are ready to focus and achieve new goals.



Spring Clean Your Mind



In our busy stressful lives, it is important to take time to focus on positive thoughts that serve you. A great way to do this is to identify things that create awe for you. Researchers define awe as something that creates an overwhelming positive emotion caused by being presented with something so vastly impressive, that your mind can't understand it.

When the mind experiences awe, a person becomes more altruistic and the stress and inflammation response in your body is reduced. It can give you a wonderfully positive emotion and a sense that you are more connected to the world and the people around you.

To experience awe daily, you can go on an awe walk. First, pick a place that has the qualities of physical vastness and novelty. Then get in the right frame of mind by preparing to immerse yourself in the experience. Go for your walk and be mindful of all that you experience.



Gratitude

A powerful method of stopping negative thoughts is to focus on the good in our lives. Studies have shown that gratefulness is associated with lower risk of depression, anxiety, and eating disorders.

TIPS AND HACKS TO HELP YOU

Just spending a few minutes of thinking about things you're thankful for can improve your mood. There are lots of ways to count your blessings. Read on to find how you can incorporate more gratitude into your everyday life.



- Keep a gratitude log and write down five things you're grateful for every night before bed.
- Write a thank you note to someone who has helped you in the day.
- Close your eyes for 1 minute and think of all the people for whom you are thankful.

With practice, this process will become second nature and you will be automatically looking at the positive in your day-to-day experiences. It is important to look for gratitude with intent because the brain tends to focus on the negative during times of stress. Being able to override this is a powerful tool.

Another stage of looking at gratitude, is to be thankful for adversity. Through overcoming challenges, you get an opportunity to grow. It is hard to go through something tough, but you can emerge stronger.



02

MODULE TWO

How to Feel Happier

Second step is to take the time to become happier in our own lives



How To Feel Happier

When life feels stressful, these strategies should help calm your mind.

The amygdala, the brain's emotional centre, is activated immediately to respond to stress. The prefrontal cortex, associated with the logical, thinking part of the brain, takes a lot longer to react. As a result, the body is flooded with the stress hormone, cortisol and blood pressure increases. This fight or flight response has physical and psychological effects. While not causing illness directly, it can contribute significantly.

Dealing with ramped up emotions can be exhausting. The more the amygdala is activated emotionally, the more anxiety we have.

Therefore, try to find the trigger for your emotional response. If the news is causing anxiety, for example, try limiting your exposure. Physical activity can also help to reduce the emotional activation of your brain.

You can train your brain to react constructively to stress

Fortunately, when everything seems to be spinning and unraveling around you, there is a solution. You can manage the stress with an array of different tools. As well as getting enough sleep, eating healthily and connecting with friends, these tools will help you to keep your mind and body in better balance.



Take Time To Be Kind



We know that being kind has a positive mental impact on our mental health, increasing our happiness and feelings of connection. But what about watching other people being kind? How does this effect our mental wellbeing?

Studies suggest it works in exactly the same way. It doesn't matter whether you are the one giving or receiving kindness, or even if you're only observing it, compassion has been shown to improve your wellbeing.

Researchers found that after watching a video of children doing acts of kindness, levels of happiness, optimism, calmness and gratitude were lifted.



Are you an optimist or a pessimist? Whatever you answer, research has shown that it is actually better to take a more balanced, realistic view.

However, how do you know if your view is a realistic, grounded one? The key is to balance realistic goals and aspirations with an inner critical voice and weigh up the evidence carefully. Would taking this step enhance your life or make you miserable?

Take A Realistic View

Balance
realistic
goals and
weigh up the
evidence
carefully.



Optimism and pessimism are biologically determined to a small extent. The main reason for a person being overly optimistic or pessimistic is due to their past experience.

Previous experiences of similar events, may trigger a suite of responses that are optimistic or pessimistic. It is also important how others have reacted to our optimism or pessimism in the past.





03

MODULE THREE

Multi-Tasking

The good the bad and the .. wait what was I doing?





Multi-tasking: Is It A Good Idea?

Multi-tasking is actually not a habit we would recommend.

Multi-tasking puts too much pressure on yourself and sometimes those around, which can cause an increase in the stress hormone cortisol which could lead to feeling further behind or deteriorated.

Studies have shown that multi-tasking actually shows a negative effect on both the working memory and long term memory, leading to lapses in both. Forgetting what you were doing, forgetting events and misplacing items around your house.

Most of us think we are good at multi-tasking but often it leaves us anxious and distracted. Research has shown that it is better to focus on one task at a time. This actually has a calming effect. Staying in the moment and not letting yourself get sidetracked are empowering. When you are mindful and absorbed in the moment, you recognize that this moment is the only one that is real and important.





CHANGES TO MAKE

What you can do to improve your Health

A Close Circle Of Friends



True friends might not be in great supply but you don't need to sacrifice yourself to keep them.

We can't make people be friends with us, so why do we spend so much time trying to make every person like us?

Genuine friends are the ones who stand by your side while your life falls apart. They laugh with you and value your opinions. They never judge you unkindly but will tell you when you're making a mistake you need saving from.

Friends who cherish you do not necessarily have to be long-term either. New people that you meet from doing things that you love, can quickly become close friends, looking out for you and supporting you.

Do you find yourself doing the opposite of what you know is good for you? Though many of us believe that people possess a single self, the truth is that actually we have many selves. Understanding this gives a far deeper awareness of how we actually work.

According to research, it is normal and natural for the mind to divide into different parts. These parts drive our everyday thoughts and trigger knee-jerk reactions that we might come to regret.



Get To Know Yourself

However, we shouldn't try to hide or block these parts. Instead, we should listen to the message they are trying to tell us. This means talking to the different parts of yourself and noting how the different parts interconnect. This in turn strengthens your ability to understand and balance your life.

Therefore, when you're wrestling with different problems, it might be that your different personalities or parts are in conflict with each other. If you learn to engage with them, then you can work towards resolving your problems.

The different sub-minds that are part of all of us explain why when you have a difficult decision to make, part of you says, "go for it" while another part of you says, "don't do it."



The Importance Of Routine

With a routine, your days will be more productive and you will feel less stressed.

Things you can control

During times of stress, maintaining a routine can help you feel more in control. Focusing on the things that are within your power to control can help you to feel more able to handle a situation.

The key is to create a routine that adds structure and a sense of predictability to your day. Sticking to a basic structure for when you will wake, eat, work, do activities, and sleep can help you feel less stressed.

Make a list

Try making a list of the things that you normally do during the day. Once you have an idea of the tasks you need to accomplish in a day, you can start creating a general schedule for what you need to do each day.

Stress can make it hard to focus, so listing these daily activities can help remind you what needs to be done. Additionally, be sure to find things that you can look forward to. Having small rewards a part of your routine can help you stay motivated.

The key is to find what works for you. Consider your motivations and what you need to get done. Schedule in the high priority tasks first and then you can slot in the other routine items.

Takeaways

- Having a routine can be helpful in times of unpredictability, uncertainty, and stress.
- Providing a structure to your day can give you a sense of control. It can also improve your focus, organization, and productivity.
- Don't forget to add time for self-care into your daily routine too.

Top Tips For Getting Results

To be successful try to follow a routine that supports your health.
In particular pay attention to the following:

01

Stay active and get lots of regular daily exercise



02

Ensure you're well rested and get plenty of sleep.



Top Tips For Getting Results

To be successful try to follow a routine that supports your health.
In particular pay attention to the following:

03

Eat a well balanced diet and make whole foods a priority



04

Drink Water - Making sure your well hydrated is key



Mindful Wellness



01 MINDFUL DEEP BREATHING

Focused deep breathing can be an effective way to be more mindful.

02 MINDFUL EATING

To be mindful when eating, the key thing to remember is: slow down.

03 MINDFUL EXERCISE

Paying attention to the present moment when exercising.

04 MINDFUL SHOWERING

Taking a shower or a bath gives you the perfect time to be mindful.

Laura's tip

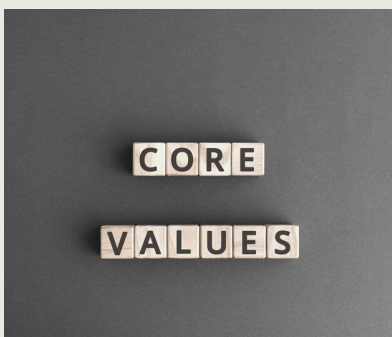
Mindfulness or living in the present moment, is such a simple exercise that can bring valuable health benefits.



How Health Coaching Changed My Life : A new way to embrace a healthy lifestyle

Laura had her first brush with health issues over 10 years ago, which lead her down a winding path of tests, drs and specialists pushing her to go back to school and learn how to practice true self care.

I started my first year of coaching after school learning more about my friends and family. Getting to know their health journey and help guide them through my coaching values, challenges and visualization



LIST OF VALUES

Whenever I make a decision now, I refer to this list of values. This helps me to stay in line with my principles.



CHALLENGE IDEAS

I challenge preconceived ideas and try to look at a situation in a different way with a new perspective.



VISUALIZATION

Using free writing and guided visualisations I am able to let my mind play with ideas to get a solution.



Get Strength In Self Health App today!

Want to learn more? Email Coach Laura K. today to learn how you can have access to thousands of recipes, exercises and so much more!

Health App Aims

Health coaching is a way of leading and treating people, as well as a way of thinking and a way of being. The purpose of health coaching is to build up the self-belief of others, so that they can live the lives they deserve.

Our App supports you as you decide what it is you want from your life and then gives you the tools to achieve those goals.

Through online webinars, email, newsletters and live Q and A sessions, together we will strive to create a life you love.

**EMAIL COACH
LAURA K TODAY!**





Thank You

Coach Laura K.

NUTRITIONIST LIFE COACH BUSINESS OWNER



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