



You've Washed Your Hands, Now What?

You've washed your hands and sang happy birthday for the hundredth time today. Even though you know it is a necessity, it isn't overly reassuring. The question remains, am I doing enough to safeguard myself and my loved ones?

There is so much that feels out of our control right now. The daily news generates fear and panic and leaves us feeling helpless and scared.

These are not ordinary times, but in many ways is that such a bad thing?

The simple truth is the way we were working and living, wasn't working well at all.

The reason most Americans are so frightened of this virus is because of the huge number of us who are suffering from those underlying conditions that turn a virus into a tragedy.

It doesn't have to be that way. This is your opportunity to change all that.

The human body has a remarkable ability to heal itself when it is given proper rest and nourishment.

For too long, we have denied ourselves sleep. This is when the body does its greatest repair and regeneration. For years we have been getting up in the dark so we could work from dawn to well into the night. It's what everybody else was doing, so we believed it was necessary.

That simply isn't so.

Use this time to challenge that belief. Your brain can be far more productive when it is not stressed. Create a schedule for your day. Have pockets of time (no more than an hour at a stretch) that are "do not disturb" work hours. Turn off any distracting time drains and put all your attention on one goal. Work until your time is up and no matter where you are in your present project, stop. Take a break- stretch, move around, get a drink of water and recharge. Just 15 minutes can be enough time to go back to your work with renewed energy and a fresh perspective.

My guess is you will be stunned by how much more you can accomplish in less time.

We are not machines. For the body and brain to function at its best we need to be properly nourished.

People often tell me they are not hungry during the day. They truly believe that staying busy and grabbing bites of things throughout the day is all they require. That is not so. You are simply not paying attention to what your body is trying to tell you.

There is no virtue in pushing through. There is no reward for denying yourself the vitamins, minerals and nutrients you need to think and perform. This is your opportunity to discover what it feels like when you take time out of your day to sit down and eat a meal.

Clear off your kitchen table and use it for mealtime only. Start your day with a healthy breakfast. Turn off the disturbing news and just enjoy the pleasure of eating your food without being in a rush.

Take another break midday to step away from the computer and all work activities. Eat lunch on a plate while sitting at the table. Take the time to chew and taste your food. Breathe and give your mind a few minutes of peace.

Pay attention to how much more productive you are when return to work after taking those few minutes to nourish, rejuvenate and restore.

Take another break around 3 or 4. Have a cup of tea, a piece of fruit and a handful of nuts. It should be just enough to keep you content until dinner.

Now is the perfect opportunity to start eating dinner a little earlier. See what it feels like to sit down to eat by 6:30- 7:00 o'clock and have a meal with your family. It's an important tradition that has been long forgotten.

An earlier dinner gives your body plenty of time to digest your food before laying down for bed. You will be pleasantly surprised by the difference it makes in the quality of your sleep.

There was a time not long ago when we lived like this all the time. We were productive, creative, innovative and successful but not at the expense of our health and well-being.

It's time to hit the reset button. What new habit are you willing to create?

Today is the perfect day to start.

Do you have something that is a particular struggle for you? I am sure you are not alone. Send me an email and I will write about it in the weeks ahead.

Sending you blessings for abundant good health in the days ahead.

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