FINDING YOUR HAPPINESS

This month we are focusing on tapping into more JOY and BLISS in your everyday life. No one can feel happy and high spirited all the time, but you do have more control over your fulfillment in life than you may know. We encourage you to find ways to connect more with what makes you HAPPY. It can start with a daily mental check-in or time for personal reflection.

In this month’s edition you will also find great inspiration in the stories shared by our most recent weight management program successes.
TAP INTO YOUR BLISS

Go Within and Unlock the Most Authentic You

Find your bliss by doing more of what brings you joy in life. Tap into your bliss, by aligning more with your values and purpose. It's not about being happy and joyous all the time, but being in the moment. Acknowledge your feelings, both good and bad and use that self-examination to discover what it is that truly makes you happy. Complaining and focusing on the negative is often easier than taking time to bathe in our joy. There is much to be grateful for each day. Use your energy to shift towards more bliss and strive to become your authentic self. Checking in with yourself mentally (see page 4) can also support this blissful shift.

SB’S TOP 5 HAPPINESS QUOTES

Smile and Laugh More:
"Be happy for this moment. This moment is your life"
-Omar Khayyam

Practice Gratitude:
"Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude."
-Denis Waitley

Stop Comparing Yourself:
"Happiness is inward, and not outward; and so, it does not depend on what we have, but on what we are."
-Henry Van Dyke

Maintain Social Connections:
"Count your age by friends, not years. Count your life by smiles, not tears."
-John Lennon

Healthy Habits = Happiness
"Happiness is when what you think, what you say, and what you do are in harmony."
-Mahatma Gandhi

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A LOOK INTO WEIGHT MANAGEMENT SUCCESS

Why do many weight loss programs and diets fail long term? Weight management is a complex and challenging dilemma. High engagement and personalized programming continue to be the driving forces behind the work and success of our weight management program. Our unique program is designed to help participants change the way they think, eat, and move to reduce their weight and most importantly improve their health. Our focus is more on gradual behavior change rather than a number on the scale.

Witnessing what others achieve with simple lifestyle changes can be a powerful motivator so we are grateful that the three following participants of our Weight Management Program were willing to share some insight on their weight loss journeys. Read their stories in our FULL ARTICLE.

"MY ENERGY LEVEL IS MUCH HIGHER AND MY MOOD IS A LOT MORE POSITIVE. I’VE BEEN ABLE TO DEVOTE MORE TIME TO PLANNING AND ENGAGING IN FUN ACTIVITIES WITH MY FAMILY."

-Brian (WM Program Participant)
Your mental health is one of the most important aspects of daily living. It determines how motivated you are, how energetic and compassionate, and how well you cope with adversity. A healthy mind is essential to heightening your ability to deal with the daily stressors you endure. There are many ways to get your mental health back in stride. Make yourself a priority and practice exceptional self-care. Taking routine breaks to disconnect from the screen and get outside is one of the best ways to clear the mind. Self-reflect or meditate to reconnect with yourself and take better control of your mental health.

Start with a daily (or at least weekly) mental check in and keep a journal to track it. Ask yourself the following questions:

1. How am I feeling physically and mentally today?
2. What is on my mind that may be affecting me negatively?
3. Is there any relation between my habits today or yesterday and how I feel lately?
4. What am I looking forward to today?
5. What am I missing or lacking most today?

A final and most important question you may need to ask, is should I seek support or professional help? Sometimes the problems we endure are too much to handle and there is absolutely no shame in asking for help.

Practicing these self-care habits and daily check-ins can lead to a better sense of your emotions and ability to better manage them. In turn this will allow you to live happier and to better deal with life’s obstacles.
WHAT WILL BE YOUR FALL FOCUS TO STAY HEALTHY

Our coaches are working with clients NOW to prepare for the months ahead.

From the busy football season to the hectic holidays ahead, there are many happenings that can derail you from your healthy habits. Now is the time to get focused on the small goals you want to achieve and your plan to stick it out for the remainder of 2022. This is where our coaches shine during our fall events. We love meeting our clients where they are at and getting them to think about what they are most ready and willing to work on. Make your healthy habits a routine and create a plan to stick to that routine as closely as possible through this last quarter of the year. We hope for a healthy and happy fall for all!

"Miracles start to happen when you give as much energy to your dreams as you do your fears."

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