

Self-Care For The Soul

VITALITY

"Vitality exists in all because of our ability to live and grow, but vitality will only come alive for those who live with joy in their hearts"



We are half-way through the summer with many hot and humid days to follow. Tall-growing flowers are known to shine through the fields in August, while some birds already prepare to fly south. Many people look forward to this month because it is known as the "vacation" month. It is a time to enjoy the beaches, boardwalks, resorts, amusement parks, camps, and pools before the school year begins again.

During the summer, we do many things outside of our regular routines. Whether it's attending barbecues, parties, concerts, events, going away, or simply enjoying some much needed down-time, it can be difficult to re-adjust when summer ends. There are many times when I just want to lay by the pool all day and do nothing during these hot days. Some days I feel like the energy is zapped right out of me! I guess you could say that I am "my laziest" during the summer months!!

Relaxation, socialization, and fun are necessary for our health and well-being and should remain a part of our yearly schedules, but for many of us, summertime is the only time allotted to break out of the "norms." So, how do you re-energize yourself and find the motivation needed to get back into your routines?



Energy is defined as the capacity for work and vigorous activity; power. It also includes intensity of expression and vitality.

On a scale of 1-10 (10 being extremely energetic), How energetic do you feel? What do you think you have to do to increase this number? What will having more energy do for you and your life?



Taking care of your body will increase energy, fuel the soul, and increase vitality. Our energy level consists of two components: Physical and Emotional energy. I'd like to share some ways for you to re-energize your body and mind.

"When we nurture our mind, body, and spirit, energy naturally follows"

Helpful Hints

- Start your day with breakfast to prevent a mid-morning energy drop
- Make it a priority to eat lunch, even if it is something small!
- Eat healthy snacks throughout the day such as: raw vegetables, fruit, nuts, and yogurt

Physical Energy- you must supply your body with fuel

- **Healthy Eating**– The intensity of our energy level and duration depends on our diet and how often we refuel our body throughout the day. Carbohydrates supply your body with long-term energy and should be included in your daily diet, along with fruits and vegetables.
- **Exercise**– A weekly exercise routine(including cardio) increases energy levels and metabolism. It is also great for the heart (decreasing blood pressure) and for moods (increasing serotonin and dopamine levels).
- **Water**– Water is a natural energy source that cleans the body and prevents dehydration. Drink water daily (at least 30 oz. is recommended).
- **Sleep**– A good night's sleep and rest (as needed) is mandatory for the body to function properly throughout the day. Sufficient sleep also contributes to our mental well-being.
- **Vitamins/Nutrients**- They are vital for energy production and are found in a variety of foods and supplements.
- **Pampering Your Body**– Treat your body to baths, massages, facials, manicures, and pedicures. These acts of self-care will leave you feeling revitalized and renewed!



Foods For Energy- Complex Carbohydrates:
Brown rice, apples, bananas, potatoes, chickpeas, red kidney beans, lentils, black-eyed peas, oats, whole wheat bread, buckwheat, and millet

Vitality is an abundance of mental and physical energy, including a joyous outlook on life and activities.

What would living a life full of vitality look like to you?



Emotional Energy- nurturing your mind is just as important as taking care of your body

- **Nurture Your Passions**– Living your life disconnected from your passions will leave you feeling unmotivated and bored. Keeping your passions alive will increase motivation and vitality. Think about what energizes your soul! What do you have to do to have this in your life?
- **Positive Thinking/Affirmations**– Begin the mornings with positive thoughts about yourself and your life (write them down or say them aloud). This will give you the boost needed to start your day!
- **Surround Yourself With Positive People**– motivating, positive people will contribute to your well-being, drawing positive energy towards you. Negativity is emotionally draining and can be detrimental to your health.
- **Let Go Of Worry/Anxiety**– It is so normal to have worries, but constant worrying will deplete you of your energy. Think about what you do have control over in your life. Concentrate on the things you CAN do, not the things you can't change. What's draining you? How possible is it for you to make a change for the better?
- **Socialization & Fun**– We must make time for the things we enjoy in life. How motivating is it when you feel like all you do is work? Make it a priority to plan something fun each week. Laughing, creating, sharing, and playing ignite the soul!
- **Nurture Your Mind**– Keeping your mind active is healthy and adds to vitality. The more you learn, the more you grow. Excitement follows growth. When you are excited about the things in your life, motivation and energy follows. What can you do to nurture your mind? How about learning something new, reading, continuing education, attending a workshop, or bringing your artistic/creative side to life?!

You have the power to create a life full of vitality! Think about small steps you can take each day to improve your physical and emotional energy. Not only will you feel better, but your outlook on life will improve too!

Envision Your Hidden Treasures



Join Penny and Sally Jones
(Personal Weight Management/Balanced Living Coach)
for an interactive and fun afternoon!

We will define, discuss, and manifest your "ideal images" for life. Using the power of visualization, you will create your own treasure map. Don't miss this opportunity to bring your treasures to life!

Location

2917 East State Street
Mercerville NJ 08619
Saturday, Sept. 26th
1:00-3:00 pm

Fee

\$30 per person

You can register online by visiting my website:

www.live4youcoaching.com

For more information contact Coach Penny today!
(732) 626-3359
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"Zest for life is an ongoing desire to live, breathe, and feel
what lies within"