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***Family  
Wellbeing  
E-book***

**by Trish Towsey**

**Free E-book to Help your  
Family Stay Happy and  
Healthy**



# Family Wellbeing E-book

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## Change your Family's Life One Day at a Time



Self-esteem is a core identity issue, essential to personal validation and your ability to experience joy.

Once achieved, it comes from the inside out. But it is attacked or stunted from the outside in.

You absorb negative messages from the day you are born (indeed possibly even before) and over the years you could stop believing in yourself.

Have you ever noticed how parents tell their children what not to do, instead of giving them positive affirmations? Sit with a group of parents and you will hear 'John, don't climb up the tree' and 'John, don't take the other boy's toys'.

Of course John only hears 'climb up the tree' and 'take the other boy's toys' and so that is what he does. The net result is that he gets yelled at and so the cycle of negative messages starts.

What John should hear is positive input of what he can do, followed by an affirmation that he has done the right thing. So this is how the conversation would go:

‘John, Billy has come over to play so please see that you share your toys with him.’

If John responds positively to this it would be followed by a positive affirmation some time later:

‘Wow John! I was really pleased with the way you played so nicely with Billy today.’

## Get Better Every Day

Many people can overcome these negative beginnings and live full and happy lives, but for many of us mere mortals, life is a series of ups and downs caused by lack of confidence and the belief that we are just not good enough! It is never too late to change the old patterns though, but this should be done slowly by tackling one issue at a time and, if necessary, enlist the help of a professional.

Plan to do one thing that will help you improve physically, intellectually, emotionally and spiritually every day. Making just one change for the better will boost your attitude from the inside out.

Change takes dedication and hard work. Remember that the negative messages were imprinted on your psyche over a very long period and will probably not be removed overnight.

Having a Life Coach will help you, as you will receive continuous support and feedback as you move forward over time. This is necessary as it is quite normal to regress along the road to change and, if you are not aware of the reason, this could cause you to become depressed.

A Family Wellbeing Coach can be seen face to face, on the internet via skype, or telephone coaching can be just as effective.

## Little Things Add Up

It's amazing, really. The seemingly meaningless things you do for yourself may not have immediate results, but after just a short period of time they'll have you and your family feeling better. So add those bubbles to your bath but make sure they are healthy bubbles; eat your vegetables, get enough sleep, think of doing something nice when you have nothing to do, and the results will be worth it.

## Appreciate

Try to live in the moment, and cultivate a feeling of gratitude. When coaching we ask clients to write a list of 50 things that they are grateful for. Most people struggle with this in the beginning,



but get quite excited once they realise how easy it is.

Speaking about attitude, you need to appreciate yourself and your family and do the best with what you have.

This may sound unrealistic to you, but you need to understand that this is a very important part of change. You definitely need to value

what life has given you and work at changing those things that you are able to change.

That is often easier said than done in this society of model adulation and unrealistic standards. Help with this could be the answer.

Many girls learn, by age 12, to drop formerly enjoyable activities in favour of the beauty treadmill leading to nowhere. They become fanatical about diets and looking skinny.



Ads abound for cosmetic surgery, enticing us to "repair" our aging bodies, as if the natural process of aging were an accident or a disease. Yet with all this effort, they still never feel like they are good enough.

If you take a look at any success story and grasp the one element of similarity between them, you'll notice that virtually every self-made, successful person has this one super-important object of success in their mind - a burning desire to succeed.

What counts is your frame of mind. Age, location, ethnic origin, gender, or any other individuality has absolutely no part in your attitude to become what you desire.

## Diet

Diet is as essential as exercise itself. Nutritious food provides the essentials that your family needs to restore worn-out muscles and for healthy growth. With the popularity of keeping fit, many different



views, methods, programs and dieting strategies have been formulated by many professionals. Among these are high carb diets, no carb diets, high fat diets, high protein diets, blood group diets and fasting.

Which is more effective and which should you choose to follow? I personally believe that you should not follow any one “miracle diet”.

The trick to losing weight and body fat is as follows:

## Eat a Variety of Foods



Follow these guidelines to reduce fat being stored by the body and make sure that you take in less than you would need to maintain your present weight.

If you take in less food than you need each day, then your body will make use of the stored fat or kilojoules.

- Include 5 or more portions of fruit and vegetables in your daily diet
- Eat lean meat, skinless chicken, white (low fat) fish and a minimal amount of dairy products
- Remember that, because a product professes to be low fat does not mean that you can go mad on it! It is the fat in food that makes it tasty and satisfying so low fat products often have far higher sugar levels to improve the taste

- Eat dried beans and lentils regularly
- Limit eggs to about four each week and try not to have them fried
- Give preference to whole grains and non-processed foods
- Use a high grade olive oil for cooking as it does not break down when heated
- Another option is clarified butter or ghee which is used extensively in Indian and ayurvedic cooking
- Cut out salt as much as possible and only use high grade Himalayan salt or freshly ground sea salt
- Moderate your alcohol consumption
- Drink plenty of filtered water
- Cut down drastically on sugar, pastries and sweets. Refined sugar does enormous damage to the arteries and the little sugar that you do use should be unrefined (in other words just washed) and brown.
- The normal brown sugar bought in super markets is refined white sugar with a little molasses added to fool us, and is very bad for your health!
- Control portion sizes. This can be assisted by eating off a smaller plate
- Eat slowly, savouring each mouth full and don't watch television while eating
- Remember that your stomach is about the size of your fist and not the size of a soccer ball as many people imagine
- When you're eating a meal, stop when you're satisfied, not when you're full
- Eat many small meals a day
- Distribute fat intake throughout the day and keep to polyunsaturated fats.



The most important aspects of your diet are moderation, balance and variation. You should be careful not to leave out important nutrients and other substances necessary for healthy body functioning. Health organizations are clear about the amounts of nutrients an individual should take in and cutting out any one element completely could have serious health consequences.

I speak from experience as my beautiful daughter decided to become a vegan and, never being one for compromise, went just too far and ended up with pernicious anaemia which took a long time to cure.

## **Moderate Exercises to Fitness!**

By being physically fit, you will appear lean both inside and out.

There is a lot you can do such as jogging, walking or playing sport but if you want to have muscles and look lean, the best thing to do will be to sign up and workout at a gym.

Just like taking any medicine, you should first consult the doctor before undergoing any form of exercise.

Physical exercise is beneficial because it helps maintain and improve your health and protect you from a variety of diseases and premature death. It also makes you feel happier because your body releases Endorphins. This helps increase your self-esteem preventing you from falling into depression or anxiety.

The best exercise plan should have cardiovascular and weight training exercises and stretching exercises. You will find that you will burn calories, increase the muscle to fat ratio, increase your metabolism and make you either gain or lose weight as required.

Have a look at the free calculators at [www.familywellbeingcoach.com/freecalculators](http://www.familywellbeingcoach.com/freecalculators) to work out your Body Mass Index, Body Fat Ratio and Basal Metabolic Rate so that you know what your starting point is.

Have you ever felt tired and stressed out from work and by the time you get home you see your three children running towards you asking you to play basketball with them? You refuse and promise them that you will play after you take your rest.

Instead of disappointing your children, why not say 'yes'? You will be surprised by the amount of energy you will have after that 30-minute activity.

Did you know that by exercising at a moderate pace for only 30 minutes, you would feel a lot better, mentally? It has been proven that this improves the appetite and sharpens the mind.



You will also find that it is easier to sleep at night if you exercise.

What are the benefits of regular exercise? It promotes self-discipline and has a positive impact on how you perceive life. Exercise helps in lifting your spirits and getting you out of any depression. For first timers, it can be done for 15 minutes, two to three days a week. You can increase the time you spend once your body gets used to it.

**DON'T** ever force your body to the limit as this could result in injury which will only set you back.

Here are some moderate exercises you can do and enjoy:



Encourage your family to walk or cycle daily and you will burn calories while enjoying the surroundings and getting enough sunlight that will provide your Vitamin D requirements.

A good yoga class at the gym will do wonders for your body in terms of exercise and relaxation. Pilates has become very popular and most studios have classes for every level of proficiency and age so find out where your nearest studio is and join in.

Get a personal trainer to design an exercise regime for you, or attend an aerobics class at the gym

Water aerobics is a wonderful workout especially if you are prone to injury.

Play basketball, football, baseball, tennis or badminton. Many doctors have recommended sports as an effective way to stay fit and healthy.

Exercise while doing household chores. Gardening, raking leaves, lawn mowing, doing the laundry, vacuuming and car washing are effective moderate exercises at home. Make use of these chores to sweat and burn calories.

## **Additional Family Wellbeing Ideas**

**Beat stress:** This is probably the most important anti-aging skin care measure. Stress disturbs the body's metabolism and accelerates the aging process. Sleep and exercise are all good ways of beating stress. Aroma-therapy massage is also known to bust stress.

**Drink water:** Anti-aging skin care can't be any simpler than this. Water helps in flushing out the toxins from the body, hence keeping it clean and making it less prone to disease. Around eight glasses of water (per day) is recommended by doctors, but it depends how much you are getting from fruit and vegetables and also the condition that your kidneys are in.

Remember that by the time that you feel thirsty you are already dehydrated so you need to be ahead of the game.

Regular exercise is not only good for toning the body and losing weight, it is wonderful for improving the skin. Besides toning your muscles, it also helps in cleaning the skin by flushing out the toxins in the form of sweat. Exercise should be followed by a cool shower in order to completely remove the toxins.

Do not ignore skin disorders; it can lead to permanent skin damage. Visit your dermatologist and seek advice.

Protect your skin from sun damage. UV rays are known to speed up the aging process and this damage will not be apparent for many years.

Only as you age will the damage start to appear and, at this stage only drastic action such as chemical peels will help. The answer is to use a good sunscreen lotion at all times when going outside. Remember that the UV rays will get to you even when you are driving your car!

## Natural Skin Care Products

Are natural skin care products the answer to all your problems?

Many skin care products contain harmful additives and preservatives and you should therefore use only natural skin care products.

Use of organic skin care products (home-made or commercial) can be a very effective anti-aging skin care measure.

Your selection of a natural skin care product should be based on these factors:

- 1) Your skin type (dry, oily, normal, sensitive)
- 2) The climatic conditions in which it will be used e.g. hot and humid condition would warrant the use of oil-free natural skin care products
- 3) Make sure that you check the labels as not all natural skin care products are created equal.

Many manufacturers go out of their way to fool the unsuspecting public so arm yourself with as much information as possible before making a purchase.

## Some Things to Stay Stress Free and Healthy

Read books, complete puzzles or learn something new every day. Keeping the mind sharp keeps you young, just as working out keeps the body in shape.

Work no matter what kind it is produces stress. You can reduce this by taking the time out to do something special like getting a massage, shopping, watching a movie or spending time with a lover.

Stress is the curse of living in modern times. Everyone suffers from stress. And the stress we suffer takes a heavy toll on our bodies, emotions and minds.

Watching television may be a form of relaxation for some, but is not a recommended method by experts. When we watch TV we are bombarded with commercials, ads, sounds and images. So how do we achieve relaxation? If there are thousands of ways we can get stressed there are also many ways we can relax.



In recent studies, experts have determined that heart disease is linked to anger and irritability is linked to mental stress. Too much stress brings about ischemia that can lead to or cause a heart attack.

Managing your anger and attitude is significant to heart health, and relaxation can help you manage stress.



One way of relaxing is to practice meditation. Recent studies have also shown that this method might reduce artery blockage, which is a major cause of heart attack and stroke.

Acupuncture, seems to reduce high blood pressure by initiating several body functions causing the brain to release chemical compounds known as endorphins. Endorphin helps to relax muscles, ease panic, decrease pain, and reduce anxiety.



Yoga is another method of relaxation and, as it is a form of progressive relaxation, can be very beneficial. An added bonus is that your fitness will improve at the same time and the breathing exercises that you will learn will help with relaxation and influence almost every aspect of your body and mind.

## **Giving Up Those Vices**

Another way to stay healthy is to give up some of those vices. The body is extremely good at repairing itself and the sooner you turn to a healthy lifestyle, the sooner your body can start the repair work.

## Smoking



Smoking has been proven to cause lung cancer and other diseases as well as drying out the skin and causing lines around your mouth.

For people who don't smoke, it is best to stay away from people who do since studies have shown that non-smokers are also at risk of developing cancer due to secondary smoke inhalation.

## Drinking

Excessive drinking has also dries the skin and can cause heart and liver disease.

## Drugs

I surely don't have to mention drugs, both recreational and of the medical kind, and what they can do to your body.

Of course if you already have an illness that requires medication then I am not advocating that you drop all your medications. What I am saying is that, if you improve your eating and lifestyle habits, you should be able (with the advice of your doctor) to reduce your dose over time.

When it comes to over the counter medications, my advice is to try the natural options that are available. Stay away from the pain killers that can eat holes in your stomach lining, and try the pain killers and anti-inflammatories found in nature.



Needless to say, recreational drugs are a slippery slope to nowhere and help with this problem should be sought immediately as by using these you would be damaging your body to such a degree that repair may be very slow or not possible at all.

Indeed, staying fit and healthy can be a long and winding road with many choices along the way, and there are times when you may find your enthusiasm fading.

Nevertheless, with the help of your wellbeing coach you can turn the corner to a healthier you.

Good luck with your journey and remember that, should you have any concerns or queries, you are welcome to contact me. I don't profess to have all the answers but I will do my best to assist you.

*Tricia Towsey*

*Family Wellbeing Coach*

