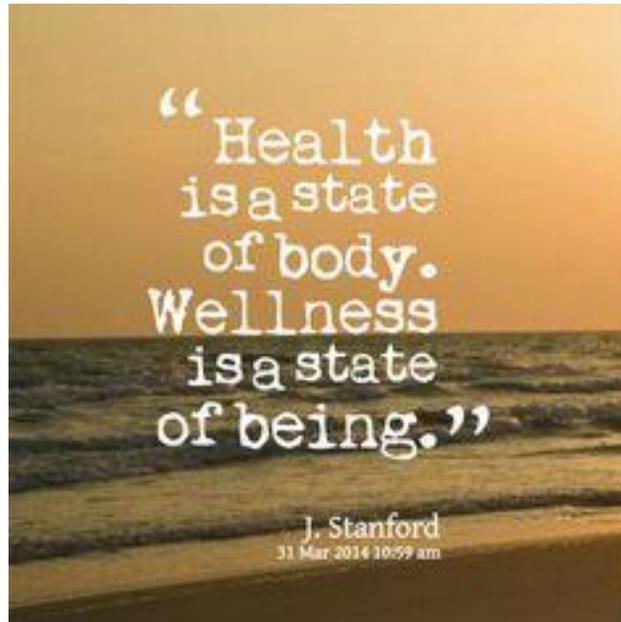


# Women of Enlightenment Support Group

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## August 2018: Health & Wellness

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## Health & Wellness

### Dr. Rob, America's Fitness Doctor

#### *The Six Questions to Ask Yourself about your Health – America's Fitness Doctor®*

Yesterday I was talking with an old friend who is facing yet another health challenge after a very serious and almost deadly heart attack within the last year. He is always trying to do the “right” thing for his health, but inevitably he falls victim to self-sabotage. We all do! We all have those moments when we turn to food, alcohol, inactivity or other negative behaviors to deal with our stressors in life.

When these challenges arise if we know what our goals are we can stay on track when the difficult moments threaten to destroy all we are striving to attain. Unfortunately, most people never take the time to understand what it is they really want their life to look like. The majority of people spend more time with the minutia of life without ever giving consideration to what it is they want for their life.

You cannot possibly know where it is you want to be if you do not know where you want to go. Your life would be like a sailboat with no rudder floating aimlessly on the ocean of life. Well, its goals that gives us direction. Our goals come from our desires or wants. If you sit quietly and listen to yourself about what it is that you want you will then find direction. Sadly, it is estimated that less than 5% of the population set goals for their lives.

When we apply goal setting to life it gives us direction. Once we have direction, we can make a plan to attain the goal. Have you ever heard the saying, “failure to plan is planning to fail”? Well nothing could be truer. Having a goal with no plan of action is sure failure.

Here are the six questions I asked my friend to ask himself, so he could find direction to what he wanted his healthy life to look like. The best part is there is no wrong answer! These questions are all about you and what you want! Under each question I put my answers, so you can see my challenges and what I do to stop the unwanted behaviors.

**1. What do I want my healthy life to look like?**

*A strong, fit, healthy, and confident man able to enjoy all I wish to pursue*

**2. Why is my health important to me?**

*So I can live a life of quality and enjoy my friends and family*

**3. What is my health plan?**

*Eat healthful foods daily, exercise daily, drink plenty of water and have fun doing it*

**4. What habits sabotage my health plan?**

*Late night eating! My solution is to turn off the lights in the kitchen at night and eat plenty of nutritious food during the day*

**5. What are my health strengths and weakness?**

*I am consistent and feel my best when I exercise and eat healthy. Late night eating and binge eating*

This last question is perhaps one of the easiest ways to become aware of what you are eating and why you are eating it.

**6. What will this food do for my health?**

*This is the question I ask myself before every meal! Everything we eat creates a hormonal response in our bodies and that response is ultimately under our control!*

<http://www.americasfitnessdoctor.com/the-six-questions-to-ask-yourself-about-your-health/>

## **Mid-Year Check-in: 5 Wellness Questions to Ask Yourself**

### **What has been working, and why?**

If you've successfully made changes in your lifestyle, it's important to note why those were successful: Did you invest time, or a specific tool? Did you have a support group along the way? Being aware of what has worked for you in the past will empower future decision-making. Consider adding to your health protocol arsenal and download our Health Guide In Your Pocket app for delicious, nutritious spa cuisine recipes, learn about our pillars of vitality, set goals, and more!

### **What hasn't been working, and what roadblocks have stood in your way?**

Without judging yourself, consider what has been ineffective in your wellness goals, and start to contemplate why that might be. One of the most common roadblocks we observe is unrealistic expectation — far too often, we set ourselves up for disappointment by expecting the world or going cold-turkey.

Even the smallest behavioral change can yield excellent results! Consider a more manageable goal structure.

### **Do you achieve balance on a weekly basis?**

Do you feel as though you juggle your family, career, friends, and personal growth well? It can often feel like balance is impossible, but we believe everyone is capable of achieving clarity — no matter how packed your schedule, no matter how incessant demands of you are.

If you are looking for pathways to balance in your life, we recommend devoting a couple of minutes to mindfulness and meditation.

### **Do you feel connected to yourself, and your life's purpose?**

Life gets in the way our relationship with ourselves. While the relationship to the self-strikes many people as a lower priority than caring for others, we whole-

heartedly believe that you can't fully take care of others until you're taking care of yourself.

Part of taking care of yourself is honoring your life's values and purpose: with time spent alone or in contemplation — even for just 5 minutes of journaling per day — you can gift yourself with clarity and sense of purpose.

### **Have you been kind to yourself?**

This is perhaps the most important question of this group: so often, we deprioritize ourselves in service of our other responsibilities. If there's one thing to take away from these questions, it's that you deserve abundance: you deserve kindness, thoughtfulness, time, space and growth. One of the bravest things we do is decide to invest in ourselves.

Don't forget to reward yourself for your intentions to make changes — whether it's a body treatment, new workout clothes, massage, or tickets to an amazing event, incentives and rewards go a long way to motivate you to continue your health journey.

<https://www.mountaintrek.com/mid-year-check-in-5-wellness-questions-to-ask-yourself/>

## **Check up on your mental health by asking yourself these questions**

By Leslie Young Senior National Online Journalist, Health Global News  
<https://globalnews.ca/news/4191645/test-your-own-mental-health/>

Do you consider yourself to be a good person? Do you feel you have a sense of purpose and meaning in your life? Do you have people in your life to support you?

These are just a few of the questions that the Canadian Mental Health Association wants you to ask yourself this Mental Health Week, to check in on your own well-being.

“It’s important that all Canadians should be monitoring their mental state with the same interest they devote to managing their blood pressure or any other physical concerns,” said Fardous Hosseiny, national director of research and public policy for the Canadian Mental Health Association.

That’s why the organization put together a checklist on its website, so people can consider their own mental health and supports. “The ultimate goal of the tool is for individuals have an open and honest dialogue with themselves and to assess where they are on the continuum of mental well-being,” Hosseiny said.

### **1. Sense of self**

The questions are grouped into six categories and are based on research into what makes up mental health. The questionnaire asks people to consider whether they agree or disagree with various statements.

The first category looks at people’s sense of self, with statements like “I consider myself to be a good person.”

“We deserve to feel well,” Hosseiny said. And if you aren’t doing well, you should feel empowered to say so and to take a break to get better. “It’s really capturing being your own driver of your life, making sure that you feel that way, that you’re making decisions and you’re confident about what you say and how you feel.”

## **2. Purpose and sense of meaning**

The second category, which deals with having a purpose and sense of meaning in your life, is “huge” according to Hosseiny.

“Purpose can be through education, employment, caregiving activities, cultural ways of being.”

He’s heard from many veterans, for example, who say that they’ve had a tough time re-integrating into society after deployment. “On the battlefield when they were deployed, they knew what their sense of purpose was. And they knew what their job was,” he said. They had to rediscover a purpose when they got home, and they had problems until they did that.

## **3. Belonging**

The third category, belonging, is a simple human need, Hosseiny said.

“I think it comes down to one of the most basic senses of being human is you want to be liked and you want to be a part of something.”

You might derive your sense of belonging from your family, or a group of friends, or a community or culture, he said.

## **4. Contribution**

This category gets at people’s desire to make a difference, with statements like, “What I do matters a lot to others.”

“You have your own unique strength and you should feel good about that,” Hosseiny said. “You bring something to the table that no one else does because you are a unique individual. And once you capture that internally, it really increases your mental health and well-being.”

## 5. Hope and enjoyment

Are you optimistic about your future? Do you enjoy life? These are some of the questions you should ask yourself in this category.

## 6. Resilience

This last category gets at how you respond when things aren't going well. "It's understanding that you might have some tough days," he said. "You might feel sad and your mental health might be poor for a few days, but that doesn't mean that's the end. There's still hope. You can tap into these other categories, these other buckets, to feel better about yourself."

Although Hosseiny stresses that this is not a scientific survey or a diagnostic tool, if you notice that you're saying no to a lot of these statements, he recommends you look into improving some of these areas.

The CMHA recommends strategies, like reconnecting with people, being active, trying new things and giving back to others, as ways to improve and maintain your mental health.

The full mental health questionnaire can be found on their website. So can a list of ways to improve your mental health.

Hosseiny also warns people not to confuse mental health with mental illness. "Someone can be diagnosed with a mental illness and have great mental health, while someone without mental illness may be struggling with theirs," he said.

"If we are stuck in a bad job, a bad relationship or struggling with some other aspect of life, our mental health suffers. We may be quite miserable. But that doesn't mean we have mental illness."

It's important to monitor your mental health the same way as you monitor physical health, he said. "Why do we wait until people are in crisis to intervene? Let's act sooner and the soonest we can act is by promoting safe mental health from the beginning."

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*I choose to age healthily:  
body, mind, & spirit.*