



The **SMARTIE**'s Method to **SMART** Wellness!

S is for Soma Support. (soma=body) Begin with supportive food basics. Check in on your sleep. Move your body.

Record or notice how you feel when you:

1. *Eat more food that was recently alive!* Try a new veg.
2. Limit processed snacks to 1-3x a week, in a small bowl.
3. **Mindfully reduce your sugar intake:** try swapping fruit or dried fruit when you crave cookies, candy, ice cream.
4. **Improve your sleep:** sleep a little longer, finish eating 2 hours before bed, or speak gratitude before you sleep.
5. **Move more:** dance to some good beats; park further away from your destination; take breaks every 30 minutes when sitting in a chair: wave your arms, extend your legs, stand up, or stretch.

Takeaway: All your physical systems are connected! Build a stronger, more energized body with more nutrients, better rest, and increased movement.

M is for Mindset Matters. Thoughts cause emotions.

1. Notice any negative self-talk in your head. Question yourself: Would I speak that way to a dear friend? Now treat yourself the way you would a friend. Also, look in the mirror and compliment yourself. (and smile at yourself!) **Turn negative thoughts into affirmations.**
2. Release stress: **Take Mindfulness Moments**, 1-10 minutes each, up to 3 times a day. What do you see, feel, hear, smell, or taste as you notice everything around you? Or stand/sit/lie quietly with eyes closed and focus on deep belly breathing; add an exhale with an audible sigh. **Go outside** within the first 30 minutes of waking up: stand and greet the sun, smile, stretch, look at the sky and notice the clouds and colors and light; hug a

tree, smell a flower, take a walk and observe nature. Meet with a friend.

3. Detective Duty: Be curious about your choices & impulses. Instead of buffering—that is, avoiding negative feelings by doing things you regret later (like eating a ton of cookies)--think about what would self-soothe *and* produce no shame: A mindfulness moment? A long drink of water? A phone call with a friend? A minute to stand outside and just watch the clouds? A laugh?

Takeaway: Your thoughts, feelings, & stories drive emotional eating, wanting to stay up late, and other buffering tactics. Begin to take control of your thoughts by becoming aware of them. Disrupt the negative stories you tell yourself.

A is for Action.

1. Choose any 1 option from above that resonates with you and take that baby step today. Be specific about **how** and **when** you'll do it.
2. Pat yourself on the back for every step of progress.
3. Be gentle with yourself when you make a choice not in line with your new goal. You're beginning to reprogram your thinking and habits, and that takes time. Instead of feeling regret and frustration, be curious about why you made the choice you did and learn how to work around that next time.

Takeaway: When you try something new you're like a baby learning to walk. Always encourage that baby: every effort counts—even unsuccessful ones. When she wobbles or falls down, do you tell her she's an idiot and has no self-control? Nope. You say "Whoops! You're doing great!" and help her get up and try again.

R is for Reasons. The *why* behind your desire to change.

1. Record in a journal or tell a trusted person the reasons you desire change in your life.
2. Daydream for a few minutes about your ideal life.
3. Create a vision board of you being and doing all the things you'd like to be and do for the rest of your life!

Takeaway: Your vision for your life and your reasons to change can motivate you when you feel challenged.

T is for Troubleshooting: overcoming challenges.

1. Picture how you will react (with kindness to self!) when you make a choice not aligned with your new goals.
2. **Anticipate challenges** that might derail you (such as eating out, dinner buffet, binge-watching TV late at night) & how you'll prepare or respond to your usual habits.
3. **Gather support** from loved ones/journal/read about others in similar situations.

Takeaway: Sometimes you'll feel strong and secure in your choices and sometimes you won't. That's normal. Look inside to figure out what you need. It gets easier.

I is for I am. **Speak self-care mantras out loud** to kickstart your wellness journey and then again at least once a day.

1. I am good enough/I'm worth it.
2. I am strong/I can do it.
3. I love myself.
4. (Create your own mantras.)

Takeaway: **Your brain is listening** to your inner voice. It will believe you. Your physical body literally responds to positive mantras in good ways. It's time to set in motion a virtuous cycle.

E is for Empowered.

With this **SMART** method, **you are now empowered to recapture your health and love living for the rest of your life.** Think of this method as a toolbox: You'll gradually fill your SMARTIE toolbox by looking within yourself to discover which tools work best for you right now. This method will serve you in the future, too, as your life and daily needs change and you discover more tools to put into each category. I'm so glad you're beginning to take steps toward the healthier, happier person you desire to be.

Congratulations—you're a SMARTIE!