

COLLABORATIVE LIFE COACHING
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Your Health is Your Wealth
-- Anonymous

Improving health is the one area of life I hear most people say they want to address in coaching as they feel stuck. Why is health such a struggle for us? My coaching question is "what will it take for you to begin healing?" Many people say they see their health as a staged battle, with skirmishes and retreats from illness and injury, weight management, exercise, and diets. We can choose to decline, or to heal on any given day.

What if we saw our health instead as a part of an overall lifestyle change from being too serious and worried, to a life of healing and love for joy? Can we combine fun, play, and good health? Studies show that laughter and a positive attitude increase the positive immune and brain chemistry reactions from exercise and healthy foods. I would propose a simple list of fun ideas for health that combine joy and health. You have to be a little uninhibited to do these, which is another source of joy! Could you choose to practice any of these ? Can you think of more you could adopt for your own health?

1. Go rollerblading. This is a fun alternative for those who hate the gym and can no longer run. I do this regularly and it is a hoot! It brings back great memories of the roller rink and your driveway makes you smile, and brings joy to those watching. (A word of caution...wear wristguards so this stays fun!)
2. Drink orange juice instead of soda or coffee. Orange juice will help you feel more energized, but won't contribute damaging chemicals. The chemicals in diet sodas in particular are damaging to our immune systems and brain chemistry. Drink flavored Green Tea for another treat. Regular use lowers triglycerides.
3. Eat crackers and cheese in bed for breakfast or a snack. Better yet, feed this healthy snack to your partner!
4. Walk your dog. Your dog will be delighted, and they are great listeners. If you bring treats, they are sure to be well behaved.
5. Find an exercise buddy. Begin asking your friends, your church members, your neighbors, your

spouse, your children, co-workers, etc. Having fun and sharing community with a friend provides emotional as well as physical healing.

6. Take a class where you move your body in a new way. Research shows that changing our movement routine keeps our mental processes sharper. Feeling foolish also makes you smile. I have tried belly dancing, square dancing, aerobic dancing, step aerobics, weight lifting, yoga, and pilates. Classes are not expensive at most gyms or rec centers, encourage you to be more regular in exercise, and you can make new friends as a bonus.

7. Substitute animal crackers for serious adult cookies or candy bars. They have less fat and sugar, and identifying the animal before you bite is timeless fun.

8. Ride your bicycle. Anyone of any age can do this, and most of us have a bike. Ride when the sun is coming up and the birds are singing for extra joy. A few minutes several times a week can make a difference in our wellness.

My challenge to you is to see your health as not a battle, but a playground for adopting a healing attitude about your world. Have fun!

To your wellness!

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