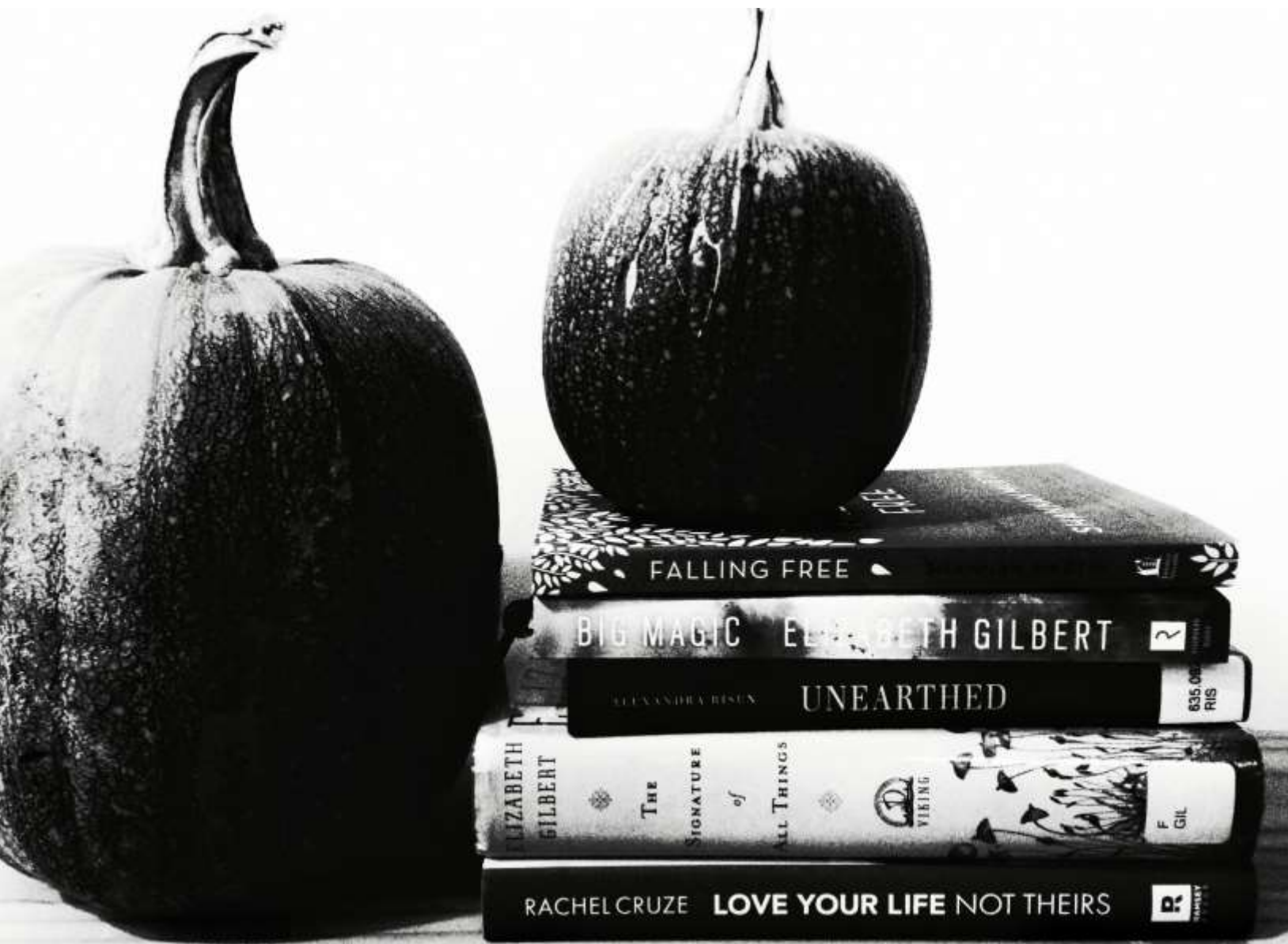


Mind-Body NOURISHED



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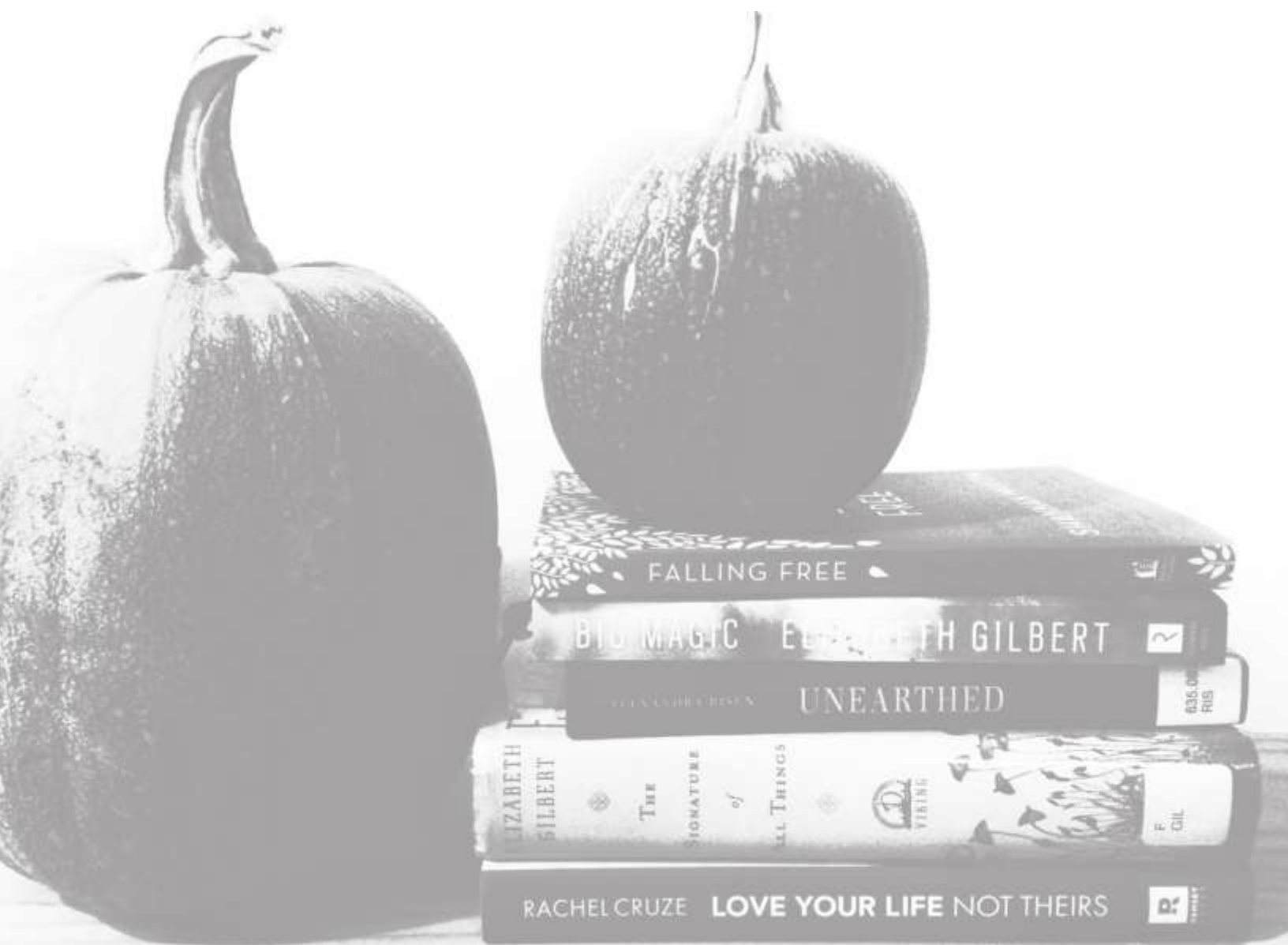
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MIND-BODY NOURISHED INTRODUCTION

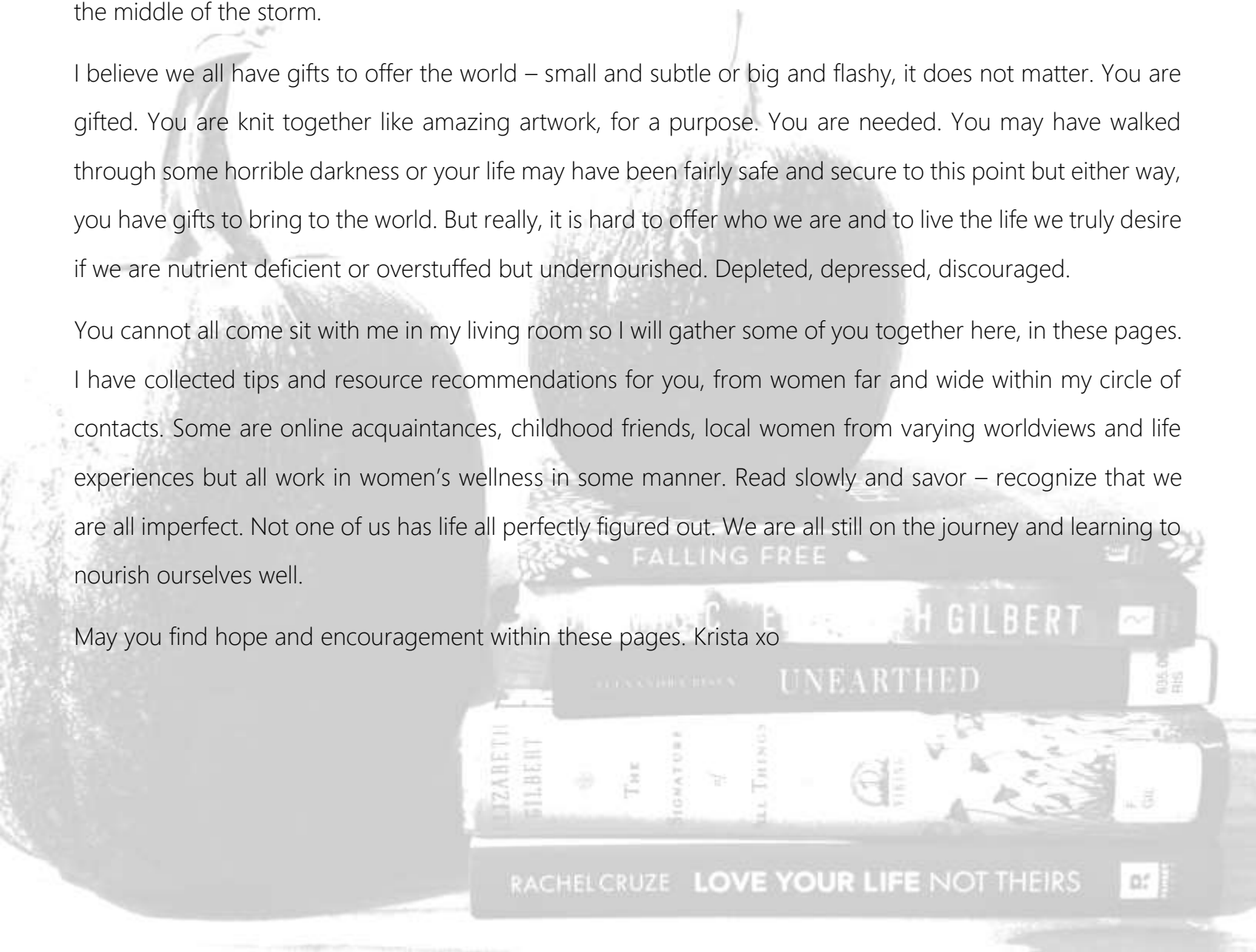
In my work as a Holistic Nutrition & Joyful Living Educator I focus primarily on mind-body health. I hold a vision of offering a safe space – a Safe House - for women of all walks of life to come and get patched up, encouraged and nourished so they can continue their journey to freedom. I want to gather women together across racial, religious, age, body size, life experience divides. To invite us to let down our guard, lay down our weapons and lift each other up. Listen and learn from each other. When we offer our sisters safe spaces we ourselves are nourished.

My desire is to be a light of hope and encouragement. To take all my struggle and study and offer it to others needing to be reminded that they – you – matter. That you are worthy of love and compassion right now. Not when you lose 50 pounds or finally break that addiction or get your act perfectly together. Right now in the middle of the storm.

I believe we all have gifts to offer the world – small and subtle or big and flashy, it does not matter. You are gifted. You are knit together like amazing artwork, for a purpose. You are needed. You may have walked through some horrible darkness or your life may have been fairly safe and secure to this point but either way, you have gifts to bring to the world. But really, it is hard to offer who we are and to live the life we truly desire if we are nutrient deficient or overstuffed but undernourished. Depleted, depressed, discouraged.

You cannot all come sit with me in my living room so I will gather some of you together here, in these pages. I have collected tips and resource recommendations for you, from women far and wide within my circle of contacts. Some are online acquaintances, childhood friends, local women from varying worldviews and life experiences but all work in women's wellness in some manner. Read slowly and savor – recognize that we are all imperfect. Not one of us has life all perfectly figured out. We are all still on the journey and learning to nourish ourselves well.

May you find hope and encouragement within these pages. Krista xo



ANNO BELL

Do something gentle and kind for only yourself every day. Perhaps this looks like a hot bath with candles, perhaps a nap in the middle of the afternoon, or perhaps it's as simple as actually sitting down quietly to drink your morning tea or coffee. Offer and receive for yourself the same rest you would encourage for your beloved little one or your weary partner. Treat yourself like you would treat your best friend, and choose what nourishes you in that moment.

Resource: Insight Meditation App

||| **Doula & Mom of Littles**

CHRISTAL SCZEBEL

When it comes to wellness, I've learnt that stress is a huge factor. No matter how much effort I've put into nutrition and exercise, when I haven't first addressed stress I found it was like paddling upstream. Stress comes from many factors but formerly for myself and for so many of my clients, it came from too many commitments and a schedule that's overloaded. Learning to say "No" was one of the best things I ever did for my health and to improve my mind-body wellness. I encourage others to step back and assess all of their commitments, really evaluate what's on your plate and get rid of anything that isn't an absolute must, or you feel you might be committed to because you said Yes when you really wished you had said No. Saying No can be a challenge when you first start, but as you continue to keep your boundaries and notice all the positive benefits that flow from saying this one little word, it becomes a lot easier to do.

Resource: "Breaking Busy" by Allie Worthington

||| **Nutritional Consultant & R.M.T.** ||| **Nutritionist in The Kitch**

LOVE THE BODY YOU ARE IN

Decide once and for all to love the body you are in. Every beautiful and broken bit. Love the scars, the cellulite, the crooked finger, the tooth gap. Love the jiggly arms, the spider veins, your long eyelashes. Love the way the sun highlights the bits of red in your hair or the golden flecks in your eyes. Love your shade of mocha skin, the freckles, your long toes. You may walk with a cane or a limp or no longer walk at all but your beautiful body is a gift. Love the body you are in.



CIGDEM KOBU

I'm a hard-core introvert—if I don't get my daily quiet and 'me-time,' I feel consumed and cranky. Some unstructured solitude every day, preferably at home or in nature around trees, keeps me sane and creative. Really, it's my source of life energy. We've got so used to being in a social hustle-and-bustle mode that we often forget the raw joy of being in our own company. Solitude doesn't only help me recharge my batteries but also lets me reconnect with myself. By consciously and regularly creating opportunities to enjoy solitude, I rediscover the sense of being with myself, acknowledging my own evolving presence in the world and feeling connected to my deeper roots. In a way, a bit of solitude every day feels like coming back home to a lover or an old friend and being loved, accepted, embraced, and heard after having been too long out there in the world traveling to far away places.

Resource: "Making Space" by Thích Nhất Hạnh

||| Storyteller, Wordsmith, Creative Entrepreneur ||| The Inky Path

ELIZABETH CAYEN

Always, always, always find a way to be gentle with yourself. Our lives are messy and imperfect, and we are always doing the best we can at any moment. Remember to practice loving yourself first – and it is a practice, we are not naturally conditioned to feel this way. You are the most important person in your life, and your potential is limitless. Learning to choose every day to love myself is the most valuable work I've ever done and will ever do.

Resource: "Dying to be Me" by Anita Moorjani

||| Certified Holistic Nutritional Consultant ||| KN Holistic Nutrition

GINETTE MARTIN

For me; once my heart wall was cleared it became so much easier for me to stay positive, love myself and stop comparing. I have learnt to generally implement small changes, one at a time and not make another positive change until the last one has become habit. Also, meal planning makes my family's life much smoother and healthier (I try to do some prep on the weekend). Finally, love and forgive yourself!!

Resource: Insight Timer App

||| Emotion Code Practitioner ||| Edson Eternal Balance



HANNAH O'REILLY-TAILLEUR

I've never really felt sexy, so I've been working towards getting more in touch with my body and with my sexuality. Part of this has been about communication with my partner, but more importantly it has been about changing the way I feel about myself. This summer I started doing pole fitness, which has been an amazing way to get into shape, relieve stress, and learn to express my sexuality in a safe and body positive environment. I've really started to feel happier and more confident the past few months since I started taking these classes.

Resource: Podcast "Savage Lovecast" by Dan Savage
| | | **Bsc.N & L'il Sister to Many**

HEATHER BRUGGEMAN

We all have our small yet mighty arsenal of tools to care for ourselves, and when I think of the items contained in mine, the one I'd like to share with you is the tool of permission. Specifically, permission for our needs to change. So often we can feel trapped by a certain definition or profile of "self care," but nothing lasts forever and the care we need at age 37 in the springtime, may not be the same care we need in the summer at age 45. Giving permission for my needs to change, and actually implementing those changes, has been incredibly supportive and liberating.

Resource: Podcast "ReWild Yourself" by Daniel Vitalis
| | | **R.Y.T. and C.H.H.C. | | | Beauty That Moves**

RESOURCE RECOMMENDATIONS

I am a huge podcast lover but there is nothing quite like a book that speaks to you, changes you, and inspires you to live an unshackled life of greater purpose, health & JOY. Here are a generous handful that have impacted me over the years:

1. The Gifts of Imperfection, Brené Brown
2. The Upside of Stress, Kelly McGonigal
3. The How of Happiness, Sonja Lyubomirsky
4. Big Magic, Elizabeth Gilbert
5. Living More With Less, Doris Janzen Longacre
6. The Five Love Languages, Gary Chapman



JACQUELINE GREEN

The most powerful tip I know of for deeper mind-body awareness is to learn to challenge our thoughts and do deep healing work, via a process that Byron Katie developed called The Work! When we do The Work, we find ourselves becoming calmer and more able to follow through on our intentions for ourselves because the negative self-talk that holds us back starts to go away. Ironically this happens as we examine our judgment of others, by asking simple questions and then turning the thoughts around. You can learn how to do it for free at TheWork.com, although you are way more likely to have success with learning the technique if you get some help, which can include using their free helpline.

Resource: "Loving What Is" by Byron Katie or her free resources at TheWork.com
| | | **Parenting Educator and Host** | | | **Great Parenting Show**

JACQUI CURRIE

My personal tip for mind/body wellness would be to take the time to explore and discover what truly works for you; even if it goes against the norm. For years I struggled through 'traditional' suggested activities that were meant to 'calm and soothe the mind' but they actually had the opposite effect on me; truthfully they made me uncomfortable and left me more distressed than I when I had started the process. As someone working in health promotion this bothered me; I often felt like I was missing something. I assumed that I was the problem and that I was doing something wrong!

Then a few years ago, after a long walk in nature, I realized that I had spent 30 minutes of my walk with my mind at rest, truly at rest, and it was amazing! For someone with an active mind (and body) I always struggled to find that 'inner calm' that so many people talked about and I had found it, I had finally found it!!! On reflection, I realized that I had actually found it hundreds of times before that day but I had never labelled it that way. I had stuck myself in a societal 'imaginary box' searching for new, fancy ways to discover mind/body wellness when all along I had discovered my secret 8 years before when my daily walks became a need not a want.

Resource: "Self-Reg" by Dr. Stuart Shanker
| | | **Health Promotion Coordinator** | | | **Alberta Health Services**



JENNIFER DEMARTY

As women we are often guilty of 'shaming' each other and encouraging unhealthy competition in SO many areas of life, particularly in the domain of motherhood - how long or how exclusively we breastfeed, how we birthed our babies, how self-sacrificing we are, how long we stay home with them, how much we do for them....and it's all unhealthy. I am trying to learn to be ok with being a reasonably good mom - not the "best" mom by many people's standards, but a mom who is okay with giving baby a bottle from time to time so I can sleep, ok with leaving my newborn at the childminding for an hour so I can work out, ok with letting my son watch TV for a bit so I can take a bath in peace.

The other thing I think has made a revolutionary difference in my happiness over the years is realizing that it's far too easy to let life pass you by while you're busy feeling sorry for yourself or allowing yourself to be unhappy. It was a patient who helped me see this. When my Nora died at the age of 5, it would have been so easy to spend the rest of my life in a state of perpetual despair. Never had I known pain like that. But a month or two after she died, I saw a patient who was not coping with having lost her cat 6 months before...which, in comparison, I found frustrating and a waste. She was allowing herself to continue in despair and be handicapped by her grief, and in my mind, wasting the opportunity to live a full and joyous life. I then realized that although my life circumstances were different from hers, I too had the power to wallow or to move on and do the best I could to enjoy what I could in life. It hasn't always been easy, and I still miss her horribly, but I choose to get as much joy, love, and laughter out of life as possible, both for my benefit and for the good of my other children. We only get one spin on this merry go round. What a shame it would be to finish the ride and realize that we were so busy finding the negative in life that we forgot to enjoy the ride.

||| Anesthesiologist & Mama of Five (including sweet Nora)

LIVE YOUR WHY

Have you stopped in the past decade and asked yourself what you really want or need? And why? Are you clear on your primary values; when you lie on your deathbed, what are the accomplishments or choices that will let you leave peacefully, knowing that you lived well? Not perfectly, but well. I believe that first we need to get clear on our WHY and then we can craft a beautiful, meaningful life from there. This can feel hard. You may have competing desires, you may need to let go of who you used to be or all the social pressures. But this is your one life – take the time to get clear on your WHY.



JENNIFER SANDERS

My life starting changing when I made my body a priority. I moved to a beautiful place and started walking on mossy green trails several times a week. The time alone by myself in the woods was this little mind-body-spirit retreat that I allowed myself to have. Getting outdoors, noticing the tiny little miracles around me, moving my body, breathing...all these things give me what I need to go back home and take care of life's daily needs.

Resource: "Change Me Prayers" by Tosha Silver

||| Functional Medicine Health Coach ||| Walkie Talkie

KAREN TOEWS

I was almost sixty before I finally discovered "what I wanted to do when I grew up". Up until then my life and career was certainly not one of unfulfilled frustration - but now the pieces that have evolved into my work as a holistic nutritionist and conscious eating coach have surprised me with desire and a purpose that propels me forward to see how the next day is going to play out! However old you are, but especially when you're stretching towards the "mature years" - I encourage you not to let age; circumstances (i.e. uprooting and moving across the country like my husband and I did); or fear of how other people will react or expect you to live to stop you from listening to your heart, discovering what makes it sing, and doing it. If it's changing food choices to be physically healthier, or making a career shift - however your heart is nudging you, act on it with a sense of adventure and belief in yourself. Claim your abundance within and without - Live and Be the person God created you to be.

Resource: "The Emotionally Healthy Woman" by Geri Scazzero

||| Holistic Health Consultant & Conscious Eating Coach ||| Real Food Matters

KATERINA GIOVOS

My one tip that I've applied to my life first and foremost is finding certain parts of my body and personality that I appreciate and love while noticing the parts I wanted change with. Focusing on the amazing things I believe to be true about myself helps me then love myself enough to focus on the parts I want to evolve.

Resource: "The Chalene Show" by Chalene Johnson and ihydrate app

||| Beach Body Coach ||| Just For Fun and Fitness



LAWREEN AHLF

Love yourself; forgive yourself. Offer yourself the same compassion, encouragement and respect that you extend to your sons and daughters, your sisters and brothers. Recognize that at each moment you are doing the best that you know how. In this respect, be the example that you want your daughters to follow. Recognize your value and let your light shine unabashedly.

Resource: Our Deepest Fear by Marianne Williamson
| | | **Mama of 6, Grandma of 4, Reiki Practitioner**

MELISSA MAH

I really enjoy cooking, going out to eat, and trying new cuisines. I try to live by the 80/20 rule, where 80 percent of the foods I eat are healthy and clean, and the other 20 percent are free. This way I can indulge guilt free, while still feeling healthy and nourished.

| | | **Pharmacist**

NATASHA SALAASH

Spend time alone naked so that you can get acquainted with your body. If you don't accept and appreciate it, how will anyone else? Soak in the bath, turn on a dim light and using coconut oil softly touch your skin. Be intentional and unconditional with your touch, paying special attention to the areas that you have the most difficulty with - the stretch marks, scars, lines, and wobbly parts. Close your eyes and think of the stories that each of these parts hold. Birthing, physical pain, heart ache, loss, joy, fun days in the sun. As your hand moves across your skin, imagine that you're touching the love of your life.... because you are.

Resource: "Vagina" by Naomi Wolf
| | | **Life Skills Coach & Body Sex Facilitator** | | | **Embracing Pleasure**

PRACTICE PAUSE

Viktor Frankl wrote, "between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and freedom." Wisdom, maturity and freedom all come, I believe, as we learn to practice pause. To breathe before responding, to walk away without reacting, to take a purposeful time out before clicking "buy now", before yelling, before bingeing to numb our painful emotions, before acting in any way that does not fully align with who and how we choose to be. We have both the right and the power to choose for ourselves regardless of external circumstances. Practice pause. xo



PAMELLA HEIKEL

When you can, connect with your breath. Spend a minimum of 3 minutes a day following your natural inhale and exhale. That's all it takes to reset your nervous system and respond with clarity and calm.

Resource: "Real Happiness" by Sharon Salzberg

||| Healthy Lifestyle Designer & Coach ||| Pamella Heikel.Com

RICHELLE LUDWIG

Learn to listen to your intuition again. We've become so disconnected and go through our days in an unconscious state that it's no wonder women struggle with their relationship to food and their body. Incorporate mindfulness into your life with meditation, yoga, coloring, journaling, dancing, walking in nature, whatever resonates best for you. When we have awareness and are able to stay conscious, we'll be able to make better choices, whether that be food, self-care, rest, movement, etc. Our inner guidance system looks out for our highest wellbeing, if only we learn to listen to it.

Resource: Michael Stone meditation app

||| C.H.N.C. & Cognitive Approach Practitioner ||| Empowered Vitality

SHAEAH LOVE

One of my favourite practices to shift my energy, uplift my mood, boost my immune system and do good for my body, mind and spirit is to do laughter yoga. Laughter yoga has been scientifically proven to have numerous benefits to our health and well-being on all levels. They say laughter is the best medicine after all.

Resource: Robert Trivest laughter yoga videos

||| Love & Empowerment Coach ||| Shaeah Love.com

TAMMIE KWAN

I like to apply my cultural background to my life and eating habits. As I grew up my mother would make chicken, red date and ginger soup. This soup is something I like to make when I feel sick or also best postpartum. The soup helps nourish you, therefore taking care of your body and mind by giving you needed iron from loss of blood, ginger to heat the body and sweetness plus vitamins for energy from dates. Enjoy!

Resource: Chicken, Red Dates, and Ginger Soup recipe

||| Registered Nurse



WENDY LYNNE

Everything in life is temporary. Every time it rains, it stops raining. Every time you get hurt, you heal. After darkness there is always light – you are reminded of this very morning, but still you forget, and instead choose to believe that the night will last forever. It won't. Nothing lasts forever. So if things are good right now, enjoy it. It won't last forever. If things are bad, don't worry because it won't last forever either. Just because life isn't easy at the moment, doesn't mean you can't laugh. Just because something is bothering you, doesn't mean you can't smile. Every moment gives you a new beginning and a new ending. You get a second chance, every second. You just have to take it and make the best of it.

Resource: everything Brené Brown and TED Talks
| | | **Counsellor & Mediator** | | | **W.J.W. Counselling**

FEED YOUR BODY WELL

When we feel truly nourished - mind, body, spirit nourished - we are able to love, serve, live with more intention and joy.

But the truth is we live in a depleted, stressed out, dissatisfied, frenetic world. It can be hard to separate from the pack and choose another way. It can feel lazy, selfish, even scary to say no more often, to let go of expectations, to choose a life that feels slower or simpler or more fully aligned to who and how you truly choose to be. People may not understand, resistance may arise, you will be faced with hard choices along the way. But I urge you to persist.

I come from a past of chronic pain, anxiety, body shame and bingeing, even wanting to die. I have Hashimoto's and a family history of cancer. And two of the primary ways that I learned to care for myself well, to slowly heal and come to a place of deeper rooted joy and an ability to finally pronounce that I love myself, were developing a healthy stress mindset and feeding my body well. Food matters. Our small daily habits around nutrition and hydration exert an enormous impact on our mental clarity, our mood stability, our energy, hormone balance, and ability to make calm, purposeful decisions.

Whether you are vegan or paleo, there are some nutritional principles that will serve you well. Eat a rainbow of beautiful veggies – lots of cruciferous veg and leafy greens. Boost your healthy fat intake. 95% of the time just eat real food that does not come in a package or a takeout bag. Drink plenty of filtered water and herbal teas. Slow down and enjoy your food. Make some simple treats at home. Eat without guilt. Chew more. Stop punishing your body through restriction or purging. Skinny won't fix your dis-ease. Take baby steps. Feed yourself as though you matter. You matter.



PARTING WORDS

Thank you to all the women who participated in providing tips and resources for this project. Your wisdom is greatly appreciated. And readers, you can learn more about these women by following the embedded links to their websites or social media pages. Also a big thank you to my daughter, Katia, who in her stubborn and very impatient way helped me make the document look nice for you.

You may not like or agree with everything I or these women teach or believe. Take what serves you and leave the rest. I have found that I have grown and healed and become who I am in part through watching and listening to other women. I don't have to share all the same beliefs to glean from and appreciate them or their work.

This world is hurting and I want to be part of loving and building up rather than tearing down. I can offer others the same respect and kindness I desire for myself and my children. I can learn to listen well and not just seek to be heard. I can help build a world that feels safe for my (future) grand children. I can love others simply because of the realization that I, an incredibly imperfect human being, was offered the gift of love and acceptance in the middle of my need and brokenness. I can be a safe house for others on their journey to freedom.

If you are encouraged by this Mind-Body Nourished document, or by my work at alifeinprogress.ca, please invite your friends to come on over and sign up for email updates.

If something from this document jumps out at you and speaks to a need in your life, I invite you to email me at alifeinprogress@outlook.com and tell me about it.

But most of all, I encourage you to keep moving forward on your journey to freedom. To an unshackled life of purpose, health & JOY. Because you matter.

Krista xo

