



**WELL IN
MIND**

Hi there! Thank you for checking out the E-book Well In Mind. I hope you learn a few things and see the benefits of taking care of your wellness. I wrote this short e-book to share my journey, tips and tricks.

I'm your average person, and I don't have a career in fitness. My background is in social work, and I work for myself in private practice. I did have the privilege of working in the health field within a medical setting. I worked alongside a multidisciplinary team (physiotherapist, social worker, nurses, doctors and dietitians). We supported people looking to lose weight to improve their overall health. I will talk about my observations and experiences throughout the book.

The last year, I went through a transformation. Some would say that I "lost weight". But really, I dedicated a year to my health changing and building new habits. I did this while juggling being a new mom and working full-time. I've had a lot of people asking how I did it, which is why I decided to write this quick guide. Have a great read!

My Story

Understanding how my history affected my physical and mental wellness is important. I encourage you to do the same by reflecting on your journey, when you developed certain habits, how you were raised and your lifestyle as an adult.

I have a permanent disability on my left side due to a childhood brain tumour. I share this because it affected my life, physical abilities, confidence, and overall well-being. It's something I permanently live with; it affects me daily in different ways, and it's a part of who I am.

As a sick kid, people wanted to naturally overprotect. I got a lot of opinions from medical professionals, teachers, guidance counsellors and family members. It wasn't easy to figure out what I wanted my young life to look like. It helped that I was stubborn and often wanted to prove people wrong.

Physical Activity

My ability to be active and play sports was limited because I didn't have the same abilities as others and wasn't always allowed to participate for safety concerns. It affected my self-esteem and confidence, and I always questioned my physical abilities. Finding my best fitness level has been a journey.

*"I have every reason to take it easy.
My limitations are not my excuse, they are my reasons to rise above"*

Food

When it comes to food, it was a source of comfort. When I travelled for medical appointments with my parents, getting quick snacks was a big part of making it a fun experience. I loved eating at restaurants and indulging in comfort foods on the drive.

Fast forward to my university years, I started going to the gym and discovered my passion for weightlifting. There are so many benefits to building muscle (**especially for woman!**), and seeing my left side get stronger was super empowering. Unfortunately, during these years, I ate a lot during my studies and wasn't consistent with exercise or eating habits.

After university, I got a job working with people struggling with weight management. I conducted assessments and follow-ups for patients losing weight and provided educational classes on healthy habits and lifestyles. I've collected a wealth of knowledge, identifying frequent patterns and struggles that people had.

When I finished my master's degree, I learnt I was pregnant, which was the greatest surprise. Luckily, during my pregnancy, I didn't gain too much weight, but I'm sure I lost a substantial amount of muscle mass. Four months post-partum, I decided to take my health seriously and told myself I would at least dedicate a whole year to my health. I asked myself, "What would happen if I'd be consistent for at least a year?". That timeframe was essential to me because people usually want to see massive results immediately. That's why people choose extreme diets that don't make them feel well, that require cutting out many foods (or a whole food group like carbs or fats) and that are essentially short-term solutions (because it's not sustainable long-term). These diets often lead to the Yo-Yo effects (quick weight loss and weight gain). It also contributes to developing an unhealthy relationship with food and disordered eating patterns.

**"In my experience, if you can't maintain it long term,
you will see weight regain."**

Your Story

In the context of health and wellness, what is your short story?

That's it

Let's now focus on my top suggestions based on my personal experience and professional observations.

Important Definitions

Eating Disorder	<p>A mental health condition characterized by unhealthy eating habits that negatively affect physical and emotional well-being. These disorders need to be diagnosed by a doctor, require treatment and can become life threatening. Here are common Types of Eating Disorders:</p> <p>Anorexia Nervosa: A disorder marked by an intense fear of gaining weight, leading to restrictive eating and severe weight loss.</p> <p>Bulimia Nervosa: Involves recurrent episodes of binge eating followed by purging behaviours, such as vomiting or excessive exercise, to prevent weight gain.</p> <p>Binge Eating Disorder: Characterized by frequent episodes of consuming large quantities of food, often accompanied by feelings of loss of control and distress, without regular compensatory behaviours (such as purging, excessive exercise, or fasting to counteract the binge).</p> <p>Warning: If you've ever struggled or need assistance, speak to your primary care provider or mental health professional.</p>
Disordered Eating	<p>Irregular eating behaviours that may not meet the criteria for a specific eating disorder but still negatively impact people's physical and emotional health. It includes a variety of unhealthy eating patterns and attitudes, such as:</p> <p>Restrictive Eating: Involves limiting food intake severely or avoiding certain food groups.</p> <p>Over Eating: Consuming large amounts of food in a short period, often in response to emotional stress.</p> <p>Emotional Eating: Using food as a way to cope with emotions, such as stress, anxiety, or sadness.</p> <p>Obsessive Food Behaviour: Preoccupation with dieting, calorie counting, or body weight that interferes with daily life.</p> <p>Guilt or Shame Around Food: Feeling guilty after eating certain foods or experiencing shame about eating habits.</p> <p>Warning: Disordered eating can lead to serious health issues if not addressed, and it may evolve into a full-blown eating disorder.</p>

My Top Suggestions

These suggestions are foundations and habits I want to maintain for the rest of my life. They are **NOT** “quick fixes” and I don’t see them as “weight loss” methods. They are habits that will help me stay on track and reduce the chance of weight regain. If someone were to ask me where to start, I would suggest these habits first. But, if these are significant changes for someone, they could see a bit of weight loss.

Suggestion: Eat within the hour of waking

Nothing is one-size-fits-all. But I did see a lot more disordered eating patterns when people skipped eating in the morning. When we postpone eating in the morning, it will take longer to break their “fasting” period (the period that they are not eating) and in response, we increase the chance of evening snacking and emotional eating.

Ps. If you do shift work, don’t worry. Eating regular meals might mean eating every 4 hours during your “awake” hours.



HEALTH

HOW DO YOU DEFINE HEALTH?

BALANCED NUTRITION	MOBILITY	STRESS MANAGEMENT
FINANCIAL STABILITY	HEALTHY RELATIONSHIPS	PHYSICALLY STRONG
SAFE HOME ENVIRONMENT	HEALTHY ORAL HYGIENE	ACCESS TO HEALTHCARE
SLEEP & ENERGY	PURPOSE & IDENTITY	SUBSTANCE USE

In my experience, people who skipped meals often labelled themselves as “binge eaters” or “emotional eaters” or would feel like they couldn’t resist snacking in the evening. However, when looking at their meal routine, they often do not eat until lunch or the afternoon.

The risk is that if someone skips breakfast or eats very little, the odds of overeating in the afternoon or evening increase. Also, people are more likely to make poorer food choices in the evening due to lack of planning, lack of time, or feeling tired and emotional from their day.

It’s hard to imagine, but if you don’t eat enough throughout the day, you won’t be in optimal health, and you might feel tired, emotional, and feel less in control. Your body will also not want to lose weight or perform physically under these conditions.

“Not feeding your body is like asking a tree to grow with minimal water and sunlight”

It’s a simple suggestion. If you’ve never been a morning eater, that’s no excuse; start small. A lot of people say they are not hungry in the morning or don’t feel good. That’s usually a consequence to evening snacking and not being used to it (unless you have a medical condition).

Suggestion: Eat MORE

Eating breakfast is important, and I've seen it help many people. But it's also essential to eat more often. Eating more often ensures that you eat enough throughout the day and that you take in all the macronutrients and micronutrients you need. This can mean eating three meals with one or two snacks every four hours or eating four to five times daily.

Think about it. If you only eat 2 times a day, you can't get all the nutrients you need to be well for your day. It's also important to eat frequently and to have variety in your foods (think of adding various colours). Some people that I supported with their eating habits didn't eat throughout the day, consequently making them very hungry in the evening (I'm sure you've heard of the term "hangry"). They often self-identified as "emotional eaters," but once they started eating more often, they saw a huge difference in managing hunger in the evening.

Suggestion: Eat More & MORE BALANCED

Why was this not taught in high school? Eating balanced meals is extremely important for our wellness, cognitive health, and physical function.

Well, what is balanced? You need three things to create a balanced snack or meal: carbohydrates, protein and fats.

Carbohydrates: Carbs are like the fuel that gives our bodies energy to go about our day. They're found in fruits, vegetables, whole grains, and legumes. Carbohydrates are essential because they provide a quick energy source for our brains and muscles. They help us stay focused, active, and ready to take on whatever the day brings.

Protein: Protein is the building block of our bodies. It's found in meat, fish, eggs, dairy, legumes, and nuts. Protein is essential for repairing and building tissues, muscles, and cells. It also helps keep our immune system strong and affects hormone production. Including protein in our diet helps us feel fuller for longer, supports muscle strength and retention, and improves overall health and well-being.

Fats: Fats are like the cushion that protects our organs and helps our bodies absorb essential vitamins. They're found in avocados, nuts, seeds, and oils. Healthy fats are crucial for brain function, hormone balance, and cell growth. They also provide long-lasting energy and help us feel satisfied after meals. Including healthy fats in our diet can support heart health, brain function, and overall vitality.

By including a balance of carbohydrates, protein, and fats in our meals, we give our bodies the nutrients they need to thrive. Each macronutrient plays a unique role in supporting our health and well-being, so it's essential to include a variety of foods from each group to maintain a balanced and nutritious diet.



Quick List

Carbohydrates	Whole grains: Brown rice, quinoa, oats, whole wheat bread Fruits: Apples, bananas, berries, oranges Vegetables: Sweet potatoes, carrots, broccoli, spinach Legumes: Lentils, chickpeas, black beans
Protein	Animal sources: Chicken breast, turkey, salmon, eggs Plant-based sources: Tofu, tempeh, lentils, chickpeas Dairy: Greek yogurt, cottage cheese, milk
Fats	Avocados Nuts and seeds: Walnuts, flaxseeds, sunflower seeds Oils: Olive oil, coconut oil, avocado oil Fatty fish: Salmon, mackerel, sardines Nut butters: Almond butter, peanut butter

Suggestion: ADD whole foods in creative ways

When improving our diet, we often think about everything we need to “cut out” or think we need to “stop eating XXXXX” when we should actually first focus on adding more foods. Eating more natural whole foods will fuel your body with all the nutrients it needs to function well.

What are whole foods?

Whole foods are foods that are in their natural state, such as fruits, vegetables, whole grains, nuts, seeds, and legumes. These foods are minimally processed and contain nutrients like vitamins, minerals, fibre, and antioxidants that benefit our health. When you eat whole foods, you're getting the goodness straight from its natural state without added ingredients (Tip: they are usually found against or near the walls of the grocery store and in the fridges section).

On the other hand, processed foods have been altered from their original form through techniques like cooking, canning, freezing, or adding ingredients for flavour or preservation. They often contain added sugars, unhealthy fats, and artificial additives that can be less nutritious than whole foods. Examples of processed foods include sugary snacks, fast food, packaged meals, and pop (Tip: they middle aisles of a grocery store).

In short, whole foods are foods in their natural state that provide essential nutrients for your body, whereas processed foods have been altered from their original form and may contain less healthy added ingredients. Choosing more whole foods and limiting processed foods can help you maintain a healthy lifestyle and diet.

Fun fact: when people start eating more frequently and adding more whole foods, they notice decreased cravings and hunger.

Also, with today's easy access to information, there are many ways to make our favourite foods more nutritious: richer in nutrients or lower in calories. Start looking at what you eat regularly and ask yourself how much is whole (fresh).

**The goal is not to eat just whole foods
but to add more of them to your diet.**

Suggestion: EAT your night snack

Did you know that eating at night causes weight gain? **JUST KIDDING**, what will cause weight gain is excess calories over time.

Think of calories as fuel for your body. When you eat food, you're taking in calories. If you eat more calories than your body needs, it will tell itself, "Hey, we have extra, let's store it in case of an emergency", and it will be stored as fat. This can lead to weight gain over time. Our body is not designed to lose weight; it is programmed for survival. When we are in a weight loss process, we go against what our body wants (it wants to preserve energy and survive).

The good news is that you can eat an evening snack an hour or two before bed. Just ensure that you make it part of your plan, and that it's balanced like all your other snacks.

Suggestion: Drink MORE water

Water plays a vital role in keeping us healthy and feeling our best. Our bodies comprise about 60% water, so staying hydrated is vital to helping our organs function properly and keeping things running smoothly inside. When we drink water, it helps to:

1. Stay hydrated: Hydration is essential for things like digestion, circulation, and temperature regulation.
2. Flush out toxins: This helps remove waste and toxins from our bodies through urine and sweat.
3. Support our skin: Drinking enough water can help keep our skin looking healthy and glowing.
4. Water aids digestion. It helps break down food and nutrients in our bodies, making digestion smoother and more efficient.
5. Reduces hunger: Drinking water also helps with satiation. Dehydration can cause hunger. So, remember to sip on refreshing H₂O throughout the day to keep your body happy and healthy.

Quick tip: I was really bad at drinking water. I first got in the habit of drinking 500ml of water every morning when I woke up. If you struggle with this, you can start by carrying a water bottle with you and increasing your intake over time.

Instead of "I need to lose weight"

Ask yourself

Am I ready to take steps towards changing my lifestyle?

Ask Yourself

What am I going to do differently?

Suggestion: Move MORE

Our body is meant to move; the less we move, the harder it will become. Many of us spend a lot of time sitting at a desk, on the couch, or in front of a screen. This lack of movement impacts our mental and physical health. Here's how being sedentary can affect us:

Muscle weakness:	When we don't use our muscles regularly, they can become weak and lose their strength. This can make simple tasks like carrying groceries or climbing stairs more challenging as we age.
Weight gain:	Being sedentary can contribute to weight gain because we're not burning as many calories as we would if we were more active. This can increase the risk of obesity and related health issues.
Poor circulation:	Sitting for long periods can slow down blood flow in our bodies, leading to issues like swollen legs, varicose veins, and even an increased risk of blood clots.
Mental health impact:	Being sedentary can also affect our mental well-being. Lack of movement can lead to feelings of fatigue, stressed, and even contribute to symptoms of anxiety and depression.

It's important to incorporate more movement into our daily lives to combat the adverse effects of being overly passive. Simple changes like taking short breaks to stretch, going for a walk, or finding ways to be active throughout the day can make a big difference in our overall health and well-being. Remember, our bodies are meant to move – so let's keep them moving.

No excuses and Be Creative

Take a stroll: Walking is a fantastic way to get moving. You can start by taking short walks around your neighbourhood or pacing your living room.

Dance like nobody's watching: Put on your favourite tunes and bust a move. Dancing is a fun way to get your heart pumping and your body grooving. Plus, it's a great mood booster!

Stretch it out: Incorporate some simple stretching exercises into your daily routine. Stretching can help improve flexibility, reduce stiffness, and keep your muscles happy.

Try bodyweight exercises: You don't need fancy equipment for a good workout. Bodyweight exercises like squats, push-ups, and lunges can be done anywhere, anytime. If you have the resources, get ideas from a professional, such as a physiotherapist or kinesiologist. You can also look online for ideas.

Make it a social activity: Grab a friend or family member and go for a hike, play tennis, or join a fitness class together. Exercising with others can make it more enjoyable and motivating.

Remember, you need to find activities you enjoy and make movement a part of your daily routine. Whether it's a quick walk around the block or a dance party in your living room, every little bit of activity adds up.

Personal reflection: As a child and teenager, I struggled with physical activity because I didn't move like others. I walked differently, and my mobility and strength were weakened. It was hard to find something I enjoyed. Working out and building strength became my passion, and now I understand the importance of staying strong to maintain a healthy body.

My Favorite Recipes

I made many changes during the last year. The fun part was finding foods I liked and making them work with my meal plan. There are many ways to lower calories with more whole foods. I am talking about the good stuff: pizza, tacos, ice cream, puddings, cheesecake...

Honestly, I don't need to change my meals often because I like what I eat. Here are some of my favourite things to eat at every meal.

Breakfast Idea:

Oats:

Eating oatmeal for breakfast is my favourite because it's quick, easy and cheap. You can find many different recipes online for overnight oats and cooked oats. If you need a simple option, try it out!

[Eat them Hot!](#)

Or

[Eat them cold!](#)

My current recipe:

Instructions: I do this in the microwave, but you can cook your oats the way you like it.

Step 1: 1/3 Oats in a bowl with a pinch of salt and cinnamon

Step 2: Add 1 cup of water

Step 3: Microwave for 1.5 minutes

Step 4: Microwave another 1 minute

Step 5: Add 1/2 scoop of protein

Step 6: Add of top 1tsp of peanut butter or cookie butter

Note: If you want it to be sweeter you can add fruits, a tsp. honey or syrup. You might need to microwave longer depending on your microwave and oats.

Snack Idea:

Yogurt:

Yogurt has been my go-to lately, It's great for one of my snacks.

[It's that simple!](#)

My current recipe:

Instructions: mix yogurt, peanut butter, sweetener and salt. Add your fruit on top.

Ingredients:

1/3 cup yogurt

1/2 tbsp almond butter or peanut butter

1/2 tbsp of sugar or sugar free sweetener

Toppings:

1 cut-up apple or 1/2 cup fruit

Note: I sometimes like to add 1tsp. Crumbled dark chocolate

Lunch:

Option 1:	Chicken or beef wrap (use a protein tortilla for added protein), add cheese and sauce of choice. Eat with a salad or raw vegetables.
Option 2:	Scramble egg (1 egg with ½ cup of egg white and cheese) with a bagel or pre-cooked potatoes, salad or raw vegetables Note: this option only works if I'm working from home

Snack Idea:

Pro Cheesecake The afternoon snack is optional, but I like it because it gives me extra energy before supper.	Directions: Mix ingredients Ingredients: ½ cup of yogurt or blended cottage cheese 1tsp instant cheesecake pudding mix 1tsp sugar-free sweetener Pinch of salt Topping: Add ¼ cup fresh or frozen fruit Optional: Add crushed graham crackers on top
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Supper:

I keep it very simple, but I change it more frequently. I often eat chicken with potatoes (because potatoes are my favourite).
The focus of supper should be to have a balanced plate.

Example:

If you make lasagna for your family, aim to eat a portion (the size of your palm) and add protein on the side, such as chicken in the side salad.

Simple Breakdown for Supper:

- Step 1: Pick a meat or protein of choice
- Step 2: Pick a carbohydrate
- Step 3: Pick a fat source. They are often hidden in the meat, sauces, oils or dressings.
- Step 4: Pick your vegetable salad, cooked veggies, roasted veggies



Fun for Lunch or Supper

Pro Pizza

Am I the only one who loves pizza?

Directions: make your pizza

Crust options: Mini Naan bread, cauliflower crust or protein tortillas.

Sauce: Pizza sauce or sour cream (for a chicken white sauce option)

Toppings: I use turkey pepperoni, chicken, onions, vegetables, low fat cheese and whatever you like.

Spices: Italiano seasoning, garlic salt, onion salt

Evening Snack

Pro Ice Cream

If you like your evening snack, have one! You could eat a cottage cheese cheesecake, or something salty, just make it part of your plan.

I'm a huge fan of Ninja creami, a kitchen gadget making ice cream. I make a tub of protein ice cream every night and eat it all. There are so many recipes online, check it out if you're interested.

Self-disclosure: I eat it every night



“When did eating
healthy
become being on a diet?”



Weight Loss and Diets

Let's explain weight loss in simple terms. People often aim to decrease their body fat percentage when discussing weight loss. However, it's essential to understand that weight loss and fat loss are different.

Fat loss isn't about following a magic trick or a trendy diet. It all boils down to one key factor: a calorie deficit. To lose fat, you must burn more calories than you consume consistently. This doesn't happen overnight; it will take time.

This is why I avoid extreme diets. They often involve extreme methods that are hard to sustain, leading to a quick body adjustment and potentially damaging relationships with food. These diets can foster unhealthy habits, instill fear around eating, and ultimately result in weight regain.

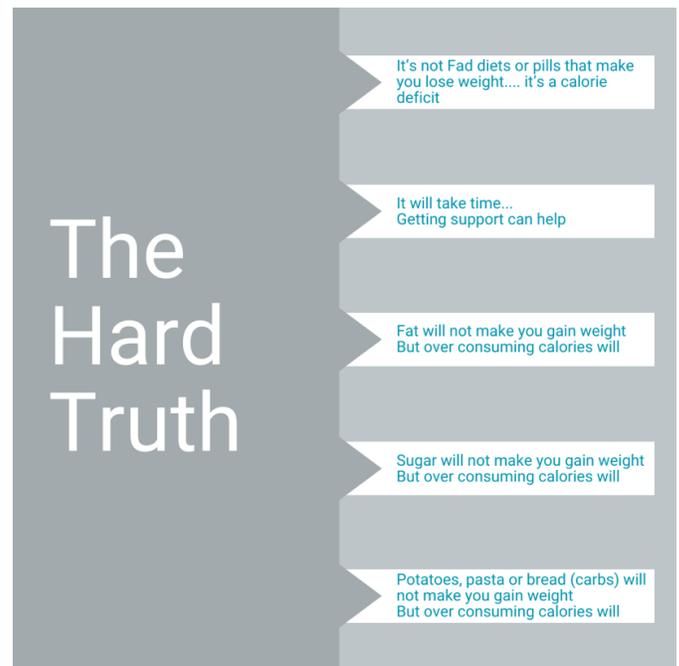
Fad diets

lose water weight + lose muscle mass + maybe a small portion of that is fat loss
= lose weight "FAST"

On top of that, In addition to potentially developing an unhealthy relationship with food and unhealthy habits, another effect can be the emotional toll it takes. Frustration and hopelessness can creep in when these diets don't meet unrealistic expectations. It's essential to recognize that sustainable weight loss is a journey that requires patience, kindness to oneself, and a focus on long-term health rather than quick fixes. By avoiding extreme measures and embracing a balanced approach, we can protect our physical well-being and mental and emotional wellness along the weight loss process.

I know... I know... Healthy lifestyle and lifestyle change is not as attractive of an offer compared to diets that say something like "lose weight fast".

But it truly saddens me, I've experienced it personally, I see people close to me go through it and I've heard 100's of people stories. My final suggestion is to stay away from anything flashy.



List to Avoid:

- Any pill off the shelf or online
- Anything that gives promises
- Anything that seems too simple (ex. take this gummy, drink this coffee)
- Anything that says "lose whatever lbs in whatever weeks)

"The goal should not be to lose weight fast"

Wellness Tips

In this last section, I will give EASY wellness tips.

Tip: Don't start with weight loss

Instead of fixating on the number on the scale, focus on improving the habits that impact your overall health and well-being. When we get caught up in weight loss, we can sometimes overlook the bigger picture of caring for ourselves.

By improving your habits, such as eating nourishing foods, staying active, getting enough rest, and managing stress, you're setting yourself up for long-term success and sustainable health. These habits not only support your physical well-being but also contribute to your mental and emotional wellness.

Remember, establishing healthy habits that make you feel well, energized, and vibrant are critical to living a fulfilling and balanced life. You'll also need to sustain these habits long-term to lose weight, so shouldn't you start with that? People usually don't struggle to lose weight as much as they struggle to maintain weight loss because they go on extreme diets and don't improve their daily habits and lifestyle.

Embrace the journey of caring for your body and mind through daily habits. Your well-being is worth more than a mere number – it's about feeling your best in every way possible.

Tip: Add More

Instead of approaching health changes from a place of restriction and deprivation, try shifting your perspective on everything you add. Focus on adding nutritious foods, incorporating exercise, increasing hours of sleep, and eating wholesome meals rather than solely fixating on what needs to be cut out.

By eating nourishing foods like colourful fruits and vegetables, lean proteins, whole grains, and healthy fats, you're providing your body with essential nutrients and reducing your intake of less nutritious foods. Regular physical activity, such as a daily walk, a yoga session, or a workout class, can boost your mood, energy levels, and overall well-being.

Instead of viewing healthy habits as a list of things to eliminate, see them as opportunities to enhance your life and feel your best. Embrace the positive changes you're making. Remember, it's about progress, not perfection; every small addition you make towards a healthier lifestyle is a step in the right direction.

Tip: Track your progress

Instead of overwhelming yourself with trying to tackle everything at once, start by focusing on one habit at a time. Imagine dedicating yourself to one new habit each month, adding up to 12 transformative changes a year, which is truly remarkable!

Tracking your progress is a powerful way to stay accountable and motivated on your wellness journey. Whether you're reflecting on your stress levels, monitoring your mood, or keeping track of your weekly steps and workouts, recording your efforts can help you see how far you've come and where you want to go next.

You can create a sustainable path toward healthier habits and lifestyles by focusing on one habit at a time, tracking your progress, and celebrating your achievements. Remember, small, consistent steps lead to lasting change and a life filled with well-being and fulfillment. Keep going and celebrate every step of your journey!

Tip: Flexibility

Embracing flexibility in your wellness journey is critical to finding balance and sustainability. I've struggled with the rigidity of sticking strictly to a plan, especially when it came to eating out or enjoying meals outside my usual routine. However, allowing myself to be more flexible prevented feelings of deprivation and helped me cultivate a healthier relationship with food.

Incorporating moments of flexibility can be a refreshing change when you've been following a more structured approach. It doesn't mean going completely off track for a whole day but finding small ways to indulge or enjoy without guilt. Maybe it's sleeping in that morning, savouring that dessert offered at a special dinner or treating yourself to a meal at your favourite restaurant.

By incorporating these moments of flexibility, you're nourishing your body, relationship with food, and overall well-being. Remember, wellness is about finding a sustainable balance that works for you and brings joy to your life. So, allow yourself the freedom to enjoy those special treats or experiences in moderation, knowing that it's all part of a healthy and fulfilling journey toward well-being.

*"It's not a cheat Meal.
I'm not breaking the rules.
It's part of my plan."*

Tip: Getting help

Many of us like to handle things independently, but what if having some support could improve your chances of success? When I decided to focus on improving my health for a year, I realized how important it was to get help. Even though I made my workout plan, I knew I needed expert nutrition advice to help me lose weight. I decided to go with a coach. Tweaking my calorie intake and regular cardio routines was vital to losing weight. I also went through different phases like weight loss, diet breaks, and bulking phases. Those regular check-ins not only kept me going but also made sure I stayed on track. With the fantastic support I got, my journey was successful. Even though I already knew quite a bit, having that extra guidance was a game-changer on my road to feeling better. I can't thank them enough for all their help.

When it comes to handling stress and mental health and wellness, reaching out for support is crucial when necessary. I often share this advice with others: "If you have access to counselling through your health benefits or have the resources, why not use it?" People commonly tend to wait until things are callous before seeking help and prioritizing their well-being. But shouldn't we focus on maintaining our mental wellness even when things are going well so we can feel resilient and ready to face challenges as they come up? Taking care of our mental wellness proactively can significantly affect how we navigate life's ups and downs.

A quick breakdown of my process

Here is a summary of what I did in my year to achieve my goals:

- I decided to dedicate a full year ([set a time frame](#))
- I reflected on my starting point: my strengths and areas that needed improvement ([self-reflection](#))
- I reached out for help to keep me accountable and to have a specific plan ([accountability](#))
- I followed the nutrition plan, which helped manage my calorie intake ([plan](#))
- I went through different phases where my calories were higher and lower ([flexibility](#))
- I exercised regularly – strength training 4-5 days weekly to build and maintain muscle mass ([consistency](#))
- Cardio increased and decreased at different points depending on the goal ([trust the process](#))

What I didn't do:

- I didn't set a specific weight loss goal # and didn't share my weight loss #
- I didn't cut out any food groups
- I didn't do any fad diets: no gummies, no pills, no "secret method"
- I didn't eat high-trigger/addictive foods (know your limits)
- I didn't drink alcohol (personal choice: I've never really liked it)
- I didn't quit, even when I was sick, even when I didn't eat what I planned or missed a workout.

What I didn't know was going to happen:

Developed a better appreciation for my body	My disabilities are not a weakness but my strength. I was told that I would struggle physically but I refuse to accept that.
Developed an appreciation of whole foods	In my line of work, I often come across concerns regarding access to food. I'm privileged that I get to fuel my body with naturel, colorful and whole foods.
Detoxed from addictive foods	Some foods, we can eat in moderation and some foods I stay away from. I know my past trigger foods and I don't feel the need to eat them.

What's Next

So what happens after you achieve your goals? What's the next step? It's common to feel a bit lost after achieving your big goal. Some may find themselves thinking, "Is this it?" Others might reach their desired outcome only to discover that their body image or self-esteem hasn't improved as expected. Remember that confidence and body image aren't solely linked to your body's shape or size.

I'm now focused on consistency and building physical strength. Right now, I'm intentionally giving my body a well-deserved break after undergoing a significant transformation. Embracing this phase involves trying new things and getting out of my comfort zone.

Big announcement!

I developed an App! **Well In Mind** to support people's mental health journeys and wellbeing. Ultimately, the aim is to alleviate isolation and offer a sense of connection and support. I'm finally sharing the news!

Mental health should be part of our daily routine, like eating well and staying active. The app is here to inspire, uplift, and encourage you to take care of your mental health in a natural and easy way. The goal is to make mental wellness accessible and manageable for everyone, regardless of background or circumstances.

Whether you're looking for daily support, practical tips, or just a little inspiration, you will find fresh, engaging content that can be applied immediately. This will help you incorporate mental wellness practices into your everyday routines. We're excited to be a part of your journey to feeling well every day.



NOW AVAILABLE
on the Apple Store & Google Play Store

Because we are newer. It might be difficult to find us right away. Go to our website to get the direct link.
www.wellinmind.ca

Step By Step

Step 1: Go to website: www.wellinmind.ca

Step 2: Go to Web App to Sign up

Step 3: Download the APP for Free (Google Play or Apple)

Step 4: Login the App with your information

It's that easy!

SPECIAL ANNOUNCEMENT

NEW APP

WELL IN MIND

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REFLECT, LEARN, GROW

DAILY ENGAGEMENT

PROACTIVE PRACTICES

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