



Health Harmony Happiness

Welcome to your Health Corner!

Many of us devote our time, money, and energy to taking care of, supporting, and improving the quality of life of those around us. For a few moments let's take that care and devotion and focus it on you. We tend to forget that if we don't care for ourselves, we can't offer the best possible support to those we care for. This first write-up looks at health, harmony, and happiness and how to find it in everything that you do.

What is Health?

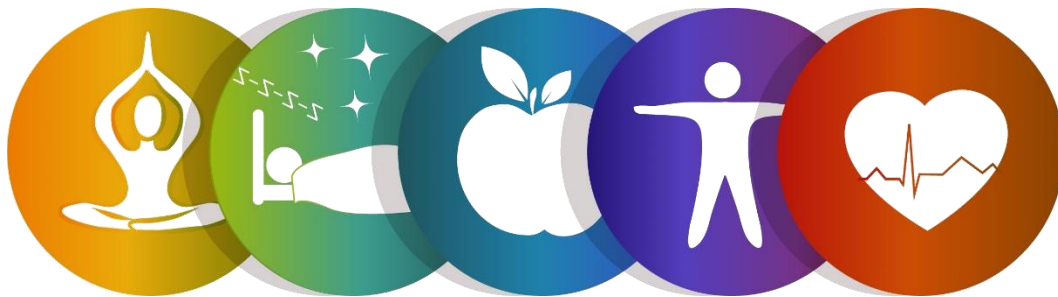
When we start talking about health we tend to associate it with food or exercise, or both. We don't often look at the mind or soul. Health is defined as the absence of disease but wellness is actively working towards a healthy mind, body, and spirit and beginning to see the results of that effort.

FALL IN LOVE
WITH TAKING
CARE OF YOURSELF.
MIND-BODY-SPIRIT.

When we look at health it is important to consider nutrition as in the food we put in our body. Food is the fuel that allows us to work, play, think and enjoy life. This food also influences our mind with regards to the hormones produced, the blood flow to the brain, and the nutrients it needs to work; among other things.

Our social environment, relationships, families, and personal cognitive stability all influence how our body operates and how much our brains are prepared we are to take on the challenges of the day.

Spiritual health is an important facet of wellness that is highly individualized. It encompasses everything from gratefulness, thankfulness, and contentment to being at harmony in your life to finding peace through the challenging moments.



Harmony

Harmony is, at its most basic level, finding a balance between the joy and suffering in your life. Ultimately, we would prefer to live life without pain but, if we never experience that pain, how will we ever truly appreciate and embrace the joy? There again life presents a perfect example of harmony: pain and joy, noise and silence, absence and presence, hate and love.

balance

It's a harsh lesson that all humans endure. In the end each person must decide for themselves what their path will look like; will they choose to value the joy over the pain or let the painful moments take their attention. Harmony is learning how to deal with the pain and then focus on the joy and revel in those moments.

*it's
up
to
you*



What about the 80/20 Principle?

The 80/20 Rule – or better termed Principle – was intended to encourage people to realize that they do not have to be perfect to be healthy. In a write up by Registered Dietician, Vincci Tsui, he states that “it is often the pursuit of perfection that leads to an obsession with numbers, distorted body image, and disordered eating.”

Unfortunately, the result of the 80/20 rule has actually driven people towards perfectionist tendencies – reinforcing bingeing (eating very clean 80% of the time so that you can indulge in cheat meals and extremely unhealthy foods the other 20% of the time). What we tend to forget with these fad diets is that

everything we eat serves a purpose. It is not as if we can binge and think that it will simply balance out the other 80% of our healthy, clean-eating, no-cheating meals.

The other issue with the 80/20 principle is that it superimposes the idea that you are not the expert of your body. The truth is, healthcare professionals (dietitians, nutritionists, doctors, nurses, and all other sectors) are experts in evidence-based research and can recommend or guide you

towards certain diets or habits that may help with the issue you face. But in the end, ***you are the expert of your body***. You know what does or doesn't make your body feel good, what gives you energy, what motivates you to continue consuming more good foods than bad, exercising, maintaining positive social relationships and every other positive life choice.

No one should ever be allowed to take that away from you.

So what is the answer to the 80/20 Principle? Can we still use it? Or do we cross this off the list of health regimes?

If the 80/20 Principle is not taken literally but is used as a ***guide*** for maintaining a healthy diet, it can be a very positive tool. If it continues to be a motivation to consume more fruits and vegetables but also doesn't make you feel guilty for eating that special chocolate that you love once in a while, then it is a great tool for healthy eating habits. Keep this in mind and you could be on the path to a nutritious future.



hello happiness!

Finding Happiness Everywhere

Is it possible to find happiness in every area of your life? What about that family member that is always unreasonable? Or the co-worker that doesn't seem to like you? Or your child's teacher that has been writing notes home every day?

How do you find happiness in the situations that pain you to deal with? The ones that you would rather avoid than approach.

Next time that relative calls; or your co-worker gives you a hard time; or that teacher sends a note; try thinking of one thing you like about them. Think of one of their strengths or something that they have done or said that was positive.

Perhaps that family member is really good at organizing the family events. Perhaps your co-worker is really good at caring for individuals that you support. Perhaps that teacher has helped your child improve in certain subjects this year and you've noticed the changes.

Focus on that good thing. Concentrate on the positive aspects of that person. Then wait and think about how you respond to the phone call, the co-worker, or the note. When you do respond you will be shocked at the results. It may not be immediate; it may take some time; but happiness is contagious. Be that light in the darkness and you will find happiness in every area of your life.

Train your mind
to see
the good in
everything.
Positivity is a choice.
The happiness
of your life depends on
the quality
of your thoughts.
- marcandangel

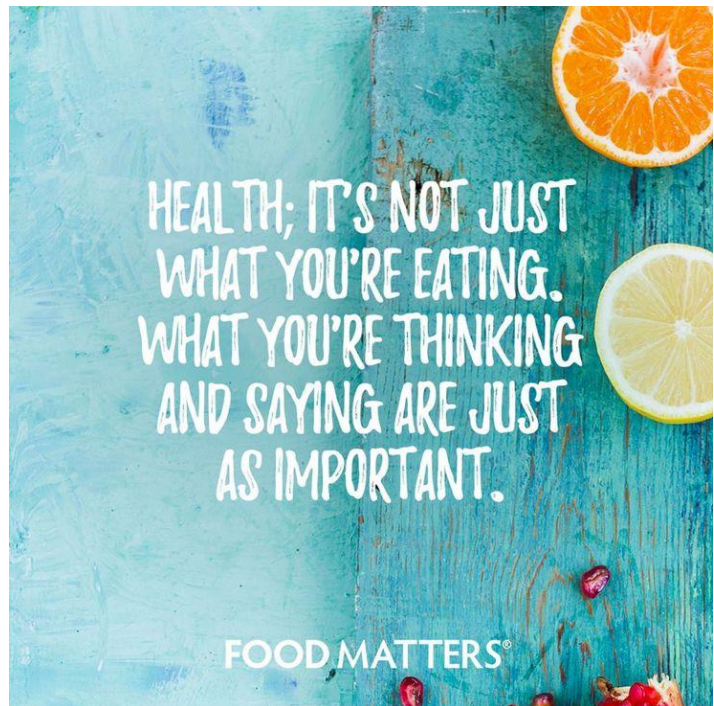
Final Thoughts

Life is a wonderful, challenging, joyful, heartbreaking, painful, blessed, love-filled, inspiring experience. We endure so much, and each person's path is so unique. The most amazing part of this thing called life is that we are able to walk it together; from every happy moment to tear-stained shoulder.

We also get to make choices. We have the choice of how we want to take care of our health. We get to choose to pursue balance and harmony or life in disorder. We have the choice to focus on joy and happiness or seek out negativity.

This is your corner; your space; your articles. This is for you. Read what you like; take what you like; use what you like. Most of all, I hope you find some ounce of happiness from each topic you read about.

~ Olivia Woodley



Olivia Woodley is a Registered Kinesiologist at Brantwood Community Services. For more information she can be reached directly at owoodley@brantwood.ca

References

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