5 Common Mistakes that Negatively Impact Wellness & How to Avoid Them

Hello lovelies! I know there is abundant potential within you to live well and thrive and I want to help you unleash it this month. Take the fast-track to wellness and skip the mistakes that others have made that negatively impact wellness. I know not only because these mistakes surface again and again with my wellness coaching clients, but because I've been guilty of making them myself!

Mistake #1 – Neglecting Your own Self-Care

This is #1 for a reason – until you believe that your own wellness is a top priority and that time for wellness activities is a basic need, not a luxury, then you will (unconsciously or consciously) sabotage your health.

Do you know anything else in nature that thrives without care? I don't and I don't know why we think our bodies, minds, and spirits are any different.

In our busy worlds we often make self-care one of the last things on our "to do" lists. And while I don't like to stereotype, this is an epidemic among parents. We treat self-care like it's a bonus we get only after the business deal is made, article is written, kids are all provided for, chores around the house are all done, etc. But at what cost? What story have you been telling yourself about why you don't have time for your wellness? Don't wait for a physical, mental or spiritual health crisis to occur.

 I can speak from personal experience here. When I haven't done a good job of self-care, something larger than myself had to step in and make it happen. . Over the past 6 years I have had a surgery every 2 years that forced me to take a time out and really focus on my own health.   I would like to hope that I've learned my lesson. I'm creeping up on the 2 year mark and so far so good!

Self-care starts with a mind-set.

I can tell you the practical strategies necessary for making self-care happen like scheduling it on your calendar and protecting it like you would an important event for your job. But really, the most important step in self-care is to believe in your self-worth. If self-worth is an issue for you then I encourage you to explore this issue and get help if necessary.

Mistake #2 – Following the latest and greatest "it" program (weight loss, exercise, nutrition, spiritual practice, etc.) without really attuning to your unique needs

Let's use the latest diet fads as an easy example here. You could easily substitute the latest exercise fad, self-help program – you get the idea. I'm not knocking any programs in particular. What I am shining light on is the fact that one style of eating is not going to work for everyone. We all have different body biochemistries so how can one diet be appropriate for everyone? When we try to conform to the "it" thing we're forcing ourselves to follow a strict plan and stifling signals our bodies and intuition may be giving us. This sets us up for failure because in the end we won't stick with the plan – who would if it makes us feel awful? But instead of focusing on the fact that it simply was the wrong plan for us, we mistakenly believe we're failures, there's no hope, and we give up.

Start any plan of change with self-inquiry and asking yourself what you really need.

If you have a clear idea of your needs, look for plans that will coalesce with your needs. If you're unsure of what your needs are then go into any "plan" with an air of curiosity rather than strict, rigid adherence. If a plan didn't work for you, reflect on what part of it didn't work and why. Now you've learned more information about yourself and can use that moving forward. It's not that you're incapable, it's that the plan wasn't a good match for what you need at this moment.

Mistake #3 – Limited scope of focus

Why or why do we tend to focus on our short-comings more than our strengths? I don't know the answer to that question, but I know that when you focus on your strengths you're a lot more likely to feel motivated and take action. Appreciate wellness as a holistic concept. Be compassionate with yourself. For every one area of wellness that you struggle with, there are many others where you thrive. Stop defining yourself by your limitations.

Before tackling any change start by focusing on your strengths and where you are already well. Ground yourself in your awesomeness!

Mistake #4 – Taking an all or nothing approach

I can't tell you how many times I have entered a coaching call where a client says, "Well, I didn't make much progress" when in fact they had! Shifting the way you think is progress. Starting to do research or make a plan is progress! **Don't forget that change starts in the mind and sometimes the biggest leaps we take towards a goal are mental ones.**

When you begin the change process, appreciate partial progress and how far you've come already, not how far you have yet to go.

Mistake #5 – Doing it all alone

Somehow our society has associated doing things on our own as a badge of righteousness.   I say if someone comes along who can help you in your journey to wellness – why not welcome the help? There is no shame and oftentimes, the journey is a lot more pleasant with some company!

A good question to ask yourself is: Do I want to do this all by myself more than I want to achieve the result?

Be open to receiving support from others. Build a community that enhances your wellness in body, mind, and spirit.

Whether it's a group of friends, family members, people from your church, or a group of like-minded people with similar goals, please be open to getting support. Of course, I would love to be a party of your community.   In fact, I have an exciting opportunity for you to join mine.   Due to an overwhelming positive response to my first retreat, I'm happy to announce that I'll be doing another Spirited Woman's Retreat this coming fall! Mark your calendars for Friday, September 11th. You can find out more details and sign up here: www.wellfinity.com/events/retreats/   I hope you can join me.

May you experience an abundance of wellness this month!

Shelly

Live with Intention, Love Yourself, Create Balance, Fulfill Your Purpose & Thrive!