

5 WAYS TO LASTING CHANGE

1 SET SMALL GOALS

One of the biggest challenges our patients face is feeling the pressure to make changes all at once. If they have a glass of wine every night they feel they are supposed to cut out wine all together to make change. The truth is, restriction and all or nothing mindsets don't get us anywhere. A small, achievable goal would be something like, "I am going to have wine 4 nights next week instead of 7." Or "I am going to try and eat a vegetable at dinner 4 days next week" instead of telling ourself that you have to eat vegetables everyday at every meal. These small changes become part of our habits and if we can make it a habit, we can see change.

2 MOVE

If you have the ability to walk, jump, jog and be outside you are doing your body and your brain a disservice by not moving. You were created to move and be active not to lose weight but to enjoy the world. Whether that means a 15 minute morning walk, a weight lifting session or a You Tube yoga video before bed- remind yourself that you can do more than sit, drive or stand. Make this a part of your life in whatever way you can.

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3 WATER

Staying hydrated is a vital part of your wellness. It aids in mental clarity, digestion, metabolic regulation and our immune system response. For most people drinking 2 liters of water per day would be considered well hydrated. If that feels like a stretch for you, make it your goal to get 1 liter a day and slowly work up from there.

4 BEDTIME ROUTINE

Reading these words may give you flashbacks to childhood or your small children but having a routine before bed that cues your body for rest is so helpful. When we spend hours in front of a screen or in bright light before bed it actually increases our resting heart rate during sleep. This does not give our bodies the chance to repair the way they are intended to.

5 CONSISTENCY

Pick small goals or actions, something that feels easy that you know you can do most days. This is the key to change. We cannot rush the process or change our life over night and expect to make lasting change. Small progress over an extended period of time actually creates a lifestyle rather than a surface level change. Figure out what you need to be consistent and don't be afraid to ask for help. At Cole Pain Therapy Group we offer one on one training from a lifestyle educator so you can make lasting change and become the person you want to be.