

Flour·ish

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verb

verb: **flourish**; 3rd person present: **flourishes**; past tense: **flourished**; past participle: **flourished**; gerund or present participle: **flourishing**

1.

(of a person, animal, or other living organism) grow or develop in a healthy or vigorous way, especially as the result of a particularly favorable environment.

Health and wellness can seem *overwhelming, contradictory, confusing* and *complicated*. My mission is to make it as easy and simple as possible. I want everyone to be able to be the best version of themselves, at all times, and realize how easily achievable this can be through **4 weekly goals**.

Physical

Try out something different in your community

There are so many active and fun activities to do throughout the community. Whether it be a new fitness class, hiking, ice skating, skiing, rock climbing or even curling! Look on Groupon, do a quick google search, ask around and see what you can find near by. Being active doesn't mean having a set workout routine. It just means keeping the body moving because that is what our bodies are built to do.

Internal

Green Tea

If you're feeling up for it, try substituting green tea for your morning coffee just for the week. If not, this tea is an amazing staple to add to your daily routine.

Research has been published linking green tea to:

1. Cancer prevention
2. Heart health
3. Lowering cholesterol
4. Reducing risk of stroke
5. Weight loss
6. Anti-inflammatory
7. Improving memory

This special tea is one of the world's healthiest drinks with one of the highest amounts of antioxidants and anti-inflammatory properties of any tea.

Mental

Emotions are part of being human

Accept the fact that you have emotions, everyone does. Don't be ashamed of them, and understand that they are not permanent. There are periods in your life when *sadness, depression, anxiety, regret, shame, embarrassment* etc. feel like they last forever. During these moments it is crucial to remind ourselves that what we are feeling is **not permanent**. We are going to get past this moment because emotions are constantly changing.

On the other side, there are going to be plenty of occasions when you feel like you're on cloud 9 and life is freaking amazing. Good emotions feel phenomenal so enjoy them! They are one of those *amazing gifts* we get to feel during our life time.

Experience your emotions, understand they aren't permanent and understand they won't last forever. Don't dwell on the negative ones because that makes them last longer and don't get all caught up in the positive ones because they won't last forever.

You are you regardless of your emotions. Always love yourself during the downs, and stay humble and grounded in the ups.

Social

Hang out with someone new

If people branched out more, shared more, communicated more, I think this world would be a better place. We all have a gift and a purpose for being here on earth. Take this next week to make a new friend and learn something different. New relationships open new doors and maybe you'll find one you have been wanting to explore!

Hope you enjoyed this week's Flourish! I will be writing one of these every Sunday evening to give simple advice to bring little doses of health and wellness into your life.

With lots of love,

Dr. Taylor Kunkle, PT, DPT