

Flour·ish

fləʀiSH/
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.

Mental

When you feel a complaint coming on, immediately switch to a thought of gratitude

Complaints escalate and bring forward all the negative feelings in our mind. This turns into a downward spiral and NOT a pleasant place to be. We may also risk bringing someone else into this negative spiral with us if we chose to voice this complaint.

Personal example: *“I am so sick of the Winter. My skin is dry and I’m cold all the time, I just want it to be over!”*

The fix: “I love watching all of the unique sports on the Winter Olympics. It’s truly inspiring seeing the hard work, perseverance and resilience of those young athletes and I wish to apply those values to my own life.”

What I did

Find something about Winter that is positive. It is that **simple** but, none the less, a challenge! Give it a try and see how you feel when the week is over.

Internal

Drink a large glass of water first thing in the morning

Our body is 70% water.

Water IS **so important** for literally **every** function of the body.

Drinking one glass first thing in the morning is a **simple, easy** way to do something good for yourself.

Physical

Stand on one leg for 60 seconds when you brush your teeth then switch to the other for the last 60 seconds

make sure you do this safely and have a stable surface you can grab onto if you begin to lose your balance

As per NCOA (National Council on Aging):

“Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.”

Working on single leg balance is a great way, to not only improve core and leg strength, but also reduce the risk of a potential fall! This applies to all age ranges. The health and wellness choices applied when you are younger will only benefit you later on in life.

Social

In an argument with a friend, family member, significant other etc.

Pause.

*Take a breath
and repeat the phrase*

*“I love you and respect your opinion.”
Then LET IT GO*

This is probably **the hardest** goal for this week because the human Ego can be ridiculously stubborn but *oh my*, once you practice this **you will be free** from so much negative energy.

We are all individuals who have **our own** thoughts that are sometimes right and sometimes wrong **BUT** we still have them. Respect each other and each person's ownership of their thoughts because they **don't** have to be *yours*. Have your thoughts, let other people have their own thoughts and move forward.

Hope you enjoy the first Flourish! I will be writing one of these up 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