

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

Don't take things personally

It is as simple as that. You have your opinions, I have mine and that is how life works. What someone else prefers, says, does, etc. has literally **nothing to do with you**. I learned this powerful message from one of my all time favorite books, *The Four Agreements*. “When you make it a strong habit not to take anything personally, your anger, jealousy, envy and sadness will disappear.”

Be confident in who you are at all times. You know who you are better than anyone else so why would you let their opinion or action get under your skin?

If someone is having a bad day there is a pretty good chance they are probably going to try and send that poison to you by maybe cutting you off, saying a nasty comment, not holding the door open... etc. But once you realize their actions are coming from pain inside of them and that this has nothing to do with you, you are able to avoid that negative energy and be in control of your happiness at all times.

Internal

Give yourself a week off of dessert

What?! I deserve to indulge!

Yes you do, but realize what is going on while you are “indulging.” Is it your body, or your mind that is really getting that happiness? Dessert is incredible, don't get me wrong, but it is not so incredible for your body.

The body requires food for fuel. There are specific nutrients that are actually needed in order to function properly. Unfortunately, dessert does not help the body function with anything, and it actually causes a lot more harm than good. Don't act surprised, we all know this. So do yourself a favor and take a week off. You'll see how much better you'll feel and realize how much of a hold food has on us.

Physical

Go for one 10 minute walk a day

Harvard Medical School published the *5 surprising benefits of walking* that are all based on research.

1. Counteracts the effects of weight-promoting genes
2. Helps tame a sweet tooth
3. Reduces the risk of developing breast cancer
4. Eases joint pain
5. Boosts immune function

These are only to name a few! The biggest reason people don't exercise is because of time. I promise you we all have 10 minutes in our day to go for a walk. Wake up 10 minutes earlier, take 10 minutes out of lunch, spend 10 minutes less surfing the web or scrolling through social media. You can do it!! And once you do maybe you'll find some more time too.

Social

I love you Tuesday's

My dad texts me every Tuesday and simply says "Hey, it's Tuesday and I love you." Our lives are busy and catching up, staying in touch with loved ones can get tricky. This week, on Tuesday, send a text to the people you love. Maybe you can make it a habit in your family too! It seems silly but getting those texts never fails to put a smile on my face. This world needs more love so why not pick Tuesday to spread some.

Hope you enjoyed this week's 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