

[MYDIARY PODCAST SERIES]
[HEALTHY LIVING]

[Intro]

Hello and welcome to the wonderful world of Get Positive Audio.

You're listening to the MyDiary Podcast series.

I trust you will enjoy this audio presentation entitled "Healthy Living".

In this audio track you'll learn how to manage your physical and emotional health.

[Body]

Health is the state of being well in body and mind. Health is more than just about eating good food and exercising to stay fit. It's also about the way you think about all kinds of things and how you react and cope with things that happen to you in life. This is sometimes called 'your holistic state of health'. Research is proving now that being stressed and thinking negatively about life can actually *cause* disease.

So it's important to stay positive and fill your mind with positive thoughts.

One way of doing this is by saying affirmations. Affirmations are positive assertions you make to yourself. They are powerful statements about your potential and capabilities. They can be written down or read aloud for a few minutes morning and night. Some examples of positive affirmations are:

- Good people are attracted to me
- I am always confident
- Opportunities are always around me
- I make good decisions
- I relax easily
- I always think positively
- I manage myself efficiently
- I am attractive and lovable just the way I am
- I am a dedicated person
- I have confidence in my judgement
- Money is always coming my way

It is also important to steer away from negative thinking

There are some common mistakes in thinking that we all make at some time in our life, but it is important to learn to recognise them and correct them by positive affirmations. Some of these mistakes are:

Overgeneralising: When you draw a general conclusion on the basis of only one incident you are telling yourself that if something was true in one case, it will apply to any case that is slightly similar. The fact is, life is rarely that simple.

Taking it personally: Blaming yourself for everything that goes wrong, even when you may only be partly or not at all responsible is unhealthy thinking. You will usually find that most people are too busy worrying about their own problems to even notice yours.

Seeing things in black and white: It can be unhealthy to see things as being only one extreme or the other because in the real world there are many shades of grey. This type of thinking tends to cause an 'all or nothing' response.

Blowing things out of proportion: focussing on things that go wrong and not focussing on things that go right. It's important to keep a balanced view of situations.

Just be aware of thoughts and watch yourself carefully if you go into one of these downward spirals.

If you feel yourself starting to fall apart, take a few moments to yourself, change your environment if you can and get some fresh air, reaffirm your affirmations, talk to a friend who has a good sense of humour, so she can help you see the funny side, try as many things as you can think of to change your negative perspective.

Improving your physical health

You all know that exercising and eating right improves your health, but as the workload increases and time flies away, we may tend to get a little slack with our healthy routines.

One of the best ways to commit to exercise is to find an exercise friend to buddy up with. You must choose a committed friend who agrees to meet you on certain days at certain times. You can do anything you choose:

You can run, ride, power walk, swim and incorporate toning exercises such as pushups, sit-ups and squats to build up a bit of strength too.

It is still amazing how great you feel after even a 15 minute exercise session, your body releases 'happy hormones' and you feel like everything has been put back into perspective and you are ready to fight the world. You tend to have a more positive outlook the next day and increased energy, you also feel healthier and tend to eat better.

Eating well is the final ingredient to healthy living, the 80-20 rule is a great philosophy to work by; 80% of the time you need to focus on eating well:
Plenty of fruit and vegetables, low fat meats and fish together with and low glycemic grains such as: brown rice.

20% of the time you can relax a little and perhaps eat things that aren't on the top of the healthy eating list. Just make sure it's only a small part of your diet.

Don't forget to drink lots of water too! It is a quick fix for foggy thinking or headaches. We will often forget to keep our fluid up if we study or sit down for long periods of time.

[Closing]

Thank you for listening to this podcast.

Feel free to download this audio file to your iPod so that you can replay it at any stage.

I wish you all the best with your studies.

Until next time, Stay Positive!

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