

Daily, personal, 5-minute check-in

Health Engagement and Wellness Services

Practice this skill regularly to maintain balance in life and overcome stress. Through practice, you become your own lifestyle coach.

A healthy life and fitness can be achieved by cultivating balance in mind, body, and lifestyle. The way you do it is to go inside yourself.

Ask yourself, “How do I feel? What do I need? Do I need to ask others for help? Can I meet my needs myself? Do I need some ‘quiet time’ to think things over?”

You’re worth the effort it takes!

Be more aware of your body

- Let go of your external life. Give yourself some space.
- Take a deep breath and cross the boundary to your inner life.
- Ask yourself these questions:
 1. Am I physically hungry?
 2. Do I just need a healthy snack?
 3. Do I really want to splurge?
 4. Am I experiencing stress symptoms in my body? What do they feel like?
 5. What feelings are present? How can I fill empty feelings that are not hunger?
 6. What could I do to meet my needs?
- Look at yourself with courage, kindness, honesty, and self-respect.
- Return to your external life and take any actions suggested by your inner journey.
- Your personal action plan is answered by the question: What one thing could I do that would have the biggest effect on my healthy lifestyle choices today?

On your own or in your support group

Examine:

- What do you feel good about?
- What was your plan last week?
- Think about what you learned and form a plan for this week.

This week

Your action plan might be to:

- Keep a food and activity diary — and discover patterns.
- Practice healthier eating: Try new foods and recipes.
- Celebrate physical activity by moving more.
- Enlist the support of others.
- See yourself in a more positive way.