

# HealthyBea

## LIFESTYLE GUIDE

Simple mindful tips  
to help you finally  
figure it out



# Eat the Food!

No food rules, just guidelines, flexibility, and intuition.



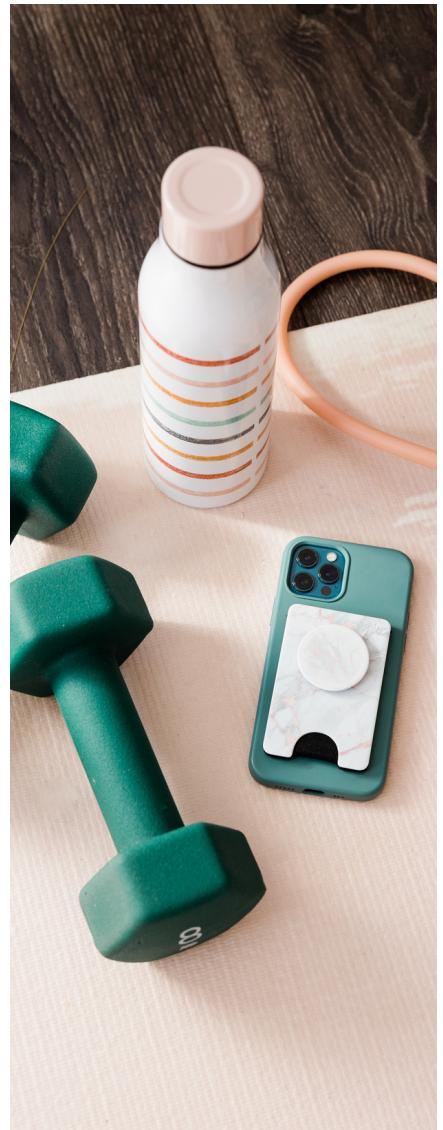
1. **Guideline:** Lots of veg, high protein, moderate amount of carbs, limited processed food, sugar, and alcohol.
2. **Flexibility:** Eating a burger & fries for dinner? Great! Make sure you pack in your fruit/veg & limit your carbs earlier in the day for balance.
3. **Intuition:** Think about what your body and mind need. Craving a donut? Eat it & continue your day with nourishing meals, focused on protein to prevent a sugar overload.

“Give your body at least a 12-hour reset overnight without consumption. Trust me - it will make a big difference in how you feel in the morning. Your body will feel cleansed, renewed, and ready for a new healthy day!

# Do the Workout

Find movement that empowers and energises you.

1. **Environment:** Whether it's at the gym or a boutique studio, at home via an app or a free YouTube video, figure out what works for you!
2. **Cardio:** From walking and running to rowing and cycling, experiment to see what you enjoy and incorporate a mixture of steady state and high intensity cardio every week.
3. **Resistance:** This includes yoga, pilates, barre, weight training, and power lifting. Be bold and try them all to understand what energises you!



Don't underestimate the benefit of micro-movements during the day, such as a quick walk or stretch, for renewed concentration, energy, and a mood boost! 

# Exercise Your Brain



Living a holistic and happy lifestyle involves more than physical exercise, but also mental. Yes, school and work teach us basics and provide a foundation of knowledge, but the information is narrow and limited. It's up to each of us to seek continuous education outside of these structured environments.

## So, Where to Begin?

I realise that time and money can limit us from some learning experiences. Luckily, the below suggestions don't carry any cost implications, given you have a phone and library card.

- **Podcasts:** I challenge you to call me out if you can't find a podcast about a specific topic/theme in which you're interested. I enjoy a balance of health-related podcasts, history lessons, and interviews with industry professionals to explain their areas of expertise.
  - To Inspire: [How I Built This](#) with Guy Raz and [Hurdle](#)
  - To Teach: [The Liz Moody Podcast](#) and [History Extra Podcast](#)
  - To Update: [The Daily](#) and [Global News Podcast](#)
  - To Expand: [Lex Fridman](#) and [Joe Rogan Experience](#)

## Exercise Your Brain...Continued



- **Books:** I didn't find my love of reading until branching out and exploring something against the grain..."Priestdaddy." Start by discovering your love of the activity with books you *want* to read, and then consider the ones you maybe *should*.
- **Apps:** Okay, I will admit that I only use Duolingo to further my education, but from meditation (Mindsight) and fitness (Nike Training Club) to memory enhancers (Brainscape) and general knowledge (MasterClass), there are unlimited open source tools to learn.
- **Conversation:** Invite differences in opinion. Don't let it scare, intimidate, or anger you. Learn to discuss topics outside of your comfort zone or knowledge base. Be kind and open to new ideas.

When discussing a topic with someone who isn't engaged, offer them the benefit of the doubt. Are they really not interested, or just confused and lost in their own thoughts? Don't give up or get frustrated. Everyone deserves a chance, and I am sure you'll both grow if you provide each other with just that.



## Let Go & Love

Two of the values in which I wholeheartedly believe, **empathy** and **forgiveness**, stem from my faith. It takes less energy to forgive than to hold a grudge. I am not saying it's easier to initially forgive, especially if the individual does not act in a way that begs your love. But I am claiming that it will sooner rather than later result in an anxiety-releasing, soul-freeing, uplifting catharsis.

## Get On With It

Yes, you should take the time to vent and analyse and contemplate the situation. That way you can get it all out of your system and then make the conscious decision to...honestly? Get over it and get on with your life.

Think about it this way: are you so consumed by and obsessed with this person that you feel the need to harbour anger and talk trash about them? Not only are you going to drive yourself crazy and waste precious energy, but you're also going to bring that negativity to your other relationships.

Absolutely vent and reflect on the situation with a loved one, but then make the conscious decision to be the bigger person and move on. I am confident that you will feel lighter and happier. I am confident that it will set you free.

# Find Your People

Life has taught me that it's okay to have friendships that support you differently. You're allowed to have a workout-only friend, a travel buddy, fellow foodie, gamer, artist, church goer, etc. You're allowed to have friends you enjoy seeing in limited doses. Friends in which you can't confide everything. It's okay to let friendships fade, or to only spend time with them when they need you.

We are human beings. We associate with people in different ways because we all have varying needs and interests. Ultimately, though, we all seek connection of some degree. I share some notes and questions here for you to consider when deciding who deserves your time.

**Boundaries:** We all have different motivations, triggers, priorities, and values which shape our own boundaries. Consider your end goals & how your daily actions fuel them. Do you thrive with weeknight plans because it encourages you to be hyper productive during the day to make it to your dinner on time? Go for it! I want you to stay true to what you need and feel confident communicating that with others. If your friends are loyal, they will understand. If they are not, perhaps reconsider them. You deserve better.

**Friendship Questions to Consider:** I'd like to leave you with a few questions that I consider when deciding who earns a prime spot in my life. And you should, too. Because after all, we're all worthy.

- Does this person serve me?
- Does this person uplift me?
- Does this person encourage me to excel and grow as a human?
- Does this person energise me?
- Does this person respect me?
- Does this person challenge me?
- Do I enjoy my time with this person?

# Rest, Reflect, & Relinquish

Life is crazy. We're all constantly moving at 100mph. We're quick to judge, quick to anger, and quick to burnout. What I often forget is finding time to rest my body and mind, reflect on decisions, and relinquish unnecessary stress and indignation. Here are some tips that I am currently implementing to improve and grow.

1. **Rest:** Think about how much better your mind will operate in the morning, body will move during your next workout, and emotions will regulate amongst upsets thrown at you. Consider baking a healthy (for the body OR soul - if you know what I mean) cookies, reading, closely listening to a podcast or lyrics of an album, writing, calling a loved one...whatever brings you peace and joy.
2. **Reflect:** How can we expect to improve ourselves if we don't take the time to actually think about how to improve? How many times have you seriously messed up and then repeated the mistake? Do you even realise these perpetual misdoings? These are moments worth reflecting upon and then translating into progress. Communicate openly with those involved in the situation, and let them help you make positive changes.
3. **Relinquish:** At one point I reached the (oh so wise) conclusion that there are enough things we actually need to worry about, and can control, that it's not worth it to dwell on those that are out of our hands. This applies to pent-up anger, sadness, stress, worry. So, go for a workout, take a walk, write it down, call your mom or bestie, blast some emotional music, cry, yell, complain. Whatever you need to do *initially* to then **let.it.go.**

“ Rest your body and mind, reflect on your decisions, and relinquish unnecessary stress and indignation.

“ We must invite mistakes and hardships, for they present the most opportune situations to better ourselves and everyone encountered along the way.

## Seek Discomfort

This one is special and important to me because it aligns with my motto in life, and personal quote above. Yeah yeah it's not groundbreaking, but it means a hell of a lot to me because it has allowed me to live my best, most fulfilling life.

I often think about how my life would look if I hadn't been brave enough to make some scary (ass) decisions. Would I have ever escaped my homogenous small town in Ohio to move to New York for University? Would I have ever landed my dream job if I hadn't reached out to an alumnus for a coffee chat years before I landed the job? Would I have ever met my fiancé if I hadn't quit that perfect job to move to the UK to earn my MBA?



# Seek Discomfort...Continued

## Your Tasks

1. **Write:** I challenge you to sit down with a smooth pen and your favourite paper and write down the decisions you've executed that made you feel very uncomfortable. They can be as small as "called someone at work to discuss a topic instead of emailing," or "completed an intimidating workout."
2. **Reflect:** Next, document how these actions made you feel before, during, and after. Seriously! I realised I consider these feelings instinctively, and that act not only empowers me afterwards, but also educates my future actions. I think to myself:
  - a. Why was I so nervous?
  - b. Was it irrational, or warranted?
  - c. How did I calm myself down and convince myself to make the uncomfortable decision?
  - d. How did I feel afterward? *Hint: Normally the answer is "um amazing, you go girl!"*
  - e. Was it worth the discomfort? Spoiler: Most likely, "*hell yes!*"
3. **Consider:** Finally, think about how you'd feel if you hadn't made those decisions. Typically, I feel like I let myself down and could have done more. It's a heavy feeling, as opposed to the lightness I carry when I prove to myself I could be brave. However, we're not perfect and we need to be able to accept and love ourselves while learning from these moments of weakness.

It is so easy to only seek comfort in life. Life is hard, and sometimes we just need to be happy making it through the day. However, if we want to seriously change and improve as individuals, we need to take the leap.

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For me, it comes down to my idea of our greater purpose in life.

Are we here to make sure we achieve maximum comfort on a daily basis, or are we here to support and uplift our peers?

## Gift Your Attention

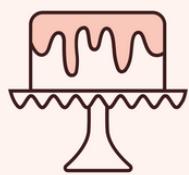
Have you ever been in that situation where you don't particularly want to be talking to someone? I know that sounds harsh, but think about that moment when you were in a rush and didn't have the time or patience to hear about the grocery store attendant's elaborate lunch. Or when you spoke to your friend about his relationship issues well into the night and just wanted to go to bed.

We have all been there, and continue to be there. But why don't we change that? Reframe it? Think about it from the other person's perspective. What if you were that person and really wanted/needed someone to actively listen and provide feedback? Then think about how much you're truly sacrificing.

Considering the greater scheme of things, what's more important? Gifting the recipient your attention, or getting exactly what you want? I encourage you to take a breath, remember that it's not all about you, and consider the value the simple gift of your attention would offer someone else.

I sincerely hope this little guide of mine offered you some form of motivation, inspiration, or at least light Sunday entertainment. These topics are incredibly important to me, and it took many mistakes to learn how best to approach them. I promise I haven't perfected myself in any way, but I continue to use these tips, guidelines, and mindsets to grow.

Let's simplify the idea of holistic health by prioritising movement, stillness, reflection, kindness, and forgiveness. Let's build our sturdiest personal foundation so that we have the capacity to build upon that of everyone we encounter. Let's take care of ourselves so that we can take care of others.



HealthyBea

Thank you!

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