Creating A Mindset of Wellness

The Knowing-Doing Gap

Wellness=Thrive

What is one wellness goal you have?

1.

5 Barriers that Lead to the Knowing-Doing Gap and Conquering Them!

1. Immediate vs. Future Thinking

Actions:

- Think of positive results that you will get in the next several hours (results can be physical, emotional, mental, social, financial)
- Think of recent times you have gotten positive results from positive behaviors and bring them to the present moment

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2. When, Then or If, Then Thinking

When....

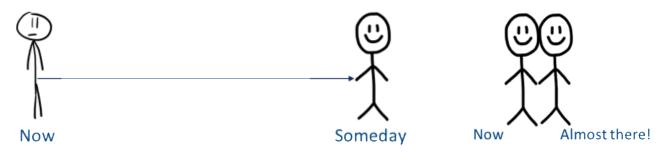
Then.....

If....

Then.....

Actions:

- ✓ Challenge yourself, find flaws in your thinking
- Acknowledge what scares you or what you are avoiding
- ✓ Start with small action steps
- 3. You in the Present vs. You in the Future



Actions:

- Acknowledge the traits and behaviors that are currently aligned
- ✓ Focus on incremental changes
- Be in the present moment-the only place where you can take action
- 4. Temporal discounting

Actions:

- ✓ Wait 5-10 minutes before acting
- ✓ Be aware of the benefit you derive from the short-term behavior
- Imagine long-term benefits happening sooner
- ✓ Find a calm, soothing, or relaxing environment before acting

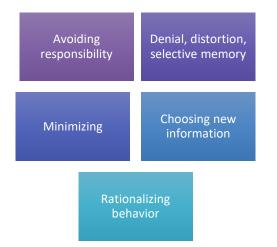


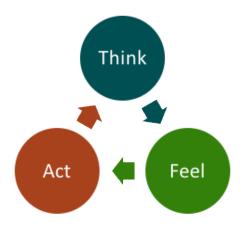


5. Coping mechanisms

Actions:

- ✓ Reflect on your values and purpose in life
- ✓ Challenge yourself, be your own "crap" detector
- ✓ Journal about your coping mechanisms
- ✓ Create a corrective plan. Next time I will...







We are what we think!

5 Daily Actions to Create a Wellness Mindset



Create a Wellness Mindset!

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1. Find your Why? Live your Purpose

Why are you here? What is your purpose in life? Who is most important to you? What matters most? What impact do you want to have? How do you want to be remembered? What are the most important values in your life? Who are you at your best?

Actions:

- ✓ Take the time to reflect on your purpose and write it down
- Revisit your purpose often and share it with others
- ✓ Keep in mind that you can live your purpose each day
- ✓ Use your purpose in daily thoughts and behaviors to stay on track

2. Build Awareness, Practice Mindfulness

Actions:

- Use mindfulness apps or books
- Select specific moments or activities in your day and practice
- Practice mindfulness when you first wake up or just before bed
- Create a cue or prompt to remind you to practice
- Remember that only 5-15 minutes per day can make a difference
- You can be mindful in everyday activities (eating, brushing your teeth, walking)
- 3. Challenge Thoughts, Attitudes, Beliefs

Actions:

- ✓ Ask yourself if your current mindset is working for you
- ✓ Start with challenging your ideas and inner voice and rewrite them
- Next reflect on your feelings and perspective, where they come from and if there is an alternative
- ✓ Finally, see if your identity or convictions align with your goals and be honest with yourself

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Your convictions. Your identity.

Beliefs

Thoughts

Your ideas.

Your inner voice.

Attitudes

Your feelings.

Your perspective.





4. Script your Inner Voice

Actions:

- ✓ Pick scenarios in which you struggle with your inner voice and rewrite it
- ✓ Keep a journal of your inner voice and thoughts to find patterns
- ✓ Notice what your inner voice says when you do something well
- Notice what your inner voice says when you make a mistake or get off track
- ✓ Write down sayings you would like your inner voice to adopt and put them in places where you see them often
 - 5. Words Matter

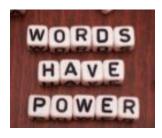
I have to... I need to... I want to... I get to... I should... I could... I will...

- ...go out with friends.
- ...eat ice cream.
- ...watch a movie.
- ...play with my kids.
- ...have a date night.
- ...clean my house.
- ...relax.

- ...go to the doctor.
- ...go to work today.
- ...pay bills.
- ...workout.
- ...eat a healthy snack.
- ...go to bed.
- ... practice mindfulness.

Actions:

Become aware of the words you use when it comes to engaging in activities and behaviors associated with your goals
Challenge yourself to reword your behaviors so that they are associated with an opportunity, determined, or optimistic context



Create a Mindset of Wellness to Thrive in What Matters Most in Your Life!

