



*My best analogy yet!*

I've been thinking about how to explain stress to you

If you want to change today!

So I've been thinking for some time about the best way to explain WHY I need you to start taking better care of yourself

*I know, I know*

You're busy

You're a mum

You have obligations, commitments and stuff filling up your day

Trust me I get it

I'm not a mum, but I did have a lifestyle that ruined my energy, my confidence, and my moods

I worked 4 jobs, Trained for 20 hours per week, Cycled to all of my jobs on top of my training and tried to keep up an active social life...

What do you think happened to me???

***I crashed and burned***

I was trying to be all things to all people

A complete 'Jackie of all trades'

And in the end...not only did I master nothing

I lost a lot at the same time

1. **I lost my health**
2. **I lost my happiness**
3. **And I lost my confidence!**

So here comes the lesson for today

When you pile stress on stress on stress

Your body will only last so long

I want you to think of your body like a bucket

In the beginning your bucket is strong and holds all of the water that you put in

Over time, your bucket gets strained and small holes appear in your bucket

And water starts to leak out (*the water ....is your energy and your confidence*)

As more time passes, and more water gets poured into your bucket (*more stress, more training, more junk food, more diets*)

And MORE Water (energy) is leaking out of the bucket

Until the trickle, becomes a gush....

And when you are short on energy and confidence, you end up sedating your feelings with junk food, hiding from the truth and feeling like a complete and utter failure....and weight loss seems like something that will never happen for you.....YOU ARE PUTTING A BAND AID OVER YOUR ISSUES!

***Am I right?***

***Does this make sense?***

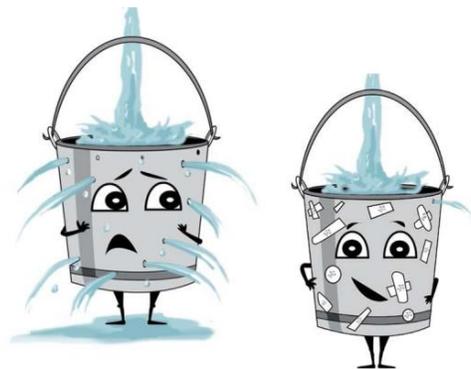
***Are YOU haemorrhaging energy and confidence?***

It does not have to be this way

If you are ready to tackle this

With me by your side....let's go deeper!

***Don't just stick a band aid over your holes!***



When you sedate your feelings with

1. Junk food

2. Binge eating
3. Binge drinking
4. Drugs
5. Procrastination
6. Binge Netflix

You end up papering over the cracks, you put a band aid over your problems. The PROBLEM is that when you just plug the leak, you are not solving your initial problem.

You are still piling stress on top of stress, on top of more stress, and to make it worse, when you indulge in your learned coping behaviours, you are putting EVEN more stress on your system.

### *So what can you do?*

Self care and self love! When you learn to love yourself unconditionally, you can take care of yourself without feeling guilty.

If you struggle to put yourself first, if a lifetime of being a mum, a friend, a wife, a sister, a daughter has seen you put yourself at the bottom of the pile...you will find these suggestions difficult, so let me put it another way that might appeal to you....when you are a wreck, when you burn out, when you feel like crap, every single day....you cannot be the best mum, the best friend, the best sister, the best daughter – because you are a shadow of who you could be!

So, putting yourself first actually helps you to be the best version of yourself for others too!

### *How can I put myself first?*

1. Schedule your ME TIME into your diary
2. Start small, with just 5 minutes, and build up over the weeks
3. Make sure that you are aiming for some ME TIME – EVERY SINGLE DAY
4. Make sure that your family and friends understand that you NEED this (*and you WILL still be there for them, in fact, you'll be there for them EVEN MORE than before!*)
5. Make it a habit
6. Turn off all devices whilst you are doing it (*we don't want 'pings' interrupting our zen!*)



## What can you do?

Well, what do you enjoy, what makes your heart sing? What makes you happy and relaxed?

- Meditation
- Yoga
- Singing
- Dancing
- Stretching
- Cuddles with pets or children
- Playing music
- Walking
- Taking a bath
- Putting some candles on
- Stretching
- Tv

These are just some ideas, and I suggest having a few of these that you try and rotate through! It is best to pick something that you feel relaxed with. Reading is often a great hobby, but it can be very difficult to concentrate when you are exhausted and worked up...so you find your own personal pass times, your own personal self-care regime that works for you!

When your self-care, and self-love become a habit, you will find that you are fixing those leaks in the bucket, instead of just sticking that band aid over the hole temporarily and hoping that the water is kept at bay.

Invest time in your energy, your mood and your health, protect your confidence by putting yourself first and you will see results emerge that you couldn't even imagine!



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