

# THE MIND AND BODY GUIDE

PRESENTED BY  
WOMEN'S WELLNESS  
optimyz

**ELLIE  
BLACK**  
3-TIME  
OLYMPIC  
GYMNAST



**TRAIN LIKE  
AN OLYMPIAN  
EVEN JUST A LITTLE**

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DITCH THE DIET

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TWEAK YOUR LIFESTYLE

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LOVE THE BODY YOU'RE IN

# You Can't Fake Energy!

Positive energy is a "vibe" you radiate to others before you even open your mouth and vibes don't lie.

BY JENNIFER ETTINGER

Let's begin by defining "energy" most simplistically: it's basically doing work. In the context of being an *OptiMYz* woman, it takes energy to do everything, like move your body and cook your meals.

So, how do we fuel ourselves energetically, and why should you care?

According to the founder of *Positive Psychology*, Martin Seligman says, "Happiness is more than a feeling of emotional contentment; it is the foundation to having a full life." He emphasizes three domains:

- ▶ A pleasant life (your emotional contentment)
- ▶ An engaged life (your hobbies, work, and relationships)
- ▶ A meaningful life (your purpose and value)

Studies show these domains significantly enhance overall well-being and decrease depression.

One of the best tools to up your "happy energy" is to journal. According to University of Toronto professor of psychology, Dr. Steve Joordens, journaling helps women become more aware of their emotional and mental state and allows control by using journaling strategies.

In addition, studies show writing in a journal aids in better sleep,

increases self-confidence, boosts your immune system, and even raises your IQ!

Get yourself a journal cover that speaks to your soul, and let's get writing!

## 1) ARE YOU SEEKING A MORE PLEASANT LIFE OF PERSONAL ENJOYMENT AND "ME TIME"?

Many of us live the "rat race" of busyness and forget about being present in our day, which can cause stress and anxiety as we rush through our daily schedules.

Let's reshift your energy by scheduling a day and time to participate in your favourite activity. Be committed to the time. Write down your feelings after the activity. For example, how did it feel to be ALL IN?

## 2) DO YOU WANT TO BOOST YOUR SUPER STRENGTHS AND SELF-CONFIDENCE?

Choose one of your best skills and be aware of this strength by being engaged with it throughout your day. Record notes on the strength being used and try to use it in a new way.

## 3) WANT TO EMBRACE A MORE MEANINGFUL LIFE AND LIVE YOUR LEGACY?

Record what you want to be known for – your legacy. What things are the most meaningful to you? If you

are feeling a void, what is the void? Recognize it and journal how you can fill that need in your life.

## 4) DO YOU WANT TO LIVE UP TO YOUR FULLEST POTENTIAL?

On a regular routine day, record an hour-by-hour diary. Each hour, ask yourself: How did I do? Am I enjoying this day? Am I in my flow? Is my daily routine meaningful, and is it reflecting my personal goals?

The bottom line is that the more you can embrace positivity in your life, the more it will foster better health habits, high vibes, and happiness every day! 



**Jennifer Ettinger** From bedridden with illness to best-selling author, she merged her passions of health, lifestyle, fitness, and connection into two multi-platform brands encompassing Social Media, Digital, and the Red Carpet.

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