
Greetings and Welcome to Wellness in the Year of the Goat



Happy 2015 and Happy Year of the Goat.

I hope the year has started well for you and I'm wondering if your work and life is in balance?

We often start the year with a hiss and a roar

and then as the weeks go by **we find our energy and**

commitment levels waning. Our goals go by the wayside and

we fall into the same old habits and rut. Don't let this continue there are a number of tools I can share with you...

On a sadder note I was reminded as we all were last month when:

Celia Lashlie's death came as a terrible shock to the community she served. Her comments she posted on her web site included: "The stress of the lifestyle I was living, the demands I made of myself, the demands other people made of me and expected to meet became too great and as 2014 closed I was diagnosed with pancreatic cancer that had spread to my liver. No treatment, no cure, only palliative care. **I'd waited too long to look after myself and my body broke.....My wish is that others will learn to stop before I did, to take into account the limitations of their physical bodies and to take the time to listen to the yearnings of their soul. It is in the taking care of ourselves we learn the ability to take care of**

others. <http://www.stuff.co.nz/national/66244622/celila-lashlie-diagnosed-with-terminal-cancer>



Wellness is a hot topic. Obesity is on the rise; NZ is the 3rd most obese country in the world, 1/3 adults 15yrs+ in NZ are obese. Type 2 diabetes, heart disease, ADHD etc. are on the rise often associated with obesity, sedentary lifestyle, no exercise and poor diet. Depression and anxiety is increasing at alarming rates even in children and teenagers.

One in six New Zealanders will experience serious depression, at some time in their life. Approximately one in seven young people in New Zealand will experience a major depressive disorder before the age of 24.

What are the Wellness requirements?

Good nutrition
Daily Exercise
Emotional wellness
Sunlight and fresh air
Changing old destructive habits



Some of the usual issues and impacts when wellness is compromised?

Tiredness
Headaches
Poor concentration
Negativity
Irritability
Depression
Putting you last. Inability to delegate and say NO.
Bloating and lethargy
Sickness and time off work
Ineffective at work
Quality time with family compromised

A few strategies to ensure you are in peak wellness



[How Meditation Boosts the Immune System](#)

By Deepak Chopra

Your immune system is not just a physical mechanism used to fight disease. It actually transmits your thoughts and moods to your cells. Make sure you're sending the right messages with this advice. [Read more >>](#)



[7 Simple Ways to De-Stress](#)

In today's over stimulated world, it's actually quite easy to quiet the noise. Try these simple strategies to reduce stress and increase joy in your life.

[Read more >>](#)



[7 Steps for Dealing With Difficult People](#)

Don't let a difficult person get you down. These tips can help you rise above and find compassion in challenging situations.

[Read more >>](#)

What do you do to be healthy and well to live the life you want?

Like Brooke coaching on Facebook for more tips on Wellness

www.brookecoaching.co.nz

I love my role as a Certified Life/Wellness Coach, Personal Trainer, Registered Nurse, Business Owner.

I am finding more and more people are burnt out or just not coping. If you or you have a friend or colleague who needs help I would be happy to help where I can, or if needed, refer them onto the right health professional. If you are in a work environment that needs a Wellness programme I offer these tailored to their needs.

Here is to your wellness and thank you for reading



Julia x

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