

May 2014 - How are you?

If I didn't know you very well and were to ask you how you were, most politely and likely you'd say "I'm well thanks" (or "good thanks" if you're a true-blue Aussie!).

Now stop for a moment and consider the word *well* and what it actually means to you. Are you *really* well or are you just 'OK'?

When's the last time is you consciously thought about your state of wellness and how it's impacting your life?

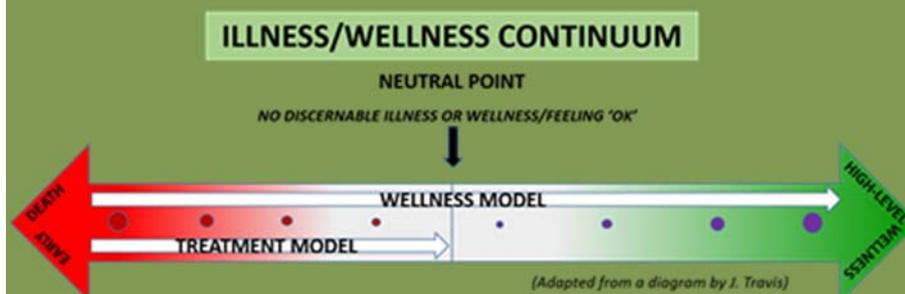
If you're like most, you've probably been too caught up in the busyness of life to stop for a moment and ponder such thoughts!

So, here's your chance, let's go again, mentally fill in the blank:

(Q) How are you?

(A) I'm.....

Now run your eyes over the illness/wellness continuum below and see where they land. Where does X mark the spot for you? Is it in 'symptom-land' in the red or in 'growth-ville' in the green? Is there scope for you to move towards a greater level of wellness?



Michael Gerber M.D. defines wellness beautifully as:

"...a state in which a human being functions at an optimal level of integration between the elements of body, mind and spirit. The well individual is one who is happy, healthy and whole, and who perceives his or her life as one with meaning and purpose."

Does that sound like you? Are you feeling happy, healthy and whole? Look at your response again. Does it resonate more with statements 1-6 below or to number 7?

1. *I'm very stressed at work at the moment*
2. *I keep getting headaches and I'm a bit anxious to be honest*
3. *I'm constantly tired and running on empty*
4. *I'm struggling to juggle work, the kids, my relationship...*
5. *I'm feeling pretty awful about my weight and how I look*
6. *I'm down in the dumps and can't seem to shake it off*
7. *I'm feeling absolutely fantastic! Life couldn't be better!*

Now, why do I somehow suspect the former grouping?

Probably because the figures stack up in my favour!

According to Safe Work Australia (2013), there's in excess of \$14 billion in lost revenue to the Australian economy each year due to work-related mental health stress.

That's a whopping load of money in lost productivity and a whopping load of stress. Those figures are not looking too happy, healthy nor wholesome, are they?

But this is about you.....or are you a statistic in the report?

Remember, optimal wellness is your birthright. You deserve it. Why settle for anything less?

If you'd like to feel better than 'OK' and have a desire to do something about your health and wellbeing, check out our self-directed wellness programs.

We'll help you with the 'how'. All you need to do is to figure out the 'why'. Leadership starts from within. Wellness is a decision.

What are you waiting for?

Caroline