

Wellnecessity News...

Wellnecessity...Where Wellness is a Necessity

Autumn 2005

Greetings!

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This Month's News



Autumn is definitely upon us. Regardless of how old we are, I don't think we ever really shake that feeling of impending doom when the leaves start to turn.

During the last few weeks, I've watched myself vacillate from being one of the parents in the TV commercials skipping through Staples, throwing back-to-school

supplies into my cart, to my former teenage-self, feeling sad and a bit nervous. My children keep reminding me that, for them, Autumn is the most dreaded time of year. It means summer is over and school is starting once again. I've tried to be the "grown up" and assure them of all the wonderful things to come. The truth is, I don't always feel ready for the changes that lay ahead either.

I know that change always brings many different feelings – and that's normal. However, I also know that some of these feelings may not be helpful. They can be counter-productive and, sometimes, can stop me from taking the necessary action. With some soul searching, I came to realize that when we have faith and open ourselves up, wonderful things begin to appear in our lives. In fact, each "season of change" brings new opportunities.

So, I ask you: What does this new season mean to you? What feelings are you experiencing with the changes happening in your life? How useful are they? Maybe it's time to let go and choose a new feeling or thought that will serve you better.

What is Wellnecessity?

We are a professional coaching and consulting company dedicated to empowering individuals to create the lives they truly desire.

We believe that **WELLNESS** is more than just good physical and mental health.

A "well" life is **PURPOSEFUL** and **BALANCED**.

For us, living the life you desire is a **NECESSITY!**

If you are interested in finding out more about coaching and how it can work for you, call or e-mail us. Mention this newsletter and receive a **FREE** coaching session!

[Visit us at: www.wellnecessity.com](http://www.wellnecessity.com)

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We have created a number of **Strategies for Managing Change***. We hope you will find some of these ideas useful in your journey ahead.

Join our mailing list!

Also, this fall, we are excited to announce that Julie's movie, **GETTING OFF**, premiered on Showtime and in November will premiere on The Movie Channel. We have included a list of air dates so make sure to catch it. Find out more about Julie @ www.julielynchproductions.com.

This month too we are officially wrapping up our **Self-Care Challenge** and sharing some of the high-lights from the past 90 days. We hope that you will continue to exercise your self-care muscles and honor all you are and all you do.

Last, enjoy this new season and as always my friends, *Be Well!*

Strategies for Managing Change

"You cannot step into the same river twice" - Heraclitus

A river changes constantly as new water flows through it. Did you know that the same is true for our bodies? Deepak Chopra's **Quantum Healing** explains that 99% of the atoms in our bodies were not there a year ago. Not only that, our body develops new skin every month, a new stomach lining every four days, and a new liver every six weeks!

It's pretty clear that change is continuous in every aspect of our lives. The question is, do we have the mental perspective to handle change well? Some change is thrust at us -- like illness, death, divorce or the loss of a job. These types of change can certainly be traumatic. There are other types of change that we create deliberately. They can also be stressful like marriage, relocation or a new career.

Before you embark on making deliberate changes, you may want to ask yourself the following questions:

- What is it that I really want?
- Why now?
- Am I willing to make this change?
- What is stopping me or can stop me?
- What am I feeling?
- Is there a reason for this feeling?
- How normal is it given my situation?
- Do I believe I can truly have or do this?

If you are faced with a traumatic change and are having a

difficult time handling it, you may find that the **5 Guiding Principles of Change** below will help. The key is that every time we make a positive change in our lives, or survive a traumatic change, we are one step closer to being the person we are meant to be.

5 Guiding Principles of Change:

1. Every situation we encounter is an opportunity for our growth. There is a purpose in everything that happens to us. Even in failure, we must find the purpose and learn the lesson.

"Difficulties are opportunities to better things; they are stepping stones to greater experience. Perhaps someday you will be thankful for some temporary failure in a particular direction; when one door closes, another always opens; as a natural law it has to balance."- Brian Adams

2. Our lives are full of challenges and even sometimes pain; how we choose to view the challenge and how we react to it are completely up to us. As we grow older, we encounter more tragic events in our lives. Sometimes the pain associated with these events is unavoidable. However, we must accept that suffering is optional.

"Be the change you wish to see" -Gandhi

3. Everyone we encounter is our teacher. Everyone we meet in life offers us something that we need on our journey. Whether it is your child, roommate, teacher, friend, ask yourself: What can I take from this relationship? What am I supposed to be learning?

"Everyone thinks of changing the world, but no one thinks of changing himself"- Leo Tolstoy

4. Attack life as if it is the "perfect adventure". In the words of Forest Gump, "Life is like a box of chocolates, you never know what you're gonna get." Our constant need to know and to control only creates fear. It is when we have faith and live in anticipation that we make room for more in our lives.

"Life is a daring adventure or it is nothing"- Helen Keller

5. "Life is a journey; not a destination." Enjoy the road and all you find on it.

GETTING OFF and THE SACRED BODY Tour

GETTING OFF premiered on Showtime in September and is available on "Showtime On Demand" until October 19th.

GETTING OFF will be playing on The Movie Channel on Nov. 12 at 11:30 PM and Nov. 23rd at 8:00 PM.

September marked the first stop on our cross-country tour. Julie and I presented a sneak preview of **GETTING OFF** to our alma-mater, Villanova University. It was a wonderful event. Our thanks go out to the staff at Villanova who so boldly made this possible.

The tour is part of our campaign to promote self-discovery through the arts. During the tour, we will be screening the film at colleges and universities and speaking with students about the issues they face: alcohol and drug abuse, sexual assault, AIDS and other sexually transmitted diseases. From our own experience, Julie and I know that college is a time when we feel the most invincible - cocooned from the realities of life. Unfortunately, the cocoon is a fallacy. College experiences - both good and bad -and the choices that we make can stay with us for the rest of our lives. Through the film and discussion, we hope to share our hard-earned wisdom and give the students some tools to help them make better choices along the way. We hope to show them that self-care and self-protection are the most valuable lessons they will ever learn.

If you know of a group or university that would be interested in screening the film, please [contact us](#).

More movie information @ www.gettingoffthemovie.com

Self Care Challenge: Wrap-up

Over the last 90 days, I learned that self-care is much more than just an afternoon at the nail salon. When you start to incorporate self-care into your life, the rewards are multi-dimensional. Self-care is much like physical exercise. Only when you begin to do it regularly does it become easier.

Sometimes self-care is as much about eliminating what drains us as it is about adding what feeds us. I realized that cleaning my house had become too stressful - a burden that I could no longer afford - so I hired a cleaning service. Not only was it a great relief to come home to a clean environment, but the extra time I now have has freed me up to create even more positive change in my life.

Speaking of positive change - Julie had a black tie event Saturday night. She wanted to wear a strapless gown, but as long as I have known her, she has always been bothered by the hair on her arms. So rather than feel self-conscious, she had her arms waxed. Even though it was just a small detail, it made her enjoy the evening all the more.

So please, figure out what you love – and do more of it!
Figure out what you hate - and get rid of it!

Our readers came up with a few other ideas that we enjoyed hearing about. One reader that was feeling detached from her husband planned a dinner date with him - but boy was he shocked when dinner was room service at a local hotel! *Congrats on that!*

Product Spot-Light

Just as we have talked about tools for managing life's changes, I consider **Sunrider** Foods the tools for managing our body's changes. Knowing that our bodies regenerate and rebuild constantly, proper nourishment is imperative. Nutrient dense foods ensure that our bodies create new cells that are healthy. It is only with proper nourishment that the body is able to correct weaknesses and bring us into balance. Remember, disease is merely a body "out of balance".

This month I would like to focus on the **Quinary** formula. It is a nutrient dense food and a unique herbal formula that contains over 50 different concentrated food grade herbs. These herbs are synergistically combined to nourish the five systems of the body: the immune, endocrine, circulatory, respiratory and digestive systems. It is only when these systems are properly nourished that balance is possible.

When was the last time you were able to eat 50 different concentrated vegetables at one time? In fact, think about the last time you were able to purchase 50 different vegetables in the grocery store! **Quinary** is a must in our household.

Quinary comes in powder packets, capsules and a liquid formula. Try it yourself and feel the difference!

[Click here](#) for more information about Sunrider Whole Food Herbal Concentrates.

* Adapted from IPEC Empowerment Foundation Principles

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