

PROGRAM IMPLEMENTATION

I know what it's like to feel stuck in a rut with your body, your health and your menstrual cycle. It's frustrating and usually ends up being just plain exhausting. T

When it comes to implementation of these practices and solutions over the long term, I prefer to take a flexible approach, because, well...life happens. Here are my suggestions for implementation:

1. Remember first and foremost that there is no such thing as perfect health or a perfect period. Continually striving for that will just use up your precious bandwidth and keep you unchanged and in a place of burnout. You'll end up so defeated that you self-sabotage. Completely opposite of what your goals are. Instead, aim for imperfect. Your food, self-care and exercise aren't going to be stellar all the time and that is A-OK. You're a grown-up and there are no good or bad decisions about any of these, but there are consequences, and you are very aware of them after doing this program.
2. Take an honest, unflinching inventory of where you're at now that we're at the end of the program. What has changed since we began 10 weeks ago? List everything off - examples include, how is your energy, do you have afternoon slumps, how do you feel when you wake up, and when you go to bed? Changes with your menstrual cycle? What about your mood? Is there still anything with your health or life asking for your attention? How are your relationships? Energizing or depleting? Circle the top three issues that are still nagging and focus on those over the next 8-12 weeks.
3. Continue to re-evaluate on a daily, weekly or monthly schedule. I like the idea of creating an accountability journal and checking in with yourself at set times of the day, week or month.

There is something known as "learned helplessness", which is when a person gets accustomed to not having much control over the circumstances of their life. This typically happens in childhood to many people and the pattern of helplessness and victimhood continues into adulthood. I was absolutely this person for many years, and it wasn't until my late 20's that I realized I was actually missing opportunities to make positive changes to my health and lifestyle because of the way I approached everything.

Here's the truth - you have far more control over the outcome of your life than you may realize. If any of this rings true for you, use your accountability journal to write about how this pattern shows up for you. Are there any opportunities that you are missing or not taking advantage of to improve the overall quality of your health and life?