

HEALTH & STRESS

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Maintain a healthy outlook through the power of positive thought!

Do the daily rituals that you normally do to take care of your body, and also to care for your mind ...

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CHANGE
Your Future, Now!



János Hugo Bruno "Hans" Selye,
(1907 – 1982)
a pioneering Hungarian-Canadian endocrinologist who conducted important scientific work on the hypothetical non-specific response of an organism to stressors.



Mental tensions, frustrations, insecurity, and aimlessness are among the most damaging stressors, and psychosomatic studies have shown how often they cause migraine headaches, peptic ulcers, heart attacks, hypertension, mental disease, suicide, or just hopeless unhappiness.

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Maintain a healthy outlook through the power of positive thought!

Do the daily rituals that you normally do to take care of your body, and also to care for your mind. How important is your physical shell if you do not have a sharp, positive, encouraging, and affirming mind to blend with it perfectly?

Fill your mind with hopeful, positive, and uplifting thoughts and you will bring about more success, abundance, health, and happiness. Your days are numbered, so fill them with more joy, smiles, fun, and simple happy essentials that you can stream into your life.

How can I be healthy?

Being healthy is a big part of life that you would not want to miss out on. Try to keep an optimistic outlook. It makes everything you do easier, including getting healthy. Think about what you can do that would make you happier. Contrary to popular belief, happiness does not just happen. You have to work at it!

Mental health is greatly aided by physical health. It is hard to feel good about anything if you do not feel excellent physically. Even if other things are going wrong in your life, take care of your health. Getting enough exercise, keeping clean, and eating right are usually some things you have a lot of control over. Do not blow it off if you are unhappy. It will just make you unhappier.

A key part of being healthy is not getting sick. Use some common sense about germs. Wash your hands after you use the restroom, or before you prepare food. Use hand sanitizers if you have to



deal with the public, and keep up on your vaccinations, etc. Do not make yourself crazy about this. Just be mindful of it.

As far as alcohol: watch it. It is easy to underestimate its ability to screw up your health, partly from its direct effects on your body over time and partly from its effects on your judgment. If you commonly drink more than fourteen drinks a week, you have a problem. Get help. Avoid smoking and using other drugs.

You should get at least three hours of exercise a week, spread out over at least three days per week. Mix it up. Ideally, you should get some cardio, some resistance training, and some stretching. Unfortunately, few single exercises offer all three. Try to find a sport you really think is fun.

Exercising can be as deliberate as jogging around your neighborhood, or as simple as taking the steps instead of the elevator. Anything that increases your heart rate is good exercise.

When you are working out, never overwork yourself. If you know your body is asking for a rest, listen to it. In addition, never exercise without having a bottle of water with you. The average human body should get at least 8 cups of water per day.

Drink enough water so that your urine is clear. It will make your skin clear, and remove toxins from your body as you urinate. Eat water-rich foods, such as fruits like watermelon, which is 92% water by weight. Cranberry juice is another option, but it has a bitter taste. Patients suffering from urinary infection caused by insufficient intake of water should drink cranberry juice and eat watermelon if they do not get enough plain water every day. A tomato is 95% water. An egg is about 74% water.

If you ordinarily have coffee first thing in the morning, try a glass or two of water instead. Surprisingly, you will get much the same effect as drinking a cup of coffee, with less caffeine, less expense, and fewer hassles. Try to drink at least two liters of water or other fluids a day, a little over two quarts.

Recognize that there is water in many foods, such as soup, stew, oranges, and so on. Consider getting some sort of filtered water setup or one of those filtered carafes you keep in the refrigerator. You are more likely to drink water if it tastes good. You can keep some water in your locker at school, your desk at work, in your car, or in your bag.

Remember that the most important thing is to believe in yourself and - that you can achieve a healthy lifestyle. You are never going to get anywhere without believing in yourself, and positive thinking will make everything seem less difficult!

Everyone gets sick or injured sometimes, particularly as they get older. If you get sick or injured and you do not heal on your own, especially if it is something serious, see a doctor or nurse practitioner. Protect yourself. Take the usual safety precautions. Wear your seat belt. Wear a helmet if you are riding a bicycle, motorbike, or motorcycle. Lift heavy things with your thigh muscles, not your back. Take care of yourself.

How can I eat healthy?

There are many popular diets on the market today, but most of them are unhealthy and sometimes even dangerous. How to eat a healthy, balanced diet and avoid unhealthy diets is the secret to being healthy.

You need to determine how many calories your body needs to function each day. This number can vary widely, depending upon your metabolism and how physically active you are. If you are the kind of person who puts on 10 pounds just smelling a slice of pizza, then your daily caloric intake should stay around 2000 calories for men, and 1500 calories for women.



Your body mass also plays a part in this: More calories are suitable for naturally bigger people, and fewer calories for smaller people. If you are the kind of person who can eat without putting on a pound, or you are physically active, you may want to increase your daily caloric intake by 1000-2000 calories, a little less for women.

Furthermore, consider that the more muscle mass you have, the more calories you need to function. The bad fats are saturated and trans fat. Someone on a 2000-calorie diet should consume fewer than 20 grams of saturated fat a day, and trans fat can and should be avoided altogether.

The good fats are poly - and monounsaturated fats, which should make up about 30% of your daily calorie intake.

You need to consume fat from foods for your body to function correctly. However, it is important to choose the right kinds of fats: Most animal fats and some vegetable oils are high in the kind of fats that raise your LDL cholesterol levels, the bad cholesterol.

Contrary to popular belief, eating cholesterol does not necessarily raise the amount of cholesterol in your body. If you give your body the right tools, it will flush excess cholesterol from your body. Those tools are monounsaturated fatty acids, which you should try to consume regularly.

These are the good fats, and they help lower the bad cholesterol in your body by raising the good cholesterol. Foods that are high in monounsaturated fatty acids are olive oil, nuts, fish oil, and various seed oils.

Adding these "good" fats to your weekly diet can lower your cholesterol and reduce your risk of heart disease. Consider sautéing vegetables in small amounts of olive oil, and grabbing a hand-full of mixed nuts for a snack instead of a candy bar. There are also various supplements that contain these good fats that you can take daily.

You need to eat foods high in carbohydrates since they are your body's main source of energy. The trick is to choose the right carbohydrates. Simple carbohydrates like sugar and processed flour are quickly absorbed by the body's digestive system.

This causes a kind of carbohydrates overload, and your body releases huge amounts of insulin to combat the overload. Not only is the excess insulin bad on your heart, but it also encourages weight gain.

Insulin is the main hormone in your body responsible for fat storage. Eat plenty of carbohydrates but eat carbohydrates that are digested slowly by the body, such as whole-grain flour, hearty vegetables, oats, and unprocessed grains like brown rice.

These kinds of food not only contain complex carbohydrates that are slowly digested by the body, but they are usually higher in vitamins and other nutrients that are beneficial to the body, and they are higher in fiber, which keeps your digestive system running smoothly.

Your metabolism slows down towards the end of the evening and is less efficient at digesting foods. That means more of the energy stored in the food will be stored as fat, and your body will not absorb as many nutrients from the meal. Many North American families tend to have their big meal at dinnertime.

The problem with this is that your day is basically over, and your body's need for energy is not as great as it was earlier in the day. This large meal, late in the day, can also make you feel tired. Try eating a medium-sized meal for breakfast, a large meal for lunch, and a small meal for dinner.



Better yet, try eating four or six small meals over the course of your day. That keeps your body fueled for the whole day without dumping a large amount of food into your stomach, which your body might have a hard time digesting.

Read the labels on everything you eat. Do not just buy something because it is marketed as being "healthy." Lots of companies try to sell their food as healthy when really it is full of high-fructose corn syrup, hydrogenated oils, trans fats, and hidden sugars.

Remember that reading the label is also the best way to learn about a product. It gives you almost all the information about that product you will ever need. If you are trying to lose weight, try to choose foods with low calories. Avoid processed foods. They are unnatural, and so are more difficult for your body to break down, which means they will lie in your gut making you feel bloated and lethargic. Eat things which are not altered, such as raw fruits and vegetables, brown rice, whole-wheat pasta, and so on.

Change Your Future, Now!

This 642-page book is the result of a four-year project called Project Tomorrow. During the four-year period, we followed more than 500 trainees, aged from 16 to 72.

The trainees were from colleges and reinsertion programs in administration and computer science. Some of the trainees that were implicated were dropouts from school districts, and others were new immigrants or unemployed workers from different economic and social backgrounds.

To graduate, the trainee had to perform during a period of three months in a business environment. At the end of that time, an appreciation evaluation was performed to determine both the amount of change the trainee experienced during the period and the impact of that change on the trainee.

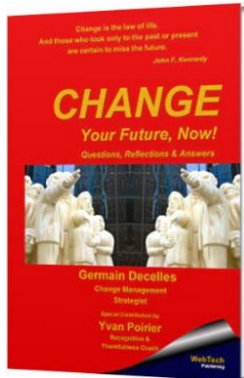
Many of the questions, reflections, and answers presented in this book are issued from our findings during this period. We would like to thank all the trainees for their efforts and determination during the process.

In a nutshell, to change your life for a better future, you will need to be completely open and transparent as you look inside yourself to answer the tough questions about what you think you need to do to succeed in life.

To help you to develop a clear and detailed program, for your personal growth and happiness in life you will need *Change Your Future, Now!*

The book through questions, quotes and reflections provides the necessary elements to explore your soul, to find out who you really are, what your true passions are and how you can become more efficient and effective, so you can shape your life.

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It is also the fruit of forty years of experience acquired with local and international organizations and companies and during consultancy, change management, transition, and marketing services. For more information go to: www.webtechpublishing.com.

About the Author

In addition to writing, Germain Decelles acts as Change Management Strategist. He has over 40 years of business and consultation experience with local and international markets, including sectors such as retail trade, distribution, information technology and communications, transportation, manufacturing, financial services, and government organizations.



Other publications: ISO Pour Tous – Le manuel d’information ISO – Le guide de préparation ISO – La gestion du changement en affaires – La gestion de projet d’affaires – Le changement POUR TOUS – Change your future, now! – Mon succès est votre succès – My Success Is your Success.

Information

Printing and Distribution: <http://www.lulu.com>

Available to Librarians through the Ingram Content Group: <https://www.ingramcontent.com>

- Paperback format: ISBN 978-0-9783667-7-3
- E-book format: ISBN 978-0-9783667-8-0

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