

Pillar #4 Lifestyle Practices

Today's Agenda:

- Overview of areas that make up a healthy skin lifestyle (other than diet)
- Biggest lifestyle behaviors that get in the way of results (what have you heard in your practice?), and how to overcome them
- The power of the positive reframe
- Questions



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Areas That Make Up A Healthy Skin Lifestyle (Other Than Diet): Movement

- A sedentary lifestyle is poses just as much risk to health as smoking
- Movement is essential for blood and lymph circulation
- Movement promotes healthy detoxification through sweating, as well as healthy elimination
- Movement can be anything done regularly!



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Areas That Make Up A Healthy Skin Lifestyle (Other Than Diet): Movement

- It is more effective to move the body for less time, more frequently, than for longer, less frequently
- Suggestions for movement:
 - Walking or jogging
 - Bike riding or spinning/indoor cycling
 - Cardio classes like kickboxing, aerobics, or Zumba
 - Yoga/tai chi/qi gong
 - Pilates/barre/calisthenics
 - Weight training, functional training



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Areas That Make Up A Healthy Skin Lifestyle (Other Than Diet): Sleep

- Adequate sleep is imperative for ALL organs and functions of the body to work correctly
- Sleep is the only time when we are not stressed, and blood sugar and cortisol levels have a chance to normalize
- A regular sleep schedule is important for lucid sleep
- Not everyone has the same sleep needs--it's important to understand your own patterns



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Areas That Make Up A Healthy Skin Lifestyle (Other Than Diet): Sleep

- Many “conveniences” of modern life interfere with sleep schedule and quality
- Sleep is also the only time the skin itself can rest--fewer facial expressions, less exposure to elements
- If sleep is a problem, look to lifestyle--the person's schedule. What are their sleep hygiene practices? What is their end-of-day routine?



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Areas That Make Up A Healthy Skin Lifestyle (Other Than Diet): Stress Management

- It is not possible to eliminate stress completely or control all of life's stressors. The best we can do is manage how we allow it to affect us.
- First we need to identify stressors
- Then we need to understand which are within control, and which are outside of control
- It helps to check stressors--is it real? Or is it self-perpetuated?



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Areas That Make Up A Healthy Skin Lifestyle (Other Than Diet): Relationships/Support

- A person's ability to comply with a lifestyle program and achieve results is largely reliant on the type of support they have at home or in their inner circle, and the collective mindset/habits of those in their inner circle.
- Is the person happy with their single/marital status?
- How is the person's relationships with family members, both immediate and extended?



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Areas That Make Up A Healthy Skin Lifestyle (Other Than Diet): Relationships/Support

- How is the person's relationships with co-workers?
- Does the person feel they have enough meaningful friendships?
- Does the person feel supported to make positive lifestyle changes?
- Is the person surrounded by health-conscious people, or are they surrounded by people who practice poor lifestyle habits?



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Areas That Make Up A Healthy Skin Lifestyle (Other Than Diet): Spirituality/Religion

- How a person views topics such as the existence of a higher power, meaning of life, concept of the afterlife, etc has a direct effect on how they feel about themselves and how they take care of themselves
- Religion can be a highly enriching experience, or a downright traumatic one and anything in between
- Religious constructs can also affect one's beliefs surrounding beauty, money, food, pleasure, self-worth, etc.



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Areas That Make Up A Healthy Skin Lifestyle (Other Than Diet): Spirituality/Religion

- Evidence does support that most people who follow some sort of spiritual practice or religion tend to be happier and feel more supported
- It's OK to ask a client if they follow a spiritual or religious path--adjust your language in recommendations depending on their response (quiet time vs meditation vs prayer time)
- Some people love talking about spirituality and religion, others get turned off completely--know your audience!



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Areas That Make Up A Healthy Skin Lifestyle (Other Than Diet): Work/Life Balance

- A person's feelings about their job and/or economic security has a strong impact on overall wellbeing--feeling valued
- Lack mentality vs abundance mentality also impacts one's behavior surrounding how much they will be willing to invest in themselves
- A sporadic work schedule can affect mental, physical, emotional health--irregular sleep schedule, feelings of security, not enough leisure time, etc



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Areas That Make Up A Healthy Skin Lifestyle (Other Than Diet): Work/Life Balance

- Downtime is essential to wellbeing
- Shifting focus away from living to work, and more to work to support living
- Finding value and identity outside of work role
- For stay-at-home moms/homemakers--finding value in THIS work, and feeling valued and validated
- Having an optimistic outlook on job/financial future



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Areas That Make Up A Healthy Skin Lifestyle (Other Than Diet): Self-Care Practices

- Personal hygiene practices--making them into pleasurable rituals instead of just quick motions
- Gratitude practice
- Journaling
- Hobbies
- Setting personal limits and boundaries



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Areas That Make Up A Healthy Skin Lifestyle (Other Than Diet): Self-Care Practices

- Making room for hands-on self-care like facials, massage, chiropractic, acupuncture, Reiki, etc
- What makes the person happy, hopeful, and well cared for? Those are things to do more of!
- What makes the person feel drained, criticized, inadequate, triggered, attacked, angry, ashamed, sad...those are things to do less of!



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Lifestyle Habits That Get in The Way of Results

- Smoking, too much alcohol, recreational drugs
- A sedentary lifestyle
- Surrounding oneself with negative influences
- Too much multi-tasking
- Time management issues
- Not enough support at home or work
- Fear of asking for help



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Lifestyle Habits That Get in The Way of Results--Let's Workshop it!

What have you heard from your clients?

What excuses have you used yourself?



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The Power of The Positive Reframe

- Take a negative and spin it into a positive
- If a positive is not possible, then turn it into a neutral
- Ask “is that true? What evidence do you have that this is true?”
- “This is true according to who? Do you value that person’s opinion?”
- Write down negative statements/self-talk you hear from your clients. Email them those statements and ask them to write out a positive reframe!

