



Ounces on the See Saw

A see saw is shifted by moving just a few ounces at a time!

There are small and large things we could be doing everyday to support our well-being, to create vital health, and to thrive rather than just survive. These things may be substance related, but they are also thought, behavior, and action-related.

When we try to adjust our lives in the direction of greater health and happiness, making incremental shifts will more likely lead to lasting behavior change, to behaviors that become your new normal.

Hunger, Hope & Healing
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Doing “Less” or “More”??

This exercise invites you to honestly reflect on the things you know you could do less of and the things you know you could do more of. Through a process of sculpting and inquiry you will create specific action items to follow through on. With this, you will be moving towards change while also demonstrating to yourself your accountability, your worth, and your investment in going in the direction of your health.

Yoga suggests we guide our lives toward greater equanimity and serenity. When this is established, we will be balancing *tamas* (steadiness) and *rajas* (courage) and cultivating *sattva* (luminosity, awakensness).





Reflection Questions:

DOING “LESS”

A. What are 2 things you know you could be doing less of?

Before you jot down your familiar answers, pause to reflect. Choose 2 things you can do less of that you know will promote greater equanimity. (Skipping breakfast is not a legitimate answer because it won't lead to greater equanimity for your body.)

1. _____

2. _____

Examples:

- Eat less refined sugar.
- Scrutinize myself less often.
- Reduce computer time.
- Don't press snooze.



B. Now get really specific about how you will do less of those 2 things. Consider ways you can refine each of the above to support yourself in having manageable and obvious steps to take. It helps to remind yourself that there will be a benefit in “imposing” this “restriction” on yourself.

1. _____

2. _____

Examples:

- Limit evening computers/screen to complete by 9 pm.

This will support better sleep.

Improved sleep improves my mood, digestion & energy.

I make good choices when I have good sleep.



Examples:

- Switch to a sugar that is unrefined. Avoid sugar after dinner (because it leads me to binge).

Options: Herbal tea with honey. Brush teeth after dinner. Mindful portion of dark chocolate with my dinner.

Having options creates the middle path – not black and white, all or nothing thinking.

Having options reminds me that I am not on a diet and I am not being senselessly restricted nor scrutinized.

Having options helps me to practice living in the Middle Path, not in Rigid Diet Mentality.





Examples:

- Scrutinize my thighs less frequently. Off limits times: when getting dressed and undressed. During yoga class. When walking by store front windows or mirrors.

Choosing one body part let's me start to reduce the noise of Self-Scrutiny.

I will be able to expand this to the more provocative situations during the day so I can prevent global self-scrutiny where everything about me is "BAD".

By starting with a specific body part I will build the muscle of resistance toward shame-based self-scrutiny.



DOING “MORE”

C. What are 2 things you know you could do more of?

Again, pause to reflect on things that will cultivate sattva.

(Rigorous workouts with a punishing attitude for what you've eaten won't produce sattva.)

1. _____

2. _____

Examples:

- Isolate less.
- Practice Mindfulness Moments.
- Go to bed on time.
- Hydrate my body and brain.
- Raise my heart rate for 20 minutes a day.



D. Now get really specific about how you will do those 2 things? Again, consider ways you can refine each of them to support yourself in having manageable and obvious steps to take.

1. _____
2. _____

Example:

- Take a brisk morning walk around the block 4 times, even when it's raining.

Early morning movement helps me create a consistent morning routine.

Exercise is well researched for its benefit to physical and mental health.

I deserve to start the day with energy.

Movement supports my digestion and lymph systems which will both support my mood.

Taking a break, even a short one, refreshes my mind and helps me to regain perspective.

I make better choices when I have better perspective.

Example:

- Join our HHH Online Community or choose a specific friend with whom you can text to create self-accountability to my action steps.

We call this “bookending” – as when books on the shelf are held in by “bookends”. Text your friend before and after a self-commitment to create a sense of accountability as well as companionship.

You can mutually support someone else which will also raise your personal commitment.



Example:

- Set timer for 9:30 pm to remind me to go to bed by 10 pm.

Healthy bedtime is also a part of a personal rhythm for health.

I am not missing out on “other things” by having a healthy bed time. I am committing to my well-being for my waking hours!

I can learn to support myself to be more deeply rested, reduce cortisol and other stress hormones.



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Understanding that all behaviors arise to meet valid needs, when we “take away” any behavior it will usually generate resistance. It could inevitably lead to rebellion if we don’t create other ways to meet those needs.

*Creating New Ways
To Meet Needs Is
Empowering,
Life-Giving
and
Stabilizes Your Recovery*