

College of Agricultural, Consumer and Environmental Sciences



You Are What You Think: Creating a Mindset of Wellness

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About the College: The College of Agricultural, Consumer and Environmental Sciences is an engine for economic and community development in New Mexico, improving the lives of New Mexicans through academic, research, and extension programs.

To think is easy. To act is difficult. To act as one thinks is the most difficult.
-Johann Wolfgang Von Goethe

The Knowing-Doing Gap

Adequate information, inadequate application



*Knowing is not enough; we must apply.
Being willing is not enough; we must do.*
-Leonardo da Vinci



Objectives

- ✓ Understand the importance of mindset when it comes to the application of wellness information/education.
- ✓ Identify five barriers to a wellness mindset and actions to overcome them.
- ✓ Explain five strategies to create a mindset that enhances wellness-related decisions and behaviors.



1. Immediate vs. Future Thinking

Desired result far away = immediate gratification now

Desired result more immediate = values-driven action



Actions:

- ✓ Think of positive results that you will get in the next several hours (results can be physical, emotional, mental, social, financial)
- ✓ Think of recent times you have gotten positive results from positive behaviors and bring them to the present moment

The point of power is always in the present moment.
-Lewis L. Hay



2. When, Then or If, Then Thinking

When my kids get older...
then I'll finally be able to take care of myself.

When I have more money to spend...
then I will be able to eat healthy.

If my job environment were better...
then I would be happy.

If my family understood me better...
then we wouldn't argue so much.



Actions:

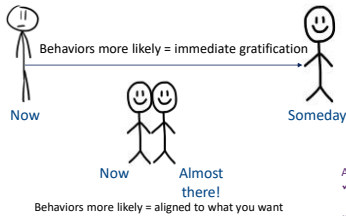
- ✓ Challenge yourself, find flaws in your thinking
- ✓ Acknowledge what scares you or what you are avoiding
- ✓ Find what you can manage/control instead of you can't
- ✓ Start with small action steps

Based in fear or avoidance.

Courage is resistance to fear; mastery of fear; not absence of fear.
-Mark Twain



3. You in the Present vs. You in the Future



Actions:


- ✓ Acknowledge the traits and behaviors that are currently aligned
- ✓ Focus on incremental changes
- ✓ Be in the present moment-the only place where you can take action

Too many people overvalue what they are not and undervalue what they are.
-Malcolm D. Forbes



4. Temporal discounting

View small rewards now as more desirable than even bigger rewards much later	Survival-based trait	Emotionally driven, ignores rational thinking
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Can lead to:

- Overeating
- Overspending
- Staying up late or sleeping in
- Skipping exercise
- Emotional reactivity
- Alcohol and drug use



Actions:

- ✓ Wait 5-10 minutes before acting
- ✓ Be aware of the benefit you derive from the short-term behavior
- ✓ Imagine long-term benefits happening sooner
- ✓ Find a calm, soothing, or relaxing environment before acting

To conquer oneself is a greater task than conquering others.
-Buddha



5. Coping mechanisms

Avoiding responsibility	It was his fault, she made me, I had no choice
Denial, distortion, or selective memory	It didn't happen, it didn't happen that way, I don't remember what I did
Minimizing	Not a big deal, everyone does that, they do it more or worse than I do
Choosing new information	I read that chocolate has health benefits, I read that exercising just makes you eat more
Rationalizing behavior	I have good genetics so I can eat whatever I want, exercising takes time away from my family, I feel fine with five hours of sleep



Actions:

- ✓ Reflect on your values and purpose in life
- ✓ Challenge yourself, be your own "crap" detector
- ✓ Journal about your coping mechanisms
- ✓ Create a corrective plan. Next time I will...

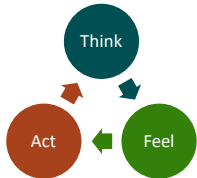
*The only thing standing between you and your goal is the bulls**t story you keep telling yourself as to why you can't achieve it.*
-Jordan Belfort



We are what we eat




We are what we think!



What we are today comes from our thoughts of yesterday, and our present thoughts build our life tomorrow: our life is the creation of our mind.
-Buddha

We are what we repeatedly do.
-Aristotle



5 Daily Actions to Create a Mindset for Wellness



Create a Wellness Mindset!



Practice makes permanent!

You are always practicing something; the question is what are you practicing?
-Martial Arts Sensei



1. Find your Why, Live your Purpose



- Creates perspective
- Gives us a reason to push through challenges/difficulties
- Provides a guide for thoughts and behaviors that reflect who we are
- Guides our inner voice
- Inspires us to make the right sacrifices and do what might be hard in the moment

A vision is not just a picture of what could be; it is an appeal to our better selves, a call to become something more.
-Rosalbeth Moss Kanter



- Why are you here? Why do you exist?
- Who is most important to you? What matters most in your life?
- What makes life worth living? What impact do you want to have?
- What are the most important guiding principles or values in your life?
- How would you define a successful or meaningful life?



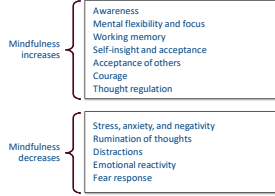
- Activity
- Actions:
- ✓ Take the time to reflect on your purpose and write it down
 - ✓ Revisit your purpose often and share it with others
 - ✓ Keep in mind that you can live your purpose each day
 - ✓ Use your purpose in daily thoughts and behaviors to stay on track

Happiness is someone to love, something to do, and something to hope for.
-Chinese proverb



2. Build Awareness, Practice Mindfulness

Awareness is a critical ingredient for self-regulation
Mindfulness helps bring rational thoughts to emotional moments



Mindfulness means being awake. It means knowing what you are doing.
-Jon Kabat-Zinn



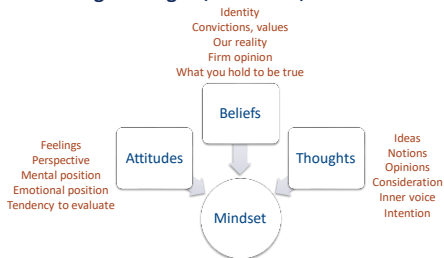


- Actions:
- ✓ Use mindfulness apps or books
 - ✓ Select specific moments or activities in your day and practice
 - ✓ Practice mindfulness when you first wake up or just before bed
 - ✓ Create a cue or prompt to remind you to practice
 - ✓ Remember that only 5-15 minutes per day can make a difference
 - ✓ You can be mindful in everyday activities (eating, brushing your teeth, walking)

See things in the present, even if they are in the future
-Larry Ellison



3. Challenge Thoughts, Attitudes, Beliefs



We simply assume that the way we see things is the way they really are or the way they should be. And our attitudes and behaviors grow out of these assumptions.
-Stephen Covey





Actions:

- ✓ Ask yourself if your current mindset is working for you
- ✓ Start with challenging your thoughts and rewrite them/create new possibilities
- ✓ Next reflect on your attitudes and feelings and challenge where they come from, if there is an alternative, and if you can observe without judgment
- ✓ Finally, see if your identity or convictions align with your goals and be honest with yourself, can you challenge any of them? Is your truth the only truth?

When we are no longer able to change a situation, we are challenged to change ourselves.
 -Viktor Frankl



4. Script Your Inner Voice

The inner voice is the Master Author of your thoughts
 It can work for you or against you
 You may recognize the voice as one of your parent/teacher from your past
 It can be rewritten to be your best coach



Actions:

- ✓ Pick scenarios in which you struggle with your inner voice and rewrite it
- ✓ Write down sayings you would like your inner voice to adopt and put them in places where you see them often (phone, mirror, computer screen, calendar)
- ✓ Keep a journal of your inner voice and thoughts to find patterns
- ✓ Notice what your inner voice says when you do something well
- ✓ Notice what your inner voice says when you make a mistake or get off track

Talk to yourself like you would to someone you love.
 -Brene Brown



5. Words Matter

- | | | |
|--------------|-------------------------|--------------------------|
| I have to... | ...go out with friends. | ...go to the doctor. |
| I need to... | ...eat ice cream. | ...go to work today. |
| I want to... | ...watch a movie. | ...pay bills. |
| I get to... | ...play with my kids. | ...workout. |
| I should... | ...have a date night. | ...eat a healthy snack. |
| I could... | ...clean my house. | ...go to bed. |
| I will... | ...relax. | ...practice mindfulness. |



Actions:

- ✓ Become aware of the words you use when it comes to engaging in activities and behaviors associated with your goals
- ✓ Challenge yourself to reword your behaviors so that they are associated with an opportunity, determination, or optimistic context.

Words are, of course, the most powerful drug used by mankind.
 -Rudyard Kipling





You cannot change your destination overnight, but you can change your direction overnight.
~Jim Rohn

We cannot do everything at once, but we can do something at once.
~Calvin Coolidge

It's the little details that are vital. Little things make big things happen.
~John Wooden

