

Transform Your Health Performance With effective Time Strategies

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You have the best of intentions. Your health is important to you. But you fall short every time you start a new regimen, only to feel frustrated. You think you lack self discipline. Ever think poor planning, poor organization, and a lot of stress may have something to do with it? Let's see how these factors could be sabotaging your plans.



1).Organization. There's nothing worse than coming home, after being out all day, and grabbing everything in sight you can eat because there is nothing prepared. There's so much "stuff" around you go for what's easy, not necessarily what's healthy.

Options;

a)Decide what healthy eating looks like to you. Then organize your refrigerator and pantry. Throw out old, expired food and buy only the food that you plan on eating. Keep an ongoing list of food you need to buy as you need it. Plan in advance and bring healthy lunches and snacks to work everyday and have a snack before you leave work so you're not as hungry when you get home.

b) How organized is your home or office? How much of your energy do you use looking for things? Being organized helps you use your time more efficiently, reduces stress and fatigue, gives you a feeling of self control and increases energy. It frees you up to spend more time on recreational activities and exercise. Create an organizational system that works for you and throw out whatever you don't need or haven't used.

According to Peter Walsh, author of *Does This Clutter Make My Butt Look Fat?* "it's impossible to be your best and healthiest self in a cluttered space". "Clutter can alienate us from our environment and, in turn, make it difficult to practice an important principle that prevents us from overeating: mindfulness".

2). Time Management. I don't have time to _____!! How many times during the week do you say this? Creating healthy practices always seems to be the one thing we leave out of a busy schedule. Effective time management is a process that involves changing behaviors and implementing new habits. It will keep you focused on the goals you want to achieve.

Options;

Decide what you want to accomplish. Plan and prioritize those things that are most important. Make a "to do" list everyday of the things you must accomplish that day. Put your health practices on that list and schedule it in your day planner as if you were scheduling a meeting with a client or friend. Time management skills will allow you to achieve success in business and attain more out of your personal life.

3). Stress Mastery. We don't want to eliminate stress completely from our lives. A certain amount of stress gets us motivated to do the job at hand. However, we don't want stress to control us either. This is the time our health practices are most important. Out of control

eating, procrastination, lack of exercise, poor sleep habits, and feelings of overwhelm can ruin the best of plans and contributes to poor health.

Options;

Organization and time management skills are most important during times of stress. They help you stay focused and feel more in control which ultimately reduces stress. Plan in advance and follow the schedule you created for yourself. Include some relaxation techniques during the day and eat those healthy lunches and snacks you brought to work for yourself.



**Get Organized, Manage your Time
& Reduce Your Stress**

PLAN, PLAN, PLAN

- Prioritize
- Set Goals
- Make “To Do” lists
- Schedule your health practices
- De-clutter
- Eat healthy throughout the day
- Exercise
- Practice relaxation techniques

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