



6 Ways to Take Control of Your Health and Be More Confident

There's a lot about life we can't control (most things actually!) but **what is possible to control is how we look after ourselves.**

When you look after your physical, mental and emotional health you feel more confident and capable to use your time with purpose and to make decisions that are important to you.

It may seem like there is not enough time in the day, or you have more important responsibilities but **when you look after yourself you have more energy** and a greater capacity to carry out what the day requires of you.

Caring for your health is attractive! Consider how you would feel if your partner or someone you were interested in, disregarded their health and focused on other people and things in comparison to prioritising their health, meeting their own needs and doing what they can to feel good.

Your health is in your hands and is your full responsibility, **only you can make the choices and take the actions that are right for you.**

We all know that eating vegetables, drinking water and keeping stress levels down are good for us but it's not the whole story when it comes to health and confidence.

These 6 tools can help you take control of your health right now.

#1 Have a chat to yourself

Whether it's out loud or in your head you're talking to yourself and coaching yourself through life, we all do it! Your self talk may be helpful or could be bringing you down.

Your own mind may be your own enemy, it's likely that no one can be more cruel to yourself than you can be! In saying that you also have control over positive things you tell yourself and have the potential to be your own best mate! Your self talk can bring up feelings of guilt, fear, anger but it doesn't have to be that way.

Take control by considering what you would say to a mate if he were in your situation or state of mind. Give yourself the supportive advice you would give someone you respect and value.

#2 Say the things

All the unsaid things that are important to you can build up and create stress, taking away from your energy for other things.

Good communication includes speaking and listening. When you know what you need or want to share you have clarity. When you listen to others, you have a greater ability to be in the moment.

When communication is clear and honest there is greater understanding, more chance of resolution, less mulling over things later, less stress and less chance of feeling regret!

If you're unsure about how you feel in regard to anything you can talk it out with a mate, a family member you trust or a therapist. You can get clarity for yourself but sometimes it comes from talking about it. There is always someone you can talk to.

Take control by pausing in conversation rather than simply reacting, it's ok to take a time out and collect your thoughts, whether you need a moment, an hour or longer, you can come back to the conversation.

#3 Do what you enjoy

We all have things we like to do just for the pure enjoyment of it, whether it's listening to music, going for a run, playing sport, swimming in the ocean, there's something that you enjoy doing, not something you feel you should do but what you want to do.

If you're unsure what it is for you, consider what you did as a kid for fun!

When you enjoy life more it positively impacts your health, your energy levels increase and you can generally feel more optimistic.

Take control by deliberately choosing an activity that you enjoy and do it regularly.

#4 Put yourself to bed early

You may be in the habit of staying up late, or you may have a job that requires you to change your sleep patterns, if possible it is optimal to be asleep by 11pm for your body to rest and repair.

It's easy to think that staying up will allow you to get more done, but lack of sleep is like being drunk! your ability, focus and productivity dramatically reduces when you don't get enough sleep.

Your body has a 24 hour energy cycle and at 11pm your body moves into the rest part of the cycle. Have you ever noticed that you may be really sleepy and then suddenly get a second wind after 11pm? That's because your body is moving into repair mode and if you're not asleep for it you can become more awake.

Take control by getting to bed by 10:30 so you're asleep by 11pm. Ensure distractions are eliminated or minimal including phone on silent or on aeroplane mode, and keep your room dark without light shining in.

#5 Breathe!

When we're stressed our body can go into fight or flight mode, when the brain is activated and we become alert to danger, our breathe become shallow, our energy is directed to survival activity (running or hiding) and our ability to think clearly goes out the window.

Its difficult to feel in control when you're on alert!

When you breathe deeply it sends the signal to your brain that you're safe, your body then switches from survival mode to thrive mode.

Take control by consciously breathing deeply into your abdomen, with each breath release any tension you may be holding especially around the neck, jaw, and shoulders.

#6 Get active

Physical activity has shown to have a positive effect on brain activity and mood. The stress and tension we hold in our bodies gets a chance to move when we move! When we're inactive we can feel stagnant and stuck mentally, emotionally and physically.

Regular exercise boosts your energy levels, helps with quality of sleep and can improve your sex life!

Take control by moving your body when you can, a walk, a weights session, yoga class, whatever works for you. If it feels like a lot of effort, try inviting a friend so it becomes social and enjoyable.

When you care for yourself, you build your inner confidence, life becomes more enjoyable, you have more energy and your relationships improve.

There is no greater support than the support you have the power to provide yourself and taking action creates change

The key to change in any area of your life is not what you know or understand but what you do consistently.

Life is all about choices, we believe If you put these 6 tools into practice it will change your life for the better! If you need support to take control of your health and create positive, lasting change we are offering you the opportunity to connect with us in the following ways:

Our free evening events provide a space for men to come together and put positive change into practice, you'll leave feeling more confident in yourself with practical tools to feel good more often.

Our full day workshops go deeper into the aspects that support long lasting change, with exercise, nutrition, self connection and communication tools, our team facilitates a space to make the change and see it through into your life, improving your health and your relationships.

See the website for more details: www.thebalancedbrain.com.au/events