

# You're The One Newsletter

HEALTH IS THE NEW WEALTH!

Issue 10 Vol 5: May 2015

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COMING SOON TO THIS SPACE!

2014 - Mojo Classes  
2014 - Best Year Workshops  
2014 - Webinars  
2014 - New Products  
2014 - 1 on 1 Life Coaching  
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## What's New With Karen

Welcome to May 2015. During April, I had a health scare!! Nothing serious -a virus- but it really knocked me for a six! As my body was recovering, I noticed that my mindset was really affected also, even to the point I started to feel rather down (quite unlike myself!). Some weeks later, once recovered, after much reflection I came to grips with the fact that health really is the new wealth, and by health I do not mean just the absence of physical troubles only. But it is a state of complete physical, mental and social well-being. The loss of health is a loss of all happiness. So this month is dedicated to ensuring that we reach true success by achieving optimal wellness (of body/mind/spirit). Love Karen xxx

## Mojo Tip: Wellness is the New Status Symbol



### Jesinta Campbell Embodies Wellness

The 5th step on your must-have Mojo mindset for 2015 is to embrace health as your new wealth. People with Mojo realize that their health is their greatest asset and that nothing else can matter unless they are healthy enough to enjoy and achieve it. Mojo-esque people invest daily in their own health, taking a small step each day, and by the end of the year finding they have gone ahead by leaps and bounds. People with Mojo are aware that most people don't consider health as their most important asset until they don't have it anymore; so they daily focus on something they can do to improve their own health. People with Mojo know at their core that everything in their life depends on their ability to think well and take action. They know that when functioning at a higher level - mentally, physically and spiritually - good things are drawn towards them (including more of the wealth and success they currently enjoy). Their status symbol is Wellness, which starts with food and exercise, however extends to an all encompassing lifestyle. Wellness not only provides people with a foundation to perform better in their day to day life, but also offers more enjoyment and happiness in the things people do. Globally, all sorts of people are now re-evaluating that "health really is the new wealth" paradigm shift and that owning and possessing things has begun to take a backseat to achieving optimum wellness. When I think of a person who is my Wellness Role-Model my mind scans quickly across to the beautiful Jesinta Campbell. I have always been an admirer of Jesinta. Not only does she embody the "wellness" model of health, nutrition and exercise

(choosing Xtend Barre as her exercise du jour - a fusion of dance with pilates), but the other features of the Wellness model of connectedness, community, relationships, and all the while creating a sense of security. She is a perfect role model demonstrating that investing in our own wellness is now the new paradigm shift (what better investment that a strong flexible body and a sharp refreshed mind, with the added benefit of holistically feeling healthy, happy and whole). Once a person operates from this way of life, they will naturally too begin to control the small problems in their life. So I'd like to invite you too, to start thinking of wellness as your new asset/status symbol (rather than your new car, house, bank balance, etc). And If you need any further incentive - consider this - a recent study from the Center for Disease Control & Prevention showed that up to 90% of all illness is stress-related. - yes up to 90%!! It is very possible that if you have a life filled with constant stress, little by little your body is breaking down making you more susceptible to disease. So to reverse the negative effects of stress on your health, it is vital to use stress-reduction strategies (like meditation/exercise/relaxation) which increases the good chemicals (like endorphins) and produces more infection-fighting T cells to boost the immune system. Furthermore, if you want to live a long, healthy life, the University of Georgia research correlates longevity to one's ability to adapt to everyday stressors in life. The more we can adapt, the more resilient we become. Part of wellness is becoming stress-hardy (or resilient). Stress hardiness is associated with four important personality traits that buffer the impact of stress and improve coping. These characteristics of the stress resistant or healthy personality are identified as: 1) commitment (at attitude of curiosity and commitment to yourself, your loved ones, your work and the world; 2) control (the belief that you can respond effectively to situations that arise in your life, rather than feeling hopeless and incompetent; 3) challenge (the ability to see change as exciting and an opportunity for growth rather than viewing it as frightening and fearing failure; and 4) connection (the enduring assurance that you are understood and validated by those you are closest to). Feeling good. That just might be the ultimate luxury. Love Karen

### Life Coach Tool: The Wellbeing Model



**The Wellbeing Model**

What is the real meaning of wellbeing? Wellbeing is not just another word for physical health. It is about finding balance in body, mind, and spirit. In this state, we feel content, connected, energized, resilient, and safe. I recently came across the Wellbeing Model, created by Dr. Mary Jo Kreitzer, Director of the Center for Spirituality and Healing, at the University of Minnesota. Dr Kreitzer identified six dimensions that contribute to wellbeing. These take into account our interconnectedness and interdependence with our friends, families, and communities, as well as the personal and

global environment we live in. They also address the importance of security and purpose in our lives. Here are the 6 categories below.

### **1. Health**

Health is affected by the food we eat, how often we exercise, how we manage our stress, and how much we sleep, as well as social, environmental, and genetic influences. Lifestyle choices are responsible for nearly 90% of health outcomes.

### **2. Relationships**

Relationships provide support that can act as a buffer against the negative effects of stress, leading to a longer and healthier life. If our lives are devoid of positive relationships, it also detracts from joy, meaning, and ultimately wellness.

### **3. Security**

At its most basic level, security means freedom from fear, especially our most basic fears around health, personal safety, and financial stability. Because fear can immobilize and incapacitate us, security is essential to our wellbeing.

### **4. Purpose**

Purpose guides life decisions, influences behavior, shapes goals, offers a sense of direction, and creates meaning. Purpose is directly related to both health and happiness, and it has a major impact on our wellbeing.

### **5. Community**

Community includes our social connections and networks, as well as public services and resources, such as housing, transportation, schools, parks, and social services. Community and individual wellbeing are intricately interconnected.

### **6. Environment**

An environment with clean air and water is important to wellbeing. There is also strong evidence that "nature heals." Being in nature not only makes you feel better emotionally, it also contributes to your physical wellbeing.

## **Be Inspired Article: 10 Questions with Merryn Snare!**



### **Who is the real Merryn?**

I have been fortunate to enjoy a rewarding career as a Registered Psychologist, Registered Primary and Special Education Teacher, Dance Therapist, Bereavement & Trauma Counsellor, Executive Coach, Author, World-Traveller, and Mother. I am a great believer in the power of deep relaxation to assist individuals with maintaining a sense of calmness, peace, and well-being and this belief is the common thread that ties together all of my professional pursuits and life goals. In addition to my formal qualifications, I have also trained in clinical hypnosis, eye movement desensitization and reprocessing, emotional freedom technique, mediation, and bereavement

counselling. In my psychology role I have worked with people involved in major trauma, having counselled Bali bombing survivors in 2002, traffic monitoring staff and bridge workers after the Westgate Bridge tragedy in 2007, and those working to re-open roads after the 2007 Victorian bushfires. Currently, I am really excited at being the international Author of "Annihilate Stress and Anxiety - 21 Proven Strategies for a Balanced Life", which featured in both the 2015 Oscars gift bag, and the 2015 Gold Logie winner gift bag (plus I have developed the 'PEARLS of Resilience' program & recorded four separate hypnosis CDs that help listeners sleep better without drugs, manage panic attacks, resolve their fear of flying, and stop smoking).

**Which five words best describe you?**

Focused. Practical. Passionate. Considerate. Giving.

**What was your first job and what path have you taken since then?**

My first job as a teenager during the summer holidays was at Coles; as a student I spent summer breaks working in admin in a Manufacturing Company. Professionally, my first job was as a Primary Teacher (and then moving into special needs). I then undertook many studies including a Graduate Diploma in Movement and Dance Education, a Bachelor of Special Education Psychology, an Undergraduate Major, a Grad Dip in Educational Psychology and a Master of Psychology. When I left the teaching profession, I began working in Psychology, working in both private practice and with Employee Assistance Programs.

**What's your proudest achievement?**

Actually graduating from my Masters course.

**What's been your best decision?**

Professionally, my best decision was to put in the hard yards and train as a psychologist.

**Who inspires you?**

Lots of people - anyone who puts in effort and never gives up. If you really want a name, let's go with Oprah. She has inspired, educated, and given hope to many.

**What are you passionate about?**

Seeing 'the penny drop' when I am working with people. I love the way a few words can bring clarity to others, enabling them to take charge of themselves.

**What's the best lesson you've learnt?**

To look at my mindset in relation to what is possible - not to doubt myself or give up.

**Which person, living or dead, would you most like to meet?**

I would like to meet Oprah - to share her wisdom and have the chance to discuss my work with her with a view to getting education 'out there' to the masses.

**What dream do you still want to fulfil?**

I still dream of an ocean-view apartment in a warm climate.

**What are you reading?**

I have many books on the go - the main ones at present are 'Working with Monsters' - John Clarke, 'Launch' - Jeff Walker, 'Trade Mindfully' - Gary Dayton, and 'Positivity' - Barbara Frederikson.

**Daily Hint: Improve Your Overall Well Being Daily**

Thank you! Your Daily Hint this month is to Take the Wellness Challenge below (see in Voucher section) and discover what areas are your strengths and in what areas are suggestions for improvement. Find ways to balance out your wellness so that you can thrive in your life! By exploring the areas of improvement daily you may consider making life changes which could lead to living from your most valuable asset of Wellness!

*I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I'm delighted to introduce you to my guest interviewee, Merryn Snare. I've known Merryn for many years now and she is such a wonderful role model of a woman who is committed to assisting others with their wellness. Not only has Merryn just launched her new book "Annihilate Stress & Anxiety" but she has years of experience helping people from all walks of life. I've always felt Merryn to be a glowing example of calm who lives from a perspective of integrity & I always love her company. Be inspired by the talented and lovely Merryn. Love Karen x*

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"It is health that is real wealth, and not pieces of gold and silver."  
Mahatma Gandhi

Yours sincerely,

*karen vella*

*yto owner & founder, performance consultant & life coach (cert iv)*

*yto nlp practitioner (nlp, Time@Line Therapy, Hypnosis, Coaching*

*M:0419570011 | B 03-93183711 |*

*E:karen@youretheone.com.au | W:www.youretheone.com.au*

**'Assess Your Overall Wellbeing'**

**plus**

**'Opportunity to Connect with Merryn Snare':**

YTO would like to invite you to take charge of your health and wellbeing by taking the "wellness" assessment designed by Dr Mary Jo Kreitzer, Director of the Center for Spirituality and Healing, at the University of Minnesota. The link for you to pass on to family, friends and colleagues is:  
<http://www.takingcharge.csh.umn.edu/assess-your-overall-wellbeing> (& remember to mention yto!) [karen@youretheone.com.au](mailto:karen@youretheone.com.au)

YTO would also like to invite you to connect with Merryn. Merryn can assist with personal counselling, arachnophobia, workplace morale, corporate resilience, and dealing with the psychological impact of workplace injuries. For the highly motivated see the expanding range of StressFree Solutions or contact Merryn for more information on 0425 744 740 or via the websites of [www.resiliencebrilliance.com.au](http://www.resiliencebrilliance.com.au) [www.annihilatestressandanxiety.com](http://www.annihilatestressandanxiety.com) and remember to mention yto!) [karen@youretheone.com.au](mailto:karen@youretheone.com.au).

**Offer Expires: 31 May 2015**

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