

# SESSION 8

## FEED YOUR SOUL

"Don't let your happiness depend on something you may lose." –C.S. Lewis

### Be Kind to Your Mind

#### **Test Your Knowledge**

- 1 The \_\_\_\_\_ and the \_\_\_\_\_ are closely connected. Whatever impacts one also affects the other.
- 2 If you want to improve your health, you need to:
  - a use more negative-self talk
  - b go on the Survivor show
  - c increase your self-criticism
  - d be kind to your mind

Your thoughts and beliefs are powerful. They influence the choices you make and the habits you form. How can you think good thoughts? First, by realizing that **you are valuable!**

You're the only you in the entire universe. Your life matters.

“

Everything that is done in the world is done by *hope*.

–**MARTIN LUTHER**

”





3 Health isn't just a destination, it's a \_\_\_\_\_ . Every step counts. Healthy choices are \_\_\_\_\_ and sometimes much easier than we \_\_\_\_\_ . Small, consistent health choices add up to big results.

Every individual matters. Every individual has a role to play. Every individual makes a difference.

—JANE GOODALL

 **Reflect**

1 We live in a culture that values us based on our appearance and performance. Is value earned or inherent? What really makes a person valuable?

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2 The ancient King Solomon once wrote, "As a man thinks in his heart, so is he." Our thoughts become our realities. As we think like healthy people, we become healthy people. Share a specific way that you'd like to think like a healthy person.

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## Forgive to Live

### Test Your Knowledge

1 *Unresolved bitterness increases the risk of:*

- a heart disease
- b obesity
- c premature death
- d all of the above

It's important to deal with conflict and to be able to communicate both positive and negative emotions. But it's very damaging to hold on to resentment without doing anything to resolve the situation. This takes a toll on your relationships and your health.

2 *We live in an \_\_\_\_\_ world. We make mistakes and other people do too. Sometimes we are hurt very deeply. Sometimes things happen that are inexcusable. Forgiveness doesn't mean that we weren't hurt or that what happened was okay, it's simply a choice to \_\_\_\_\_ the pain and move forward.*

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*Forgiveness allows you to focus on the future **without combatting** the past.*

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**Reflect**

*1 What did she receive from holding onto bitterness?*

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*2 What did she receive from letting it go?*

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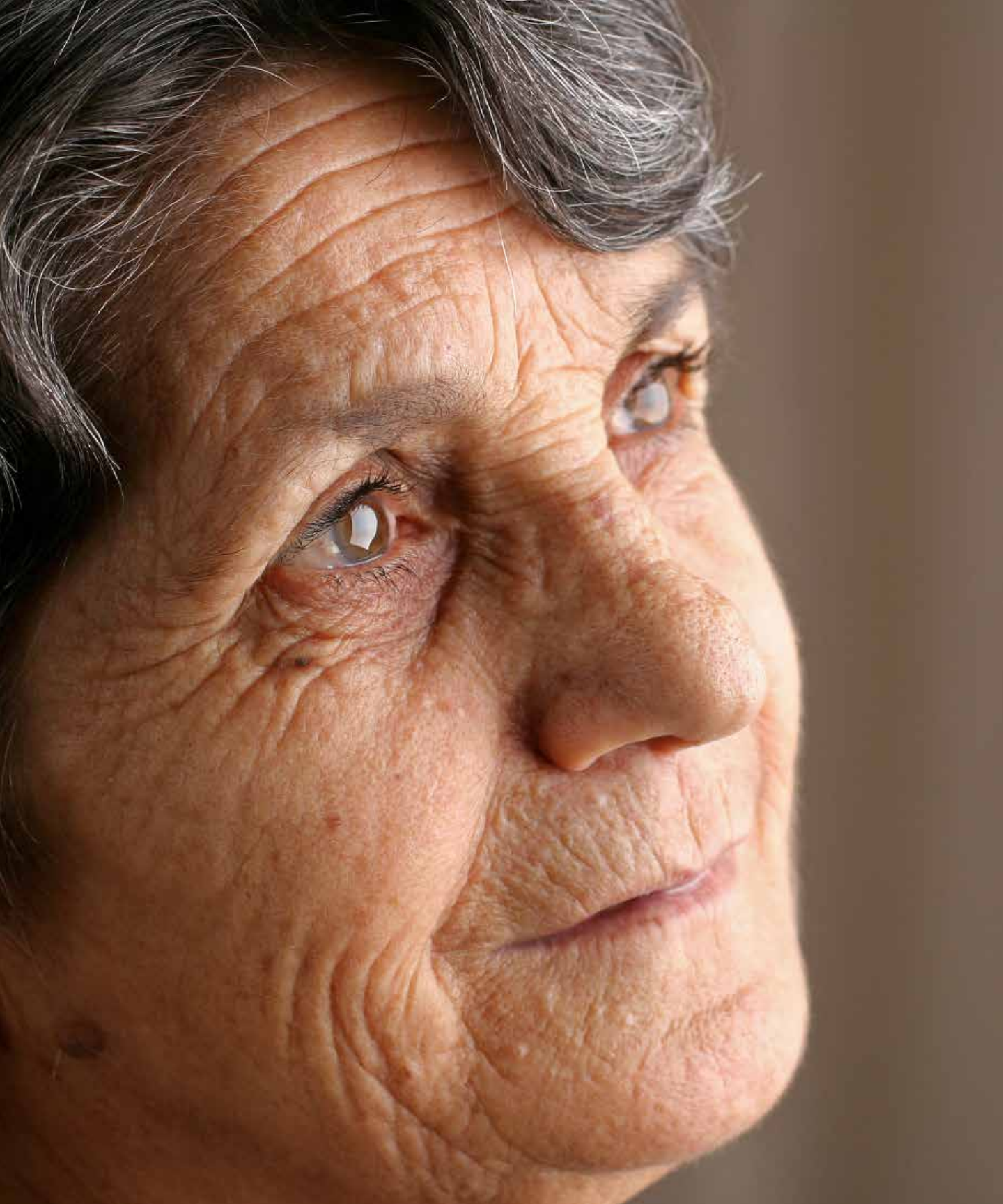
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## The Faith Factor

### **Test Your Knowledge**

*People who frequently attend religious services live over \_\_\_\_ years longer than those who never attend. To put this in perspective, belonging to a spiritual community is as good for your health as not smoking.*

Psychiatrist Tim Jennings' research shows that focusing on a loving God can strengthen the brain's prefrontal cortex, calm the limbic system, reduce anxiety and depression, and give an increased sense of purpose and peace.

### **Reflect**

*In what ways would you like to incorporate spirituality into your health plan?*

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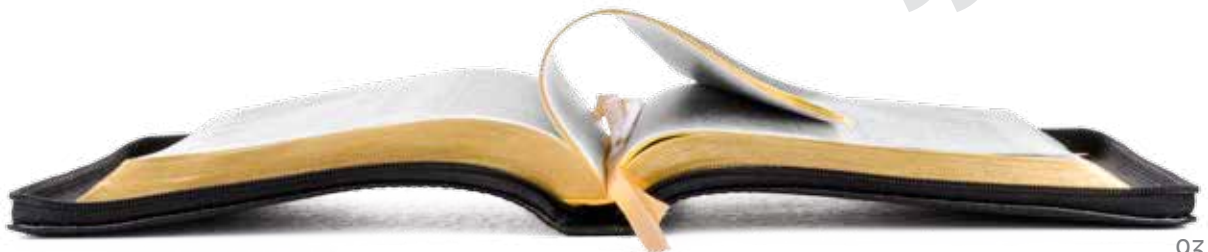
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*If I find in myself a desire which no experience in this world can satisfy, the most probable explanation is that I was made for **another world**.*

—C.S. LEWIS

”




## STEP 8

### Feed Your Soul

Feed your soul by letting go of bitterness and negative thoughts and beliefs. You are valuable and at the beginning of a wonderful health transformation, so allow your heart to find peace and rest in this fact. You can set a goal to incorporate spirituality into your life by attending church service, or inviting God to help you stay on this path towards healing.

**Your Goal:**



**STEP 1**  
**Change Your Paradigm**  
Give your mindset a positive shift—your inner voice can make or break you.

**STEP 2**  
**Treat the Cause**  
Take time each day to discover the power of after-meal exercise.

**STEP 3**  
**Eat to Live**  
Make food your medicine by filling your meals with green light foods.

**STEP 4**  
**Transform Your Genes**  
Improve your mood, memory, and weight with deep sleep.

**STEP 5**  
**Build Your Team**  
Find a health buddy—someone to hold accountable and vice versa.

**STEP 6**  
**Choose the Best**  
Get out there—give your genes the Vitamin D advantage.

**STEP 7**  
**Dream Big**  
Reach for your dreams, and involve others to achieve your goals together.

**STEP 8**  
**Feed Your Soul**  
Let go of the things that hold you back, like bitterness, and negative thoughts.