

Your 1st Class Ticket to Thriving-ville!

Get Back on the
Feel Good
Train

*4 Simple Strategies to
Get You Back on Track!*

Beth Sawickie

Get Back on the Feel Good Train: 4 Simple Strategies to Get You Back on Track
by Beth Sawickie

© 2014 by Beth Sawickie. All Rights Reserved.

Table of Contents

Introduction.....	3
How To Get The Most Out of This Guide.....	7
GOIN'.....	8
GREENS.....	11
GIVIN'.....	15
GRATITUDE.....	17
I Want To Hear From You!.....	20
Free “Feelin' Good” Newsletter.....	20

Disclaimer:

I want to make sure you know that I am in NO WAY a certified therapist or doctor. I am sharing with you my experience and things that have helped me. I have no way of knowing if they will definitely help you. As always, before making any dietary changes, medication changes or starting exercise – please contact your Doctor first.

Introduction



Thank you for downloading this Free Guide from www.BethSawickie.com

Hi - I'm Beth Sawickie :)

After many, many years I have finally reached the point where I am CHOOSING to become an active participant in my health and well-being. And that has made a WORLD of difference!

My goal with this guide is to show you four simple things that have helped me to lead a healthy, happy and – yes- THRIVING life!

I'd like to tell you a bit about myself - where I've been, where I'm at and where I'm going.

Where I've Been...

My figurative "train" has been de-railed numerous times. I was often left feeling lost and finding it very difficult to get "back on track".

Things were off-kilter for years. I didn't realize it as much from the inside looking out - how can you realize you are having major problems when for you - that IS your reality? That was the only reality I knew and it just was the way life was for me.

I spent many years on an up and down runaway train. The top of the hills were WONDERFUL - tons of energy, getting lots and lots done - on top of the world. But then the train would rush down to the bottom - the pit of despair - darkness - major depression. For me this meant days on the couch, sleeping and hoping to not wake up, lots and lots of thoughts about how worthless I was and how the world would be better off without me...etc... LOTS of thoughts like these. Thankfully I never fully acted on the things that entered my thoughts at those times. I just wallowed in the despair until eventually it lifted - climbing back up to the top of that awesome hill I would go. Up and down, up and down.

After dropping out of college, then going back - different major/different school - then at least 2 academic suspensions.... I finally sought out a counselor at school to talk to. She was awesome and was the first to point out to me that I was in control of ME - I didn't have to feel that there were some outside forces at work causing me to feel, do, be one way or another. She had suggested trying meds. I was dead set against it at the time. I continued therapy for a bit - then stopped.

Somehow, after 6 years - I graduated college - woo hoo! All would be well in my life from then on? - right? I got my piece of paper !!

Nope...life was more of the same - ups and downs. I'd accomplish great things when I was up - even landing some great jobs that I enjoyed and that challenged me. Then I'd go downhill. When I was depressed my brain just didn't work as well. I couldn't keep up with projects that I had started when I was in that other very high functioning state. It was a mess. This led to me quitting several of these jobs.

Then I'd always find something to bring in money to pay the bills - but it wasn't fulfilling and certainly not challenging - at least not for long. I'd be bored and I'd go looking for a

challenging job where I could use my skills. Rinse and repeat - up and down, down, down. I remember thinking several times that maybe I could get some type of meds that would just put me in a zombie like state so I could just go through the motions of life - just so I could get through the days. I didn't want to think - I just wanted to be - and it seemed like being part of the 'walking dead' could be my only means of survival.

There were a few times I visited Doctors and I was seen as having depression and given a script and sent on my not-so-merry way. This would help a bit - but what I needed was someone to talk to. I finally - several years later went to a place where they wouldn't give you meds UNLESS you talked with a therapist on a regular basis. There I found a therapist who was very helpful. Through talking and meds I was doing rather well. Then I got to the point where I felt really good and I thought - "I don't need these meds anymore - I feel great - I'm fine" - so I'd taper myself off the meds and stop going to therapy (I did this a few times before I even started going to this place).

And ya know what... I'd get back on that runaway train - it was waiting at the station for me the whole time. Here I thought I'd left that train far behind - nope! I was in one of my "pit of despairs" after a high point - laying on the couch - covered up, shades down - hoping for some release from the hell I was in when the therapist called - she was about to close out my file and take me off their current patient list - how was I doing she asked and did I want to come in. What a blessing that was! She called at the right time - that week I had an appointment - I got back on my meds and I've been going ever since. That was well over 5 years ago - wow! I can't believe it's been that long !!

Where I Am Now... and Where I'm Going...

So now I've been in a very good place for, what for me, is a very long time. I've had some very good moments of clarity. I've remained on the same low dose of meds for years now.

And I am **choosing to become an active participant in my health and well being**. My goal is to get to the point where I automatically live my life each day based on doing things that make me feel good - well-rounded - body, mind and soul. I want a healthy lifestyle to be

ingrained in me - have it be just how I live - not something I have to choose over doing unhealthy things.

Every day I strive to make choices that make me feel good - things that are good for my body, mind and soul. I am making a point to schedule these things into my day FIRST - BEFORE anything else. Otherwise, I have a tendency to push off any of the "good for me things" in lieu of just about anything else - "eh - I'll do that later"...etc.

I've found, for myself, that attempting to do gigantic major changes often backfire on me - I may be gung-ho for a few days - a week even - but then I fall off the wagon. And sometimes that leads to me beating myself up about it - not good! Once I made the conscious choice to do things that nourished my body, mind and soul I was slowly able to get my "feel good" train back on track. It took a bit of "fake it until you make it" - but I just kept chugging along down the tracks.

I started with small things - many of which I had done intermittently in the past. I call them **the "4G's".... Goin', Greens, Givin', and Gratitude...**

Now my train rarely makes a stop in "this-sucks-ville". :)

Come join me on the "Feel Good Train to Thriving-ville"!

Beth Sawickie

Beth Sawickie – Thriving After Life Kicks Your Butt

beth@bethsawickie.com

www.BethSawickie.com

Visit me on Facebook: www.facebook.com/BethSawickie

Grab your copy of the Free "Feelin' Good" Newsletter at www.BethSawickie.com

How To Get The Most Out of This Guide

Here is what I have found to work best for me:

- **Schedule a time each day** to do each of the 4G's. For me, I have my Greens in the A.M. (smoothie) and/or a salad at lunch. I Get Goin' with a walk after lunch and usually some time of stretching exercise in the evening. I Give whenever I have an opportunity to do so throughout the day. At night, just before heading to bed I reflect and write down what I am Grateful for.
- **Keep a Journal of your 4G's.** You can use the journal sheet that came with this guide. Print it out, make copies – whatever. I have tried to do things like the 4G's for years with little consistent success. Once I started journaling them everyday a good shift occurred. I look forward to filling in my journal page every evening now. It helps keep me on track.

(note: there is a free journal page with this guide – if you didn't receive it, please go to www.BethSawickie.com and sign-up for my free newsletter and you'll have access to the downloadable journal page.)
- **Be kind to yourself.** There may be times when you skip a “G” or two. That is ok. Note that in your journal – what happened, why'd you skip it and how you could avoid skipping it in the future. The "Feel Good Train" does sometimes make stops at "shit-ville", "poor me-ville", "everything just sucks-ville". The good news is...those visits don't have to be long. Once you realize where you are... you can get back on the train and head down the track towards better places.

GOIN'...

Move Your Body Every Day!



*It's perfectly
OK to start
slow if you
need to!*

Now, I'm not saying to go run 20 miles, do a tri-athlon or take that boot-camp class from hell – unless that is your speed – it certainly isn't mine! Seriously – stay safe. Somehow I managed to aggravate an old back injury doing yoga! Never would've thought that would happen!

What I'm suggesting is to take 30 minutes a day to get moving. Before you say - "I don't have 30 minutes!" - break it up into 10 minute chunks if you have to. A quick walk in the A.M., at lunch and after dinner.

And make a plan for indoor activities you can do when the weather is crappy and you just don't feel like going outside – I know I definitely have those days!

One of my favorites is taking my dog, Soc (short for Socrates), out for a walk. It is 10 minutes around the block if we don't stop to sniff every tree, garbage can and telephone pole. We usually end up taking a longer route. I'll put on a playlist of rockin' music or listen to a favorite podcast and just walk, walk, walk!

Benefits of Gettin' Goin':

- Exercise releases endorphins that help you feel good.
- Stress reliever (seriously...it's amazing what a brisk walk can do to clear one's head – ask me how I know ;)
- Better sleepin'.
- Weight loss is possible too. That's a nice added bonus for me personally.

Here are some ways to Get Goin':

- walk outside (around the block, local park, parking lot, school track)
- exercise DVD/video that is your speed – don't hurt yourself!
 - You can find them “on demand” from your cable TV provider
 - DVDs can often be rented for free from your local library
 - YouTube is full of exercise videos
- Wii (Nintendo) or similar system.
- Walking up and down your stairs for 10 minutes at a pop.
- If you work in an office building, put on those sneakers and do laps around the building/cubicles or whatever! Just smile and wave if your co-workers look at you oddly.

Take Action:

Make a list of 10 ways that you can get your body “Goin’”. Write it down :)

Go through your schedule this week and write/type in exactly WHEN you'll Get Goin'. Write it down :)

Bonus Points:

Think of the usual things that would de-rail you from your plan and figure out work-arounds for them. It could mean saying “No” to something, or waking up a bit earlier. Write it down :)

GREENS...

Eat (and Drink) More Veggies!



Veggie Stir
Frys Are Easy
And Yummy!

I have found that, for me, the more greens and veggies I can eat, the better I feel. AND...the less junk food I crave. Yah know – all that sugary not-so-goodness, carbs in all their wonderous forms, ice cream – especially Ben & Jerry's! Please let me know if you have enough self control to NOT eat the entire pint in one sitting!

I have found that, for me, sugar is an addiction. I have a little and then I can feel the cells in my body getting their little high – all well and good – then the C-R-A-V-I-N-G-S set in and it's a sugar/carb frenzy for the rest of the night!

The BEST way I have found to combat my sugar addiction is to have more greens and veggies everyday. This pumps my body full of good nutrients so then it craves less of the junk. I have even gotten to the point where a nice orange carrot satisfies my sweet tooth – REALLY – it can happen!

There are 3 ways that I get myself to eat more Greens every day:

- Salads
- Smoothies
- Juicing

Salads

When I do make salads I'll make a gigantic one in a very large bowl so I have plenty for a few days. I avoid iceberg lettuce because it doesn't have much (if any) nutritional value. I do like romaine and the "spring mix" salads. Wash 'em all real well, and put them in the bowl – then squeeze a little lemon juice on them and mix 'em around. Put a paper towel on top of the lettuce and seal the bowl. This will help keep the salad fresher longer.

I like to keep whatever additions I'm going to put on the salad separate until I add them. Some things I like adding: tomatoes, red onion, mushrooms, peppers (green, yellow, red), radishes, chickpeas, black beans, avocado, walnuts, almonds...etc. I'm not a huge fan of sweet things in my salads but some folks like raisins, apples and raspberries.

Another option is to buy salads that are totally pre-made. You can even get them at fast food restaurants. I remember going to McDonald's with my Mom last year and ordering 3 of their \$1 salads. She thought I was a little odd – but I knew I'd feel much better after eating those than a Big Mac.

My local convenience store also has pre-made salads that are yummy and surprisingly pretty large. No excuses about not having time to prepare a salad.

Smoothies

This has become my favorite way to get my Greens. I like smoothies because I can put in them just as many greens as I normally would in a gigantic salad – but I don't have to chew

them :) Sometimes my jaw just gets fatigued chewing and chewing and chewing on those leafy veggies.

I bought my first Nutri-Bullet over a year ago and use it often. You may also be able to use your household blender without a problem – give it a shot. One tip – if it isn't blending/chopping, then add more liquid.

Here is what I usually put in my smoothies:

1 head of romaine lettuce OR 2 very large handfuls of spinach OR 2 very large handfuls of chopped up kale.

½ frozen banana that I sliced before freezing.

½ cup frozen fruit (strawberries, blueberries, raspberries)

1 Tablespoon of Goji berries

1 teaspoon flax seed

1 teaspoon chia seed (cha-cha-cha-chia!)

½ cup or more of Almond milk (un-sweetened).

NOTE: Don't have the 'seeds'? No problem – they do add extra nutrition to your smoothie but you can make your smoothie without them. Pick 'em up when you can and do give them a try though.

Another NOTE: I use frozen bananas and other fruit in my smoothies because I find the smoothies taste best when cold. Frozen fruit = colder smoothie :)

I start out with the leafy greens and the almond milk – put in blender/bullet and liquify.

Then I add all of the other ingredients.

If it isn't chopping up nicely or just looks too thick, just add in more almond milk or water.

Other yummy things I've added into my smoothies:

- dates
- coconut milk
- pineapple
- peaches

Take Action:

How will you get more greens into your body today? Write it down :)

Plan out your “greens” for the rest of the week – juicing, smoothie, salad...etc. Write it down :)

Bonus Points:

Make a plan for getting your greens “on the go”. Write it down :)

- Do you stop at fast food restaurants? What is the healthiest option on their menu for you?
- Are there any other places where you can grab a quick healthy meal while on the go?

GIVIN'...

To Yourself and Others!



Fill YOUR
Feel Good
Well FIRST!

The smallest gesture can uplift someone's entire day – and yours too!

This is especially helpful if you are feeling down in the dumps. Picking yourself up and helping another person can help you to forget your troubles. And don't be surprised if you get back as much or more good than you are giving to other people.

Important Note: This does NOT mean that you should go and “give till it hurts”. Remember that you need to take care of you first and foremost. Give to yourself first so you are overflowing with kindness to share with others.

That was a lesson I had to learn several times before I “got it”. I was constantly giving and giving to others and totally depleting myself. Do all your other G's first – take care of yourself – then you'll have plenty to give to others.

Another Note: For me, I've found it best to under-commit to volunteer activities rather than raise my hand and be the “good girl” who selflessly tries to do it all. If I over-extend myself

with volunteering then I get totally depleted and am of no use to anyone – let alone myself.

Here are some ways to give to others:

- Write a sincere note to someone telling them how they have been a positive influence on your life. You know that saying “...to one person you mean the world”... well it is true. The kind words you share with another could have a huge impact on their life. You could even get postcards to drop a little “happy” note to others.
- Give a sincere compliment to someone today.
- If you can make the time, volunteer at a local shelter, school, library, church...etc.
- Give in the form of a sincere action/gesture – take in a neighbors garbage can, hold a door for the next person and smile, pay for a stranger's coffee while in line.

Action Step:

Write down the names of 3 people whom you would like to send a note to and write them down. Choose one person right now to write a note to. Even if you don't have cards/stationary, you could still send an e-mail or an e-card.

Bonus Points:

Look for someplace to volunteer locally and contact them. www.VolunteerMatch.org is a good place to start. Your local church, library or senior center may have opportunities as well.

GRATITUDE...

Be Thankful Always!



Everyday
Write Down
At Least 3!

Thankfulness comes from the heart – truly appreciating things comes from the soul. When we are grateful we spill forth even more good feelings and in turn, more good is returned to us.

I look for things to be grateful for that I want to have more of in my life.

One of my favorite uplifting songs is “You Only Get What You Give” by the New Radicals.

There have been many times in the past where I have gone through spurts of doing a Gratitude Journal. I could end up with long pages of the things I am currently grateful for as well as wonderful things I expect to happen in the future.

Often times, doing those very long gratitude writings seems daunting and something that I “just can't find the time to do”. Translation – I don't want to do them.

So, I've made it easier on myself – I write down 3 things I am Grateful for every day. If I happen to journal longer that's fine – but I'm not forcing myself to write a long diatribe of gratefulness. This is especially helpful on those days when I may feel hard pressed to find things to be grateful for.

Here are some things to be grateful for always – but especially helpful when things just seem to suck:

- Sunshine.
- The meal you ate that will nourish your body (even if it wasn't the healthiest of choices :)
- A pet or other loved one.
- Breathing – it is seemingly effortless and magically just keeps happening – bringing much needed oxygen into the body.
- Warm socks, comfy t-shirt, favorite jeans.

Action Step:

Write down 3 things you are grateful for right now – you don't have to agonize over choosing the “right” things – just write down the first 3 that pop into your head.

Start the sentence with:

“I am very grateful that/for....” or “I am very thankful that/for...”

Bonus Points:

Write down why you are grateful for those things – how do they make you feel?

It is good to know the feeling that these things produce because it can help you move towards even more things that give you that good feeling.

ie. I am very grateful for choosing to have a green smoothie this morning.

When I have a green smoothie my body feels happy. I know that I am giving my body the nutrients that it needs and it show me that by functioning better (no energy crash, falling asleep easier).

I Want To Hear From You!

Get in touch with me :)

Was this Guide helpful to you? I want to know! :)

I'm always on the look-out for **new ways to “Feel Good”**.

Share with me how you do your “4G's” - Goin', Greens, Givin' and Gratitude!

I'd also love to hear your story – how have you gotten your de-railed train back on track?

Send me an e-mail: beth@bethsawickie.com

Visit me on Facebook: www.facebook.com/BethSawickie

Website: www.BethSawickie.com

Free “Feelin' Good” Newsletter

Grab your copy of the Free “Feelin' Good” Newsletter at www.BethSawickie.com