
weight and health

Posted by punkyhalo - 2008/03/05 12:54

I am trying to lose weight and also stick to a healthier lifestyle and following a regimine made by my doctor. The problem is that I am alone so much of the time and have no support. I tend to not take care of myself and stick to what I need to do because I can not see the light at the end of the tunnel and the reasons for staying healthy. It's so hard to stick to everything when no one around me supports or understands how much I really have to do each day to be well. I was always someone who could be strict and stick to my health regimine until things started to feel hopeless to me. I am trying hard to get out of this rut but I need a little support when I want to give up or get forgetful.:(Any support would be greatly appreciated. Thanks.

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Re:weight and health

Posted by Soft Myst - 2008/03/12 09:45

Hi Punky,

While I find myself in nearly the same boat as you, I do not listen to my own advice. I have been depressed for many years and in recent years my health has declined. While dwelling on my own misery, I've been thinking of how I can get out of my own rut.

I've been searching for answers to why I'm not as happy as I think I should be and have come up with some interesting ideas. There is a saying, "If you want to change your life, change the way you think". Well, I've been wrestling with this. It seems so true that if one looks at a glass half full instead of half empty, one would feel much better about having only half a glass. --- Another way to look at it, is that my happiness depends on how I FEEL about the things that happen to me, and NOT in what actually happens to me. Well, it's something to think about.

I've spent many years blaming others for my unhappiness. Sure, life hasn't gone as well as I planned, but at the same time, no matter what happens to me, it is my choice on how much I let it affect me. I've been wrong to let these things dictate my level of happiness and I'm going to try to change that in the future.

With that said. Here's some of my advice (take it or leave it).

Take baby steps, if you need to. Take one day at a time, sometimes 1 hour at a time.

Always remember that nobody is perfect and don't be too hard on yourself, either.

Don't give up, you're worth it. Nobody deserves your attention more than you do.

Think how much better you are going to feel or how much better you are feeling already.

Today is the first day of the rest of your life. If you don't take care of your body, where are you going to live?

I think when we are happy with ourselves, everything else may just fall into place.

S0--- that's my advice, I hope it helps a little.

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Re:weight and health

Posted by punkyhalo - 2008/03/21 20:32

Hi! Thanks so much for responding. You have good advice. I have been working on taking a step back when I start to feel over whelmed or negative about a situation that isn't going the way I want it to be going. I try to think differently but it is a hard thing to do day in and day out. I try to read books that help me look at things differently .For some reason I get tired and worn out and stop doing everything. I think when I hold in anger it makes me start to feel this way. I am still trying. I will keep you posted at how well things are going with that. Thanks again.:(

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