

So Many Choices!



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So Many Choices! You have thousands to make each day regarding your health and which way it will go. The following will help you better cope with challenges as they arise throughout the day.

STOP - CHALLENGE - CHOOSE is a potent technique that can break the link between events, unpleasant emotions, and undesirable reactions.

Here's an example of how it can work when you are triggered by negative feelings or an unhealthy environment:

STOP: Take a deep breath and center yourself. Suspend action.

CHALLENGE: Ask, "Why am I feeling like this? What outcome do I want?"

CHOOSE: Make a healthy choice for optimal outcome and awareness of alternative behavior.

Together with your Health Coach, you can overcome many challenges and create a Truly Healthy YOU!

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