

WHAT I BELIEVE



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"We are now at a point where the benefits of a holistic, whole-person view are being recognized with regard to health and wellness, dealing with stress, living with a chronic disease, or 'simply' living your best life and reaching your full potential, whatever your career/life/ health goals may be. Coaching can have a tremendous impact by helping a client to make changes and by providing support, focus, and the extra boost needed to move forward."

Life is short, fleeting, and can change dramatically in seconds, both for the worst and for the better. Tomorrow is not promised.

So, are you "a healthcare rebel?"

ONLY YOU know what you are really thinking and how you feel inside your body. ONLY YOU know when something doesn't seem quite right, no matter what the tests, x-rays, text books, Google, and the doctors say.

In healthcare we are often presented with many (and sometimes overwhelming) options and sometimes few choices or none at all. Though it is critical to learn as much as you can, ask as many questions as you need to feel comfortable in your knowledge base.

ONLY YOU know the solution which is best for you, taking into account all the benefits, as well as potential risks, the type of life you want to live, and the consequences of that decision for the good or bad.

In this month's newsletter, I invite you to explore being "a healthcare rebel" using these Tweaking Tips.

I'd love to hear your thoughts and provide support for accomplishing your 2013 goals.

All the best,

Colette

TWEAKING TIPS

Be Present and Be Grateful

While it's critical to use common sense, to plan, and to create a vision for the future, take time each and every day to be truly present and to be grateful for what you have and the people in your life.

Research indicates that engaging in such "simple" activities as "just" breathing, savoring each bite of your food, spending time in nature, "just being," and expressing gratitude daily has a positive effect on mind and body, (and, presumably, the soul). It actually can help lower blood pressure, reduce stress levels, brighten your mood, help you lose weight, and sleep better.

Express Your Passion and Nurture Your Soul

Don't forget to express your passion and to nurture your soul. Figure out what you were really put on this earth to do and go do it. You will increase the likelihood of being rewarded more often with being "in the flow" - those sometimes elusive moments when being and doing become in-separable concepts, time falls away, focus is crystal clear, energy is unending, and a sense of serenity (peace and contentment) descends.

When you find that "sweet spot" you will find yourself less stressed, at lower risk for depression, more likely to eat in a nutritious fashion and engage in physical activity, engage with others and build your social network, all of which fertilizes the landscape of your health and well-being.

**Listen. Listen. Listen.
Ask Questions. Ask Questions.
Ask Questions.**

Don't be afraid to tell your healthcare practitioner you do not understand. Ignorance not only is not bliss in this situation but could actually be deadly.

Trust yourself. Pay attention to non-verbal clues - does body language match the words being used? Trust your gut or that little voice saying something does not seem quite right. Give yourself permission to be a healthcare rebel!

STAY CONNECTED



QUOTE - TWEAK

"You don't have to wait until you are sick to get well."
Mark Liponis, M.D. &
Mark Hyman, M.D.

12 JOURNEYS

Click to watch this inspiring video.



PREVIOUS TWEAKS

If you missed previous month's newsletters, you can catch up here!

[GET MORE TWEAKS](#)

WHAT WE DO



Sometimes life takes you on a detour. How many times have you set a goal only to be sidetracked? If you're ready to get back on course, PT is a health, wellness, and life -executive coaching service designed to help you make positive changes in your life. Whether it's finding your passion or managing a chronic health condition, we'll help you identify roadblocks, develop strategies to reach your goals, and stay focused.

[Learn more.](#)

Click [here](#) for more Tweaking Tips.
Click [here](#) to learn more about being a Healthcare Rebel (beginning with the October 2012 entry, and on an ongoing basis each month).

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