

## Lesson 2:

## Creating Health & Energy

**Introduction:** Energy isn't something we "have" or "don't have." We can create the energy we need

### Things That Drain Energy

#### 1. Toxic Thoughts/Emotions

Negative thought such as: "I'm so busy." "I have too much to do." "I don't know what to do." "I can't decide." "I shouldn't have . . ." "I don't have enough time." "I can't . . ." lead to toxic emotions such as overwhelm, doubt, indecision, self-pity, shame, fear, despair, and guilt.

#### 2. Physical Factors of Low Energy:

Low blood levels of Vitamin D, Vitamins B, Iron, Protein. Also thyroid imbalance. Inadequate sleep.

See a doctor. A mother often schedules everyone else regular doctor checkups except for herself. Get a CBC (complete blood count), request a thyroid panel, keep a notebook of questions, concerns, symptoms. You are responsible for your own physical health!

Oversleeping and lack of exercise cause sluggishness and low energy. Get up and get MOVING!

#### 3. WORDS

Pay attention to how you tell your story. What words do you use to answer questions, talk about yourself, talk about your life, your family, your plans, and your interests. Your words create your story and the story you tell becomes your reality.

Change diminishing words to empowering words

"I don't know." to "I can figure this out."

"I can't decide." to "I trust my intuition. I can make a good decision."

"I am so tired." to "I am giving my body extra attention today."

#### 4. Clutter:

Dealing with extra STUFF is exhausting, whether it's clutter in our minds and hearts, extra garbage in our bodies, or too much junk in our house.

Experiment with cleaning, tidying, simplifying and watch your energy levels boost.

## Things That CREATE Energy

### 1. **CHANGE Thoughts/Emotions**

\* Class Topics Week 4 & 5

### 2. **OPEN HEART: FEEL THE LOVE OF GOD EVERY DAY**

Book "A Heart Like His" by Virginia Pearce.

Open heart to feel God's love without adding anything to your calendar. No extra service, temple visits, scripture reading. Simply open heart and RECEIVE God's love which is already there and is not dependent on our actions.

Quiet the busy brain. Brain will say, "You have to make bigger efforts in order to be worthy of God's love. or "You have too much to do to sit here." QUIET the brain and OPEN the heart.

Embrace Simple Moments. Sitting in front of a sunny window. Laying in bed & talking with God. A mid-day nap. Lay down open heart. Invite. Receive.

Record your experiences each night. "When did I feel the Love of God today?"

Luke Story of Mary & Martha. "One thing is needful."

### 3. **MEETING YOUR NEEDS**

See a doctor. Have an annual checkup and get blood work done. Request a CBC (Complete Blood Count). Monitor levels of Vitamin D, Protein, Iron, and Thyroid.

Recharge.

Introverts recharge by being alone. Extroverts recharge by being around people.

It is okay for a woman to get some time alone and who is going to arrange it? She will!

Receive:

As women we often deflect what we need. Be open to receive.

Ensign Jan 2019 "Faith to Reap"

Nature:

We all need to spend time in nature to recharge, lift our spirits, calm our minds.

Diet, Rest, Exercise: Self Explanatory

*We honor that Jesus gave his life. Maybe we should honor more that Jesus fulfilled his mission. He accomplished God's will. How am I best able to accomplish God's will? By being sick and run-down or being healthy and full of energy?*

## Declarations/Affirmations

*I am a generous giver and an excellent receiver.*

*I have an abundance of energy.*

*I have exactly enough energy to do the things that matter most.*

*I am capable and willing to meet my own needs.*

*I ask for help when I need.*