Healing Opportunities vs Symptoms Transcript

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Introduction and book club announcement

Good morning. So for those of you that don't know me, I'm Jen Miner, the owner of Thrive Health and Wellness. And I come out to live a few times a week.

We just talk about different aspects of health and healing that can add value to your journey. I am coming to you a little bit early today. Now I don t mean to throw anybody off.

It is I have something really important coming up a little bit later, so I decided to shift it up today so that this way I had the opportunity to do both things, but I didn't want to miss you guys so.

So first a little housekeeping we have coming up. Our next book club is starting tomorrow night. And it's not too late to join. It's a book called How to Be a Badass.

and it is great. Its hysterical, its motivating, it really funny. But it also funny in a productive way. In a way that you can apply the information.

Reframing symptoms as healing opportunities

to help you to realize the badass inside of you. So if you're interested, message me, what have you, and we'll get you into that for tomorrow night. It's at 7.45. So that was the first order of the day.

And then what we're gonna talk about now is how to identify, really use our words appropriately and as effectively as possible when it comes to our health situations, right?

So sometimes we are experiencing symptoms and our first thought is make it go away. How can I make this go away? Yesterday, now the fastest, get rid of it, eliminate it.

I don't want this, that kind of thing. But what if those symptoms were your body trying to communicate some healing opportunities that are available to you, whether it be through lifestyle, or whether be it through our diet, I like to say how you feel.

where maybe it's, hey, I need some targeted support to help me get through this and to heal this. Sometimes there's trauma corresponding to the situation that needs to, but that would like to be addressed.

That would to like be healed. It would be moved along in a different way. So sometimes that's the case. And so it is important to identify and assign the appropriate words to these situations so that we can make the most out of that experience.

So this way, it's just not something that is on that. We want to turn off. All right. Um, so because otherwise you're, you know, mentally like putting yourself into this box that sometimes you can't get out.

Or it might make it a lot more difficult, I should say, to get. The other thing to keep in mind is how we might be identifying with a particular symptom or condition, right?

Because our words have meaning, they have power, and we don't want to give it any more power than it already has, so things like, well, I have anxiety.

Changing self-talk and questions for better health

I'm an anxious person. It's always been that way, something like that, okay? What if we were to change that to, i'm

always looking for ways to be calmer and manage stress more effectively every day?

So you see the difference in how that feels. Okay. And what message it's sending to your brain and what messages sending into your body. One is sending the message that there's absolutely nothing we can do about this.

It is the way that it is. Let's just accept it and try to be as comfortable as possible in the situation. That's one message. Not very productive, not going to real supportive on a healing journey, and not really going get you very far.

unless you're just gonna take medication to just shut it all off, okay? Which again, there's not as much progress that can be made there. So, whereas when we convert it to the other perspective, now it tells the brain, hey, we're gonna continue to look for solutions and opportunities to change this experience or to level up this experienced, it's one of, of possibility.

It's one of hope. it's One of empowerment. And that's the place from where you can heal. Okay. You can't be in love and hate at the same time, you Can't Be in lack and abundance at The same Time.

okay, You Can be In a state of gratitude. and complaining at the same time. These things don't exist together. So we get this choice. We get to always choose where we're going to come from.

And if we learn to communicate really well with ourselves, we'll never have to work on communicating with other people. because the practice is already done, the learning, and the growth is all ready done within our own safe space, right?

So that's one example. I challenge you to think of a symptom or a condition or maybe it's a diagnosis that you've received and see how you can turn it around to something that your body and your brain can actually work with and can use.

Another thing is to be aware of the questions that we ask, right? So we're like, oh, why can't I lose weight? or why can't I just think clearly? Why can I have energy when I wake up in the morning?

Well, you ask yourself that question or you say that or think that, your brain's gonna be like, oh, I got the answer for that. I'm gonna give it to you.

Because your brains in in business of giving you solutions, right? So when you asked that it's going to play the same old reel it always played. Right?

Well, I love sugar, food, the way these things taste. Blah, blah, it's going to say I got that answer. I know it. Pull it out. And I'm going play the reel.

It's gonna give you the same reel that you've been playing over and over again, that again puts you in that place of there's nothing that can be done here.

There's no other solutions to be had. The solution here it is. That's it where what if we could change that and say, well, up until now, maybe I felt like I couldn't lose weight.

We want to acknowledge the feelings and the emotions that we've had because they were valid and they are valid. And they're important. You don't want your brain to be like, That's not what you think or feel.

So we want to acknowledge them. Yes, that is true. That was there. And maybe up until now, I felt that way or I believed that or that's what it appeared to be.

Applying mindset shifts and closing remarks

But what if we could change it too? Well, what can I do or what are some ways or how can you can ask it in these ways? How can level up my health today?

how Can I level out my house for this meal? Things like that. Well, now your brain, you're asking a different question. Now your brand is like, hmm, it's going to start looking for answers outside of what it already knows.

So it going start seeking opportunity. It's gonna start Looking for areas that provide possibility, right? So you are communicating two very different things to yourself.

And it is really important because that makes a big difference in the end result. You know, we wonder why we are not getting the results that we want or if we that, we just can't change or why can I just get over this or fix this while there's some learning here.

And part of that learning is being able to shift into a different perspective, right, being You know, it's something that can be very, very powerful, and you can apply it to anything.

You can it apply to health, you could apply your career, your finances, relationships with other people. There's lots of opportunities there. So a few things to remember up until now.

That's a big one. Yes, up till now that might have been the case. Today, I'm making a different decision. If you're not sure what that different is going to be, today I am going make a I'm going to ask myself something different.

How can I XYZ? Whatever the case may be. So that this way you're not playing the same old reel over and over again. So let's see how much awareness we can start bringing to this, this week.

So think about a struggle that you're having, think a symptom or a health condition or diagnosis or anything that your struggling with and start thinking about how you can reword that to start opening up these new doors in your brain.

Okay, because that's where you're going to be able a place where You're gonna be to heal from. Okay. You lock yourself into this other box. It's gonna Be very difficult if next to impossible to get out of it.

And that is not a Place where can learn, grow, heal, expand, none of those things. So it's very important. to try and find those opportunities and to view them as healing opportunities, okay?

This isn't an inconvenience to my life. This is an opportunity for me to heal. this is opportunity to relax. It's an opportunities for take some time for myself.

it's opportunity focus more on this area of my and look for solutions, different solutions and opportunities in that area and expand and grow. So I hope you found that helpful.

We're going to be on here live again tomorrow. Tomorrow is going be regular time. And tomorrow we're gonna talk about exercising while you're fasting and how that can help or hinder your goals and what you are trying to do.

So, I will see you all then.