



Health is about nurturing your spirit too

with Pam Mathis, Functional Dietitian/Nutritionist

If you've been following me and my work for a while, you know I take a holistic approach to health.

I talk about how health is not just diet and exercise....

I share how sleep, energy and so much more are at play...

Including nurturing your spirit.

Yep! The little ways you take care of your emotional & spiritual health can have a HUGE impact on your overall well being.

What do I mean by nurturing your spirit?

It's finding things - either internal or external - that bring you a sense of joy & safety.

Many are calling them "glimmers" - which I love!

Nurturing your spirit and finding "glimmers" looks different for every person, but you'll know one when you find one - because it leaves you feeling grounded and peaceful - and even with a smile on your face!

Why are glimmers important?

Because as adults, we're conditioned to do the responsible thing. To get to the end goal.

Glimmers are more about the experience - not the outcome.

We can enjoy being in the moment - rather than accomplishing the goal/project, etc.

It lets us tap back into our childhood joy - where we did things just for fun!



Here are some examples of glimmers:

- Savoring just the right conversation during lunch with a good friend
- Finding the perfect shell on the beach
- Loving the color of the flowers you just planted or saw in the park
- Enjoying the sun on your face - even for just a few minutes
- Turning up a good song and singing to it at the top of your lungs
- Finally curling up with a soft blanket and that book you've been dying to read
- Exploring something creative and new - like watercoloring or knitting - without worrying what the end-goal looks like
- Enjoying playing a game just for the fun of it and the people playing with you (not winning or losing)
- Applying hand lotion while sending love to your hands and enjoying how your skin feels.

I invite you to pay attention this week to find what lights YOU up in the moment and puts a smile on your face.

And feel free to share them with me - I love to hear from you!

Do you need 1-on-1 support to help you feel your best?

I'm Pam Mathis, a Functional Dietitian/Nutritionist,
and it's my mission to help you take back your health.

**Connect with me for a consultation
at 941-907-3757 or pam@nutritioncoachpam.com.**

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