

“..The truth of my being is that I was created perfect, whole and complete...”
- Louise Hay



Christmas Time!

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Welcome to the first edition of the Completely Human newsletter!
I hope you find it encouraging, interesting and enlightening.
Christmas is always a busy time in all our lives with so many commitments and obligations.
And as soon as Christmas is over, we have to start planning for the New Year! During all this activity I urge you to still take the time to read our first article about the necessity of having time for yourself. It's especially important, in all the hustle and bustle of the Festive Season, to – please- look after yourself.

Our monthly newsletter will be divided into the various components of being a Complete Human Being namely:

- An overall wellness section,
- a physical wellness section,
- a healthy lifestyle/diet section and,
- monthly relationship advice/commentary.

You may tend to forget you're made up of these various components – and that each area needs your individual attention. It's your own responsibility to

maintain these areas – but we're here to help! We'll be sharing some thoughts on why and how to make this easier. But, please feel free to submit ideas, thoughts or comments to us at any time.

**“The act of taking the first step is what separates the winners from the losers.”
Brian Tracy.**

Take the first step in joining our community today to receive the necessary information, motivation and skills to help yourself become complete, balanced and fulfilled.

Relationship Tips – we all need these



1. List your individual stressors and identify the resolutions
2. Ban the mental scorecard of who's right and who's wrong between the two of you
3. Be present in each moment of togetherness
4. Make time for family – it's an action, not a passive activity
5. Be constructive in conflict. It happens for a reason – understand it and resolve it.
6. Work continually at your relationships. It's very often hard work.
7. Don't expect one person to fulfill all your needs.
8. Be clear and communicative about your needs. Understand them yourself first.
9. Know when to call it quits.
10. A healthy relationship always starts with a healthy you.

Take Time for Yourself



A man is not rightly conditioned until he is a happy, healthy and prosperous being; and happiness, health and prosperity are the result of a harmonious adjustment of the inner with the outer of the man with his surroundings.

James Allen – As a man thinketh

We all suffer from the same challenge of not having enough hours in a day! How often do we find ourselves complaining about this with frustration or even worse, just a deep sigh?

It's a challenge to get through the vast quantity of responsibilities each day and still be able to give our partner/spouse/children the necessary attention they require, let alone, deserve!

And to make matters worse we have the continual bombardment of information telling us that to be healthy we need to "look after ourselves" first. But who has time for that?! Right?

Wrong.

We **do** have the time. All of us do. We've become so conditioned, however, to NOT taking that precious time out by filling it with other activities instead. That's the problem. We lose focus on what's actually important. We deceive ourselves into thinking we're okay because we're continually busy and on-the-go. But this only ensures we lose sight of the bigger picture. I've just read a book called One Minute for Yourself, by Spencer Johnson who highlights this very fact. He maintains we only need one minute. At a time. Each day.

How can we think we can look after others and make them happy when we can't even get this right for ourselves? It's a discipline we need to learn - to manage our inner self - thereby resulting in an increased ENJOYMENT of our external life combined

with a feeling of internal balance and peace.

What is your inner 'self'? I believe that's WHO you are.

Do you know who you are? This can take time (in fact, years) to explore. The fact that this process of discovering yourself takes so much time and effort is surely a clear indication that it needs to be taken care of?

Spencer Johnson points out that the first indication that a depressed or sick person feels better is that he/she starts taking care of themselves. I know the first thing I ask for after waking up in hospital is my hair brush!

We don't have a choice about taking care of ourselves. Our bodies demand it.

Any bit of time we spend with ourselves will open the possibility to potentially see a better way. Or better still, to choose to see a better way. All it takes is that one prized minute, Spencer Johnson suggests. But be warned – the first time you do this – the single minute can feel like an eternity and you may very likely start feeling edgy and anxious. But breathe and acknowledge that it's ONLY a minute. So take your time. The minute is precious.

The variety of ways in which we can take care of ourselves differs from individual to individual. That's part of the beauty of being unique. By spending a minute with ourselves at a time, we'll start listening to what our bodies need from us. Including its own form of care-giving. Once in a care-giving

space, through listening we can implement changes in our behaviour and thoughts.

Our resultant behaviour will start showing us who we are. Really.

It's ironic and a borderline tragedy that we have a habit of treating others with compassion and respect but don't do that for ourselves.

Very few of us enjoy, let alone welcome change in our lives. But don't we all know that if we want to be happier and more balanced, some form of change will be a prerequisite. Most things in life don't just happen by themselves.

Continued change happens with discipline – Try repeatedly taking one minute to yourself. If you're honest you'll realise you do, in fact, have many gaps during a day. By being aware of them just five times a day can easily add up to a rewarding (and potentially life-changing) five minutes! But it's only necessary to start with a single minute.

Our behaviours and attitudes continually impact those around us – with or without intention. By being peaceful, calm and in balance with our inner selves – we cannot help but let this energy flow out to those around us.

It's a rewarding feeling when we honour ourselves sufficiently. Our inner selves are as important as our jobs, our families and our social commitments. Doesn't it make more sense to look within ourselves first to understand how to provide for these needs on our own and not expect the fulfillment from others?

Why include Exercise as a New Years Resolution? ³



The bigger question is "Can you afford NOT to include it?" Exercise provided the start of a wonderful journey for me. I learnt what I was able to do – with a little hard work and lots of fun. I always refer to having had a sedentary existence before I started swimming. My life lay in academic achievements. I therefore studied, worked hard and ate my way into the size of a blob.

A daily swimming routine I eventually started led me to meet someone who taught me to run

I started with walking – and this led me to eventually, proudly - calling myself a runner.

I fought the injuries which come with moving too quickly from sedentary lifestyle to wanting to run marathons. During this often painful journey, I learnt a lot about myself and about my life. It's in the true moments when we look at ourselves and listen to our bodies that we feel what we owe ourselves to make the most of this beautiful life we have the privilege of living.

It somehow then becomes imperative that we preserve our bodies so that we can continue experiencing this.

The benefits we all know about (thought I'd include them for full disclosure) are:

- Reduces high blood pressure
- Reduces high cholesterol levels
- Reduces the risk of heart disease
- Reduces the risk of developing diabetes
- Reduces or maintains body weight and/or body fat
- Build and maintain healthy muscles, bones, and joints
- Reduce depression, anxiety and stress levels
- Improves psychological and emotional well-being

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About Completely Human

Completely Human is a novel idea by two ladies who firmly believed that life is for living. And we need to get the most from this wonderful experience! We assist people in understanding and managing all aspects of their complicated and full lives.

We offer solutions in the following fields

- Physicality
- Nutritional & diet
- Emotional (Upliftment and Motivation)
- Relationship Rendezvous (meet other like-minded individuals)

As flexibility is the key to a balanced existence - you determine where you fit in and we meet you there - to be what and who you are. And do what you want to do.

Surprise yourself – join our community today. Dare to become who're you're meant to be.

Complete and Fulfilled.