

A Complete Life Wellness Plan™

for 50+ Boomers Needing to Succeed!



Companion
eBook

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Preview of A COMPLETE LIFE WELLNESS PLAN™

A Big Hello and Welcome,

Having landed on my website you are aware that I am the author of:

The UN-RETIREMENT Guide™- A Complete Life Wellness Plan™ for 50+ Boomers
Needing to Succeed!

The “Guide” provides among other related topics, in-depth information on each of the seven dimensions of wellness, one of which is the occupational dimension with it’s 5-chapter series on staying gainfully employed. The second part or *Companion eBook* (as illustrated on the cover page) contains the Complete Life Wellness Plan™.

What follows is a preview from the beginning of the Companion eBook, that includes instructions on how to complete your Complete Life Wellness Plan™ and a snapshot of your wellness in the physical dimension.

The physical dimension is a key aspect of our multi-dimensional nature and health and the foundation of your wellness plan.

I hope you find value in this sample and are compelled to read The Un-RETIREMENT Guide™ and check out the Companion eBook. Further instructions are available at the end of this preview on how to access these.

Read on, its not long and I hope you enjoy it!

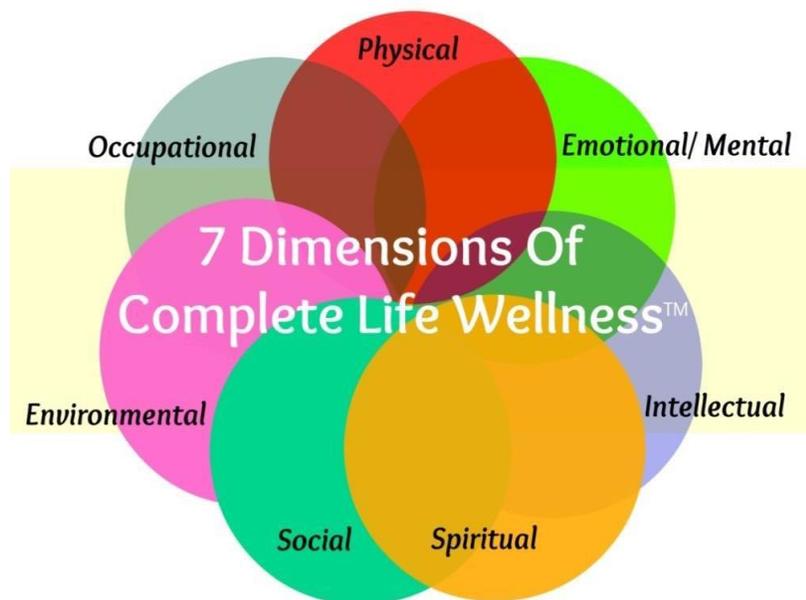


A COMPLETE LIFE WELLNESS PLAN™

Life is a balance of holding on and letting go.
Rumi

A **Complete Life Wellness Plan™** is complete because it enables us to manage our “complete” life work and non-work needs.

In order to begin the wellness planning process, an estimate of your current level of wellness is required. This is accomplished by having you *work through a short checklist for each of the 7 Dimensions*. Doing so will get you started identifying where you’re out of balance, and begin to prioritize and set sensible goals to adjust these areas. These goals and actions form your **Complete Life Wellness Plan™** which is updated over time as our needs change.



Wellness planning is about making changes and/or responding to change in our lives. It isn't a mountain of work and the benefits far outweigh any effort required. It doesn't mean that change is always easy to accomplish or cope with, but if we need/want to grow we have a method and tool to do so.

This Companion eBook can be used on its own for wellness planning, but best results are obtained in combination with The UN-RETIREMENT Guide™ which provides a wealth of background information.

What is Balance?

Before starting on the *checklist* to develop a snapshot of your wellness in the physical dimension, I would like to briefly review the elusive concept of balance. It is a word that is frequently heard these days in relation to Wellness.



Balance is a temporary or fluid state and not a point we achieve and remain in, because our lives and environment are *changeable*. A Wellness Lifestyle is a daily commitment to making choices aimed at moving towards increased balance and wellness, when necessary and as best we can.

As a student of yoga I often hear the word balance in class and it has more than one meaning. At a basic level, yoga requires a balance of effort and rest, there is also balancing on one leg or mind-body balance and so forth.

It is part of being human to find ourselves unbalanced at times, such as feeling uncertain or vulnerable. Acquiring an increased ability to accept uncomfortable emotions as they come and go, is another example of balance! Can you think of any others?

To help visualize balance, a wellness lifestyle could also be viewed as a bicycle wheel with 7 spokes that represent the individual dimensions, with each radiating outward from a central hub. If all the spokes are the same length, the wheel would be true or balanced. If some of the spokes are shorter in length, the wheel would be out of round or not balanced. The spokes or dimensions that are of differing lengths are those that require our awareness, attention and adjustment to better fulfill our needs and balance in the process. The tool or spoke wrench for adjusting the spokes is the Complete Life Wellness Plan™

Creating **A COMPLETE LIFE WELLNESS PLAN™**

Physical Dimension

Instructions

To complete a personalized snapshot of your wellness in this dimension, perform the 4 simple exercises that follow:

1. For this dimension only, there is a brief important section on THE 4 FOUNDATIONAL LIFESTYLE HABITS to read through first.
 2. After this, review the **Definition of** wellness which follows. There is a short Definition of wellness for each dimension.
 3. Read the checklist of wellness statements for the physical dimension, and **check off those statements** that are part of your current lifestyle. (Leave the rest blank, of course 😊)
 4. When you reach the end of the checklist you will find the question: **How are you doing in this dimension?** Write down which aspects of your lifestyle in the physical dimension you are okay with, and those you are motivated to change or improve.
 5. When finished, **pick and/or highlight 3** unchecked wellness statements from this checklist that you are motivated to change. Feel free to add your own wellness statements that aren't on the checklist.
- ✓ **Commit, Act, and watch the Results.** More on this later.

Once you have read through this example in the physical dimension you will get a glimpse into how a wellness plan is created.

I recommend working through the checklist below and writing down your thoughts on **How are you doing in this dimension?**

Physical



Review **THE 4 FOUNDATIONAL LIFESTYLE HABITS** below, prior to filling out the checklist to help you complete a snapshot in this dimension.

1. MOVE



Regular physical exercise may lower blood pressure and cholesterol or help prevent a diagnosis of diabetes, and these are all risk factors for dementia. Physical exercise is essential in managing stress. Research indicates that exercise is also involved in the production of new nerve cells and minute blood vessels in the brain. All of these benefits are good for the heart and brain and major reasons to “just do it.”

2. EAT



A nutritional diet that results in stable blood sugar levels will help prevent the onset of diabetes. Diet, keeping our weight down and exercise together will work towards maintaining acceptable levels of good and bad cholesterol. Spending time with a nutritionist or researching online to put together healthy meal plans and learn about eating right (brain foods) will be a solid investment of your time. Adequate hydration is also an essential part of this habit as bodily processes rely on it to do their job.

3. SLEEP



The importance of sleeping well is mentioned in Chapter 6 of *The UN-RETIREMENT Guide™* where the Division of Sleep Medicine at Harvard Medical School advises that: “insufficient sleep increases a person’s risk of developing serious medical conditions, including obesity-diabetes, and cardiovascular disease.”¹

At a simpler level, getting enough sleep feels great and makes life more enjoyable.

4. BREATHE



Abdominal/diaphragmatic breathing can be easily learned and practiced as an ongoing habit to ensure that our brain and body are receiving sufficient oxygen-rich blood and removing cellular waste. It is also an important and effective technique for managing stress.

A daily lifestyle that focuses on **THE 4 FOUNDATIONAL LIFESTYLE HABITS** supports living a long, full life!

CHECKLIST

Definition: Wellness in the physical dimension includes a daily lifestyle that creates a foundation of habits that supports healthy body function and wellbeing.

DIRECTIONS:

Please place a checkmark beside each wellness statement below that is part of your current lifestyle (and leave the others unchecked.)

In the past 3 months, do you:

- Control your meal portions and try to eat smaller, more frequent meals throughout the day?
- Eat a variety of healthy foods?
- Hydrate with good quality water as needed until your urine maintains a light color?
- Start your day with a healthy breakfast?
- Reduce your caffeine and sugar intake to recommended levels?
- Consume no more than 1 alcoholic beverage each day?
- Minimize or preferably eliminate smoking?
- Practice slow abdominal breathing at intervals throughout the day?
- Take 20-minute power naps in the mid afternoon when possible?
- Attend routine medical checkups as required and have learned to recognize early signs of illness?
- Change doctor(s) if your healthcare needs are not being met?
- Consult with a naturopath about best practices for disease prevention?
- Consult with a nutritionist to gather information about healthy eating habits?
- Make informed choices about medical care and prescription drug use?
- Participate in safe, responsible sex, often 😊?
- Use seat belts and helmets, and encourage others to do so?
- Set aside time for relaxation and use techniques such as yoga, meditation, and deep breathing to do so?
- Exercise regularly (3 times per week) at an activity you enjoy?
- Get adequate, restorative sleep?
- Sleep on a comfortable, supportive mattress set?
- Sleep on pillows that fit your neck angle and encourage a restful sleep?
- Aware of the physical symptoms of a chronic stress response?
- If experiencing a chronic stress response, have taken the initiative to manage this.

How are you doing in this dimension?

Write down which aspects of your lifestyle in the physical dimension you are okay with, and those you would like to change or improve.

NOTES:

Where to next?

The 3 highlighted, unchecked wellness statements selected from the checklist above are transferred to a planning worksheet and further defined and become part of your initial Complete Life Wellness Plan™.

Later, as the six other dimensions and checklists are worked through, these results are added to your plan and form a wellness snapshot in all the dimensions!

The Companion eBook can be obtained by purchasing a copy of the print or eBook version of The Un-Retirement Guide™ from the Amazon.com link on my website or by visiting <http://www.amazon.com/dp/B01FEJI0DK>.

Congratulations for taking time for your most important asset (health) and hanging in there with me!

If questions arise or you have comments, please send an email to the address below and I will get back to you.

Be the change you want,



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