



Helping You Live Better

Letter from *Dr. Brown*

Hello Friends!

Over these past many weeks of staying home and taking one day at a time, there are many unknowns and uncertainties. Things right now seem more out of our control than we are comfortable with. I am an A – personality, plan every day of my week type of person. I understand how many of you are feeling!



But there is always a silver lining! Today I want to share some different ways of thinking. Instead of focusing on what we cannot control, here is something we can control.

You choose how you think, perceive and feel. Be aware of your thoughts and words you say to yourself. Are you always putting yourself down, complaining or criticizing yourself? Make the decision to change negative thoughts. Every time a thought like this comes into your head – Stop! Turn that negative thought into a positive one. Here are some examples:

- My hours at work have been reduced = I have more time at home to spend with my children
- I have a dirty house to clean = I have a safe place to live
- There is a pile of laundry that needs to be washed, folded and put away = I have clothes to wear
- Grocery shopping needs to be done = I have money to buy what I need

Everyone has various circumstances right now, but you can get the idea.

You can also choose how you are going to take care of yourself physically. Are you going to sit on the couch and watch movies on end while eating an entire bag of chips? There are many reasons why this is not a good idea... Eye strain, sitting all day creates poor posture and unless those chips are organic homemade baked chips with a little sea salt on them, they probably are not good for you! Instead make a healthy routine for yourself. Here is an example:

- Wake up at a decent time, maybe even the same time as you would if you were going to work or doing your normal routine
- Get up and get dressed
- Find something positive to read each morning - maybe a quote, scripture, a few pages from a devotional book
- Eat healthy! Eat the rainbow – fruits and veggies – maybe this is a good time to break out that juicer collecting dust in the basement 😊
- Do some exercise each day even for only 20 mins – go for a walk, find a yoga YouTube video to follow, or get those free weights out of the closet and do a few bicep curls
- Do something that you enjoy – what are your hobbies?

- Treat yourself – maybe that is a warm bath with Epsom salts and essential oils
- Get a good night’s rest! Turn off the TV, put your cell phone in a different room, sleep in a dark room and think about everything that day you were thankful for

You are in control of you – mentally and physically. You are also not alone. We are all in this together and we will all get through this together.

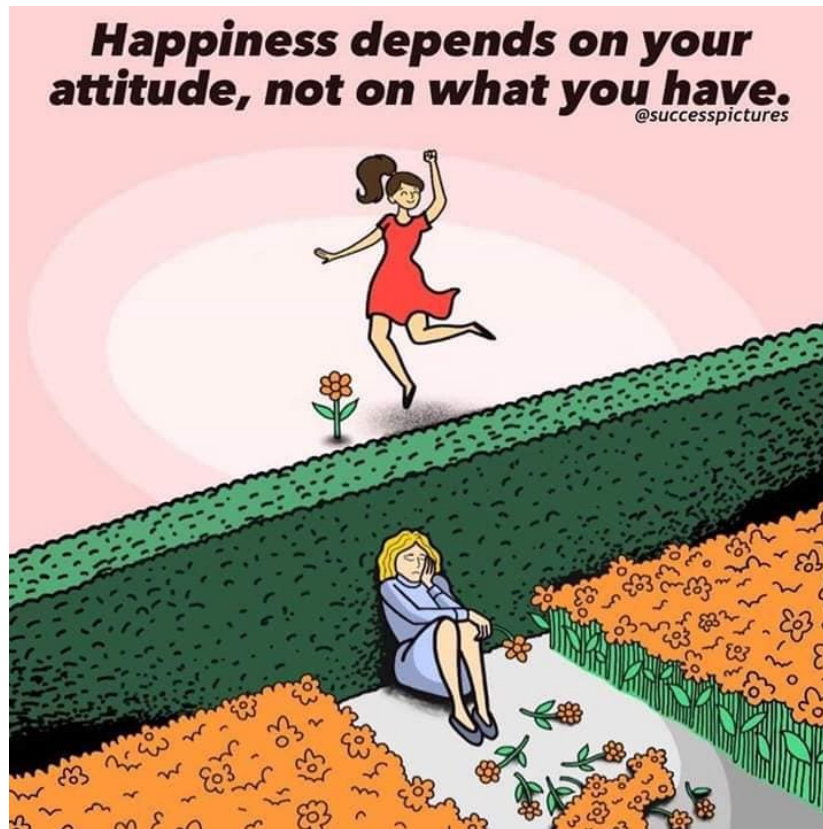
Here is a tip – think of the end goal...the end result. Envision where you will be and what you will look like. Are you better off than you are today? Healthier or happier? Now start a list of how you can get there. Make one change from that list each day.

Afterall, how does one eat a whole elephant?

One bite at a time. You can do it!

Stay well!

Dr. Brown



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