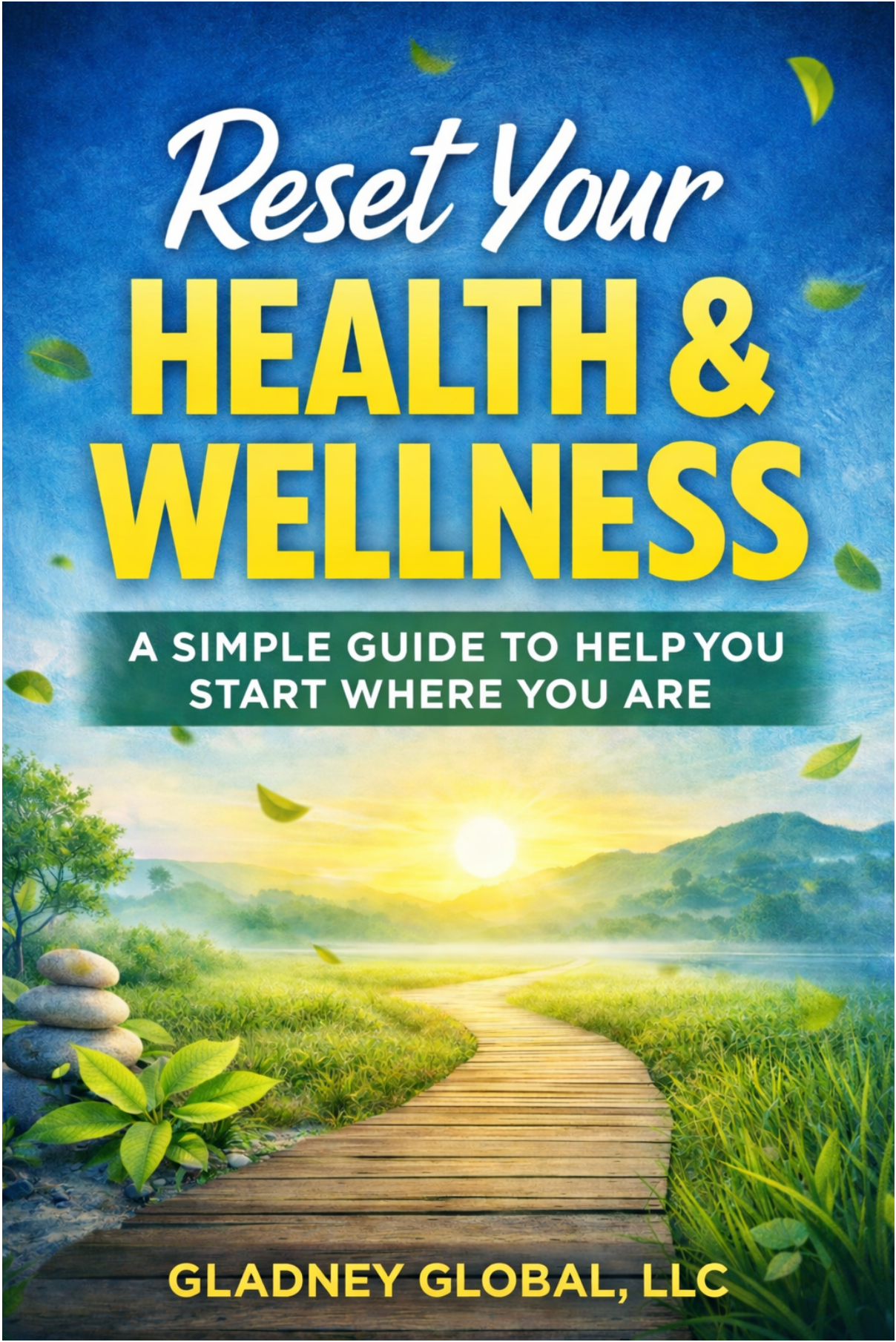




Reset Your **HEALTH & WELLNESS**

A SIMPLE GUIDE TO HELP YOU
START WHERE YOU ARE

GLADNEY GLOBAL, LLC

DISCLAIMER

This guide does not replace your doctor or medical professional. Also, it is not food prep/meals, medical, nutrition, therapy, diagnosis, treatment, or fitness advice. This guide serves only as a resource for lifestyle habits, goal-setting, accountability, motivation, and general wellness education strategies.

INTRODUCTION

Many people talk about being “healthy,” but few ask what health truly means. Health is more than just the absence of illness. The World Health Organization defines health as “a state of complete physical, mental, and social well-being, not merely the absence of disease.” Put simply, health covers how your body feels, how your mind functions, and how you connect with the world.

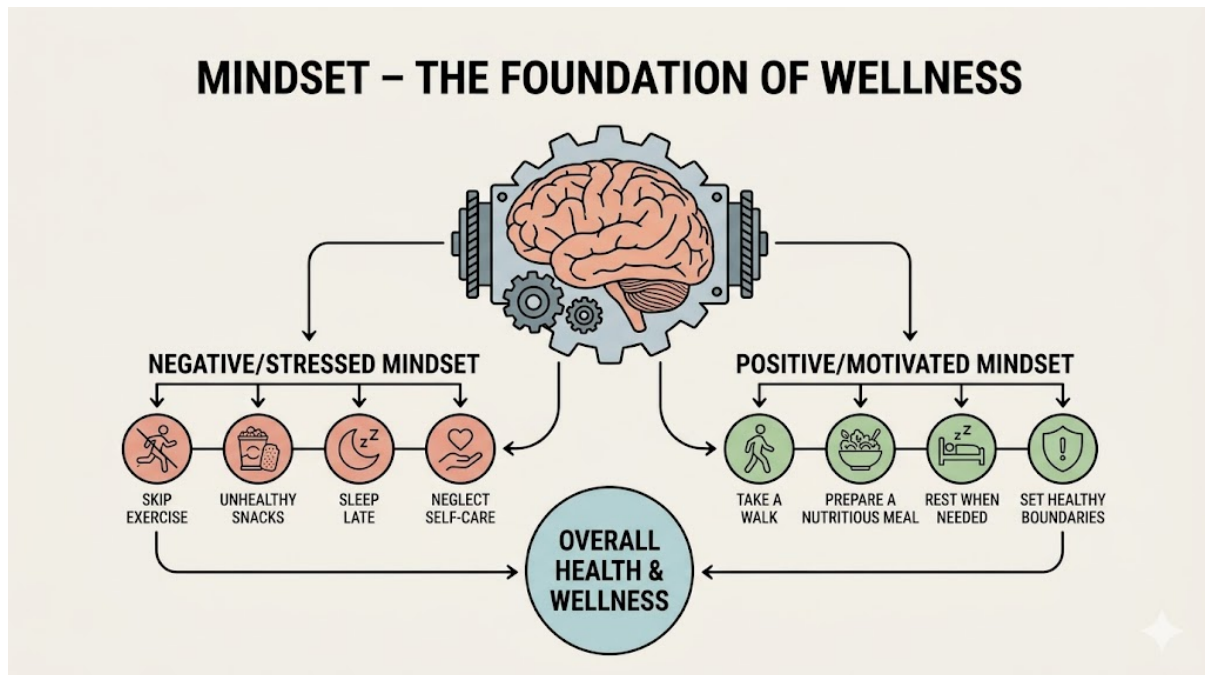
However, understanding health is only the beginning. To gain a complete picture of well-being, it helps to consider the broader journey beyond simply being free from illness.

Health is a state of being. Wellness is the journey that leads you there. Think of it this way: health is the destination; wellness is the road you travel every day. Wellness is the ongoing process of making conscious choices to support your well-being. This includes how you think, what you eat, how you rest, how you move, and how you care for yourself and others.

As Ralph Waldo Emerson once said, “The first wealth is health.” Yet wellness is what allows you to truly enjoy that wealth. You can be free from illness and still feel tired, overwhelmed, or disconnected. Wellness brings balance, purpose, and energy to daily life.

This guide is designed to help you reset both your health and your wellness. Wherever you are today, remember the goal is not perfection, but progress. As Lao Tzu said, “A journey of a thousand miles begins with a single step.” Let this guide be your invitation to take that step today. Commit to trying just one new habit from each section and watch your progress grow.

STEP 1: MINDSET – THE FOUNDATION OF WELLNESS



Before habits, routines, diet, or exercise, there is something even more powerful that shapes your health and wellness: it is called “Your Mindset.” I refer to the mind as the engine that drives every decision, influences every action, and sets the tone for how you care for your body, your emotions, and your life.

The state of your mind often determines how you approach your health. When you feel stressed, frustrated, or overwhelmed, you might skip exercise, reach for unhealthy snacks, stay up late, or neglect self-care. Low energy and focus make small decisions add up, quickly affecting your physical, mental, and emotional well-being.

On the other hand, when your mind is motivated, calm, and positive, you’re more likely to take a walk, prepare a nutritious meal, rest when needed, and protect your time with healthy boundaries. Simply put, your state of mind directly influences your daily actions. Those actions, repeated over time, shape your health and overall wellness.

As the Roman Poet Juvenal famously wrote, “Mens sana in corpore sano,” which means “a healthy mind in a healthy body.” The two are deeply connected. When your mind is balanced and positive, it becomes easier to make the daily decisions that support both your health and your overall wellness.

Your mind has to be healthy to support your health and wellness, and this is not about being perfect or pretending life is always easy. Instead, it is about learning to stay steady, like a flowing river. Water does not fight every rock in its path. It moves around obstacles and continues forward. A healthy mindset works the same way; it helps you adjust, reflect, and keep moving rather than becoming stuck in frustration or self-criticism.

Developing this kind of mindset begins with small habits. One is creating moments of quiet reflection during your day. This includes prayer, meditation, journaling, or simply sitting quietly for a few minutes. These pauses help you reconnect with what truly matters.

Spending time in nature can calm the mind. A short walk, fresh air, or simply sitting outdoors can help reset your thoughts. Reducing constant digital noise is also important. Phones, emails, and social media keep the mind busy all day. Taking small breaks from screens lets your mind rest and regain clarity. It's also important to be intentional about the information you consume online. Toxic or unhealthy content can affect your mind and, in turn, your actions and decisions.

Joy is important for wellness. Laughing with friends, listening to music, or singing along to a favorite song can lift your mood and release tension. These simple moments show that wellness includes emotional balance, not just physical health.

A healthy mindset also means setting boundaries. Many people are exhausted because they take on too many responsibilities. It is okay to say no when your time or energy is stretched. Protecting your time is part of protecting your well-being.

Finally, practice speaking kindly to yourself. Many people are harder on themselves than they would ever be on a friend. Replace harsh thoughts with encouragement. For example, say to yourself: "I am learning and improving. I deserve care and balance. I am blessed and favored. I am not a failure."

As author Wayne Dyer said, "When you change the way you look at things, the things you look at change."

When your mindset is supportive and balanced, it strengthens both your health and wellness. This is because it shapes the choices you make every day.

STEP 2: HEALTHY HABITS AND HOBBIES

HEALTHY HABITS AND HOBBIES: BUILT THROUGH JOY



Wellness is built not just through discipline, but also through enjoyment. Health and wellness doesn't need to be boring or overwhelming. The habits that bring joy are often the ones that last.

Healthy habits are consistent actions that support your physical, mental, and emotional well-being. They may seem small at first, but they have a powerful impact over time. Examples include:

- ❖ Eating balanced meals with plenty of vegetables, fruits, whole grains, and lean proteins.
- ❖ Staying hydrated throughout the day.
- ❖ Engaging in regular physical activity, such as walking, stretching, dancing, or swimming.
- ❖ Practicing meditation, or journaling to manage stress and cultivate self-awareness.
- ❖ Prioritizing sleep and creating a calming bedtime routine.

These habits help your body function well, boost energy and mood, and lower disease risk. For instance, people who keep healthy habits are less likely to develop heart disease and diabetes than those with irregular routines.

On the other hand, unhealthy habits gradually undermine your health. These aren't just smoking, excessive alcohol, sugar, or processed foods; they also include skipping meals, overeating, overworking, chronic sleep deprivation, and persistent inactivity. Over time, these choices boost stress, sap energy, harm mental health, and increase chronic illness risk.

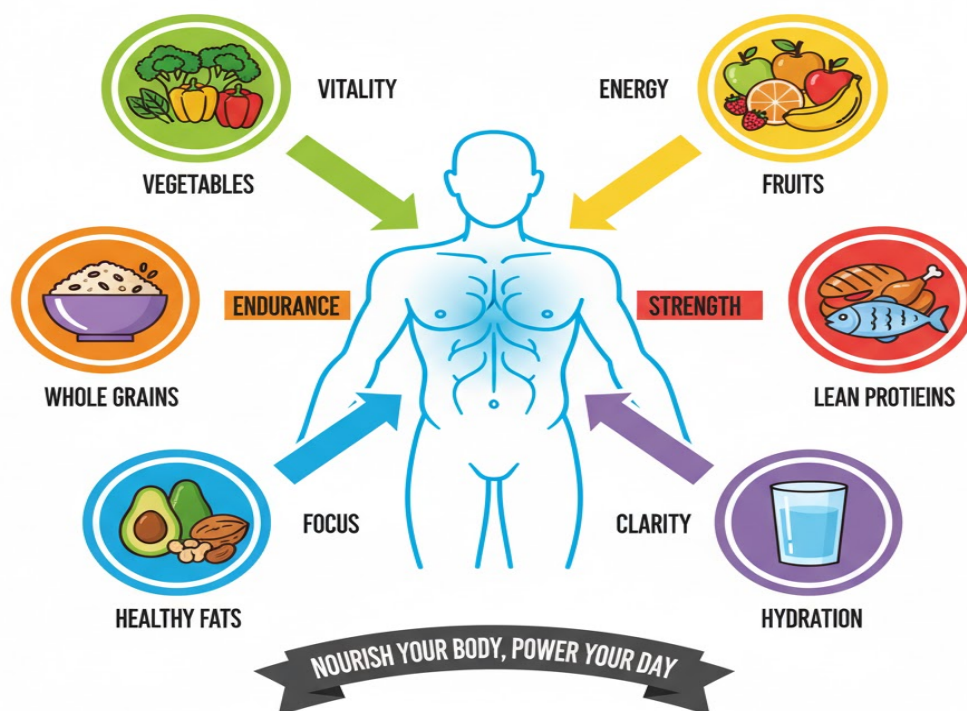
Once you've built foundational healthy habits, hobbies can further enhance your wellness. These are activities that bring relaxation, curiosity, or inspiration. I refer to them as nutrients of the soul. They may seem simple, but they play an important role in maintaining emotional and mental health. For example:

- ❖ Massage therapy or spa treatments can relieve tension and reduce stress.
- ❖ Visiting art museums, historical sites, or attending theater performances.
- ❖ Reading your favorite books or dancing to your favorite songs.
- ❖ Other hobbies include gardening, cooking, photography, painting, writing, drawing, and music.

Combined with daily healthy habits, hobbies help create a balanced, sustainable wellness routine. They nurture mind, body, and spirit, making wellness enjoyable instead of a chore.

STEP 3. HEALTHY EATING – FUEL FOR YOUR BODY

HEALTHY EATING – FUEL FOR YOUR BODY



Food is more than something we eat to satisfy hunger. Food is fuel, and the quality of that fuel affects every system in the body.

Your food choices affect energy, mood, digestion, immunity, and health. Eating well doesn't require strict rules. At its core, it means nourishing your body with foods that support its functions.

Adopting a healthy diet is important for your overall health and wellness. Focus on fresh fruits, vegetables, whole grains, lean proteins, healthy fats, and staying hydrated. These foods provide the nutrients your body needs to repair itself, maintain energy, and function at its' best.

Certain diets have also been shown to support long-term health. The Mediterranean diet emphasizes vegetables, fruits, whole grains, fish, olive oil, and some dairy. It limits red meat and processed foods. The DASH diet lowers blood pressure by emphasizing nutrient-rich foods and reducing sodium intake. The Nordic diet centers on whole grains, fatty fish, root vegetables, berries, and healthy oils. All these diets promote heart and overall health.

Imagine your body as a car engine. If you put poor-quality fuel into the engine, performance declines. When the engine receives clean fuel, it runs smoothly and efficiently. The same is true for the body.

It's also wise to limit foods that disrupt balance. Highly processed foods, excess sugar, and unhealthy fats can cause fatigue, weight gain, and long-term health issues.

You do not need to give up all treats. Balance matters. Enjoying occasional indulgences while maintaining healthy habits keeps eating both nourishing and enjoyable.

Snacking is another common question. Healthy snacks help keep your energy steady all day. Examples are fruits, nuts, yogurt, or whole-grain options.

However, constant mindless snacking, especially while watching television or working, can lead to overeating. Late-night eating is another habit worth paying attention to. Eating large meals late in the evening may interfere with digestion and sleep for some people. When possible, try to give your body time to digest food before going to bed.

Another powerful practice is mindful eating. Try this today: during your next meal or snack, pause, notice the flavors, and pay attention to your hunger cues. Making mindful eating a daily action can transform your relationship with food.

Instead of rushing through meals while distracted by phones or screens, slow down. Notice the flavors, textures, and smells of your food. Ask yourself simple questions like “Am I truly hungry? How does this food make me feel afterward?” Mindful eating helps you avoid overeating, which supports weight management and is essential for healthy living.

Healthy eating supports both health and wellness, because it fuels the body with the right nutrients to keep it balanced. As the saying goes, “Take care of your body. It’s the only place you have to live.”

STEP 4: IMPROVE GUT HEALTH



Your digestive system plays a central role in your overall health. In many ways, it is one of the body's most important systems. Your gut doesn't just break down food; it absorbs nutrients, supports your immune system, and even affects your mood and energy levels. That's why people often call it the body's "second brain."

Improving your gut health starts with what you eat. A diet rich in fiber and whole foods provides fuel for the beneficial bacteria in your digestive system. Include plenty of fruits, vegetables, beans, and whole grains. These foods feed the good bacteria that help break down food efficiently, reduce inflammation, and support nutrient absorption.

Fermented foods are another powerful tool. Yogurt, kefir, sauerkraut, kimchi, and kombucha contain probiotics, which are live bacteria that help balance the gut microbiome. Even small daily servings can make a noticeable difference over time.

Hydration is equally essential. Drinking enough water helps food move smoothly through your digestive system, supports nutrient absorption, and prevents constipation. Try to drink at least 6–8 glasses of water each day, and more if you are physically active.

Your gut health is also closely tied to stress and lifestyle habits. When your body is in a constant state of tension, digestion can slow, leading to discomfort, bloating, or irregularity. That's why practices like deep breathing, meditation, adequate sleep, and gentle exercise all indirectly support your gut. Even taking a short walk after meals can aid digestion and reduce bloating.

Avoiding or limiting highly processed foods, excessive sugar, and artificial additives is another key step. These foods can disrupt the balance of gut bacteria and contribute to inflammation, low energy, and digestive discomfort.

Taking care of your gut is about consistency, not perfection. Start small: add one extra serving of vegetables at lunch, swap soda for water, or include a daily serving of yogurt. Over time, these habits build a strong gut, which improves not just digestion but also your energy, mood, and overall sense of wellness.

Remember, a healthy gut is a foundation for the rest of your wellness journey. When your digestive system works efficiently, your body can absorb nutrients, your mind feels clearer, and your energy levels stabilize. Treat your gut well, and it will support your health, vitality, and enjoyment of life in ways you may not even realize.

STEP 5: HOLISTIC WELLNESS – THE WELLNESS WHEEL

Wellness is not only about physical health. True wellness goes far beyond diet, exercise, or avoiding illness. It includes several areas of life that work together to create balance, stability, and a deep sense of fulfillment. Many people focus on one part of health, such as working out regularly or eating better, but still feel overwhelmed, stressed, or disconnected. That is often because other important areas of life are being neglected.

This is why wellness is often described as holistic, meaning it considers the whole person. A truly healthy life is built not only on physical strength but also on emotional balance, meaningful relationships, purpose, learning, and a supportive environment.

One helpful way to understand this idea is through the Wellness Wheel, as indicated in the diagram below:



The Wellness Wheel reminds us that a satisfying and balanced life depends on nurturing several interconnected areas of well-being.

- ❖ Spiritual Wellness focuses on meaning, purpose, and inner peace. For some people, this involves faith, prayer, or religious practice. For others, it may involve meditation, reflection, or time spent in nature. Spiritual wellness helps people feel grounded and connected to something greater than themselves.
- ❖ Financial Wellness involves managing money responsibly, planning for the future, and reducing unnecessary financial stress. Financial challenges can easily spill over into other

areas of life, affecting mental health, relationships, and overall stability. Learning to manage finances wisely creates a sense of security and peace of mind.

- ❖ Environmental Wellness relates to the spaces where you live and work. Clean, organized, and peaceful environments can have a powerful effect on mood, productivity, and health. Even small changes, such as reducing clutter, adding natural light, or spending more time outdoors, can improve well-being.
- ❖ Physical Wellness includes caring for your body through nutritious food, regular movement, quality sleep, and routine health care. When the body feels strong and energized, it becomes easier to handle daily responsibilities and enjoy life.
- ❖ Social Wellness focuses on relationships. Supportive friendships, family connections, and meaningful conversations create a sense of belonging and emotional support. Humans are naturally social, and healthy relationships play a major role in overall happiness.
- ❖ Intellectual Wellness encourages curiosity and lifelong learning. Reading, exploring new ideas, learning new skills, or engaging in thoughtful conversations helps keep the mind active and stimulated.
- ❖ Occupational Wellness relates to finding satisfaction, purpose, and balance in your work or daily activities. Whether through a career, volunteering, or personal projects, feeling that your efforts have value and meaning can greatly influence overall life satisfaction.

When these areas are nurtured together, life begins to feel more balanced and rewarding. Ignoring one area often affects the others. For example, constant financial stress may affect sleep, strain relationships, and reduce motivation to maintain healthy habits.

True wellness is about creating balance across all these dimensions. When your life is balanced, you are not only healthier but also more resilient, more energized, and better able to enjoy life's richness.

As Aristotle wisely said, “The whole is greater than the sum of its parts.” In the same way, when every area of wellness works together, it creates a truly holistic, meaningful, and satisfying life.

STEP 6: STRESS MANAGEMENT AND SLEEP

STRESS MANAGEMENT & QUALITY SLEEP: FOUNDATIONS TO THRIVE



Stress is a natural part of life. Deadlines, responsibilities, family, work, and unexpected challenges all contribute to it. A little stress can even be helpful, as it motivates you to solve problems or take action. But when stress becomes constant, it can affect every part of your life, your energy, mood, sleep, digestion, and even your immune system. Chronic stress makes it harder to maintain healthy habits, and it can leave you feeling drained, overwhelmed, and disconnected from yourself and others.

This is where sleep becomes one of your most powerful tools for restoring balance. Sleep is not just rest; it is the body's natural repair system. During sleep, tissues regenerate, hormones are balanced, energy is restored, and the brain processes emotions and memories. Without enough quality sleep, your mind and body struggle to function properly, leaving you more vulnerable to stress and less able to make healthy choices.

Creating a consistent sleep routine is one of the simplest yet most effective ways to support your health and wellness. Go to bed and wake up at the same time every day, even on weekends. Reduce screen exposure at least an hour before bed, as the light and stimulation from phones and computers can trick your brain into thinking it's still daytime. Build a calming evening routine to signal to your body that it's time to wind down. Calming activities include reading a book, gentle stretching, journaling, or quiet reflection.

Managing stress goes hand in hand with supporting sleep. Throughout the day, create small moments of calm that help reset your body and mind. Deep breathing exercises, short walks outside, stretching breaks, or simply closing your eyes and focusing on your breath for a few minutes can have a profound impact. Even a five-minute pause can reduce tension and improve focus.

It's also helpful to reflect on your stress triggers and boundaries. Saying "no" to extra responsibilities, asking for help when needed, and prioritizing self-care are not selfish; they are essential for wellness.

STEP 7: PHYSICAL MOVEMENT



The human body was designed to move. Movement is not just about spending hours in the gym, looking a certain way, or building muscle. Regular physical activity strengthens the heart, muscles, and bones, improves circulation, enhances mood, and boosts energy. It also helps manage stress, improve sleep, and support mental clarity.

Exercise does not have to mean long, intense gym sessions. In fact, the most sustainable form of movement is the one you genuinely enjoy. Think about activities that make you feel alive, energized, and happy. It could be walking around your neighborhood, dancing to your favorite music, swimming in a pool, stretching in the morning, singing along while moving, or playing recreational sports, all of which can count. Even small daily movements like taking the stairs instead of the elevator, standing up to stretch during work, or doing light household tasks can add up over time and keep your body active.

The key to long-term physical wellness is consistency, not intensity. When movement becomes enjoyable, it is no longer a chore; it becomes part of your lifestyle. You start looking forward to it, and it naturally supports both your physical and mental health.

Physical movement is also connected to holistic wellness. Active bodies often encourage active minds and emotional balance. A short walk outside can lift your mood, improve focus, and release tension. Dance, for instance, combines physical activity with joy and expression, creating benefits for both the body and the spirit.

Finding what works for you may take experimentation. Try different activities until you find ones that feel sustainable and fun. Remember, the goal is not perfection; it's movement that supports your health, energy, and happiness consistently.

As you integrate movement into your day, notice how it affects your energy, mood, and overall wellness. When your body moves, your mind and spirit follow, creating a cycle of vitality that supports your full, balanced life.

STEP 8: BALANCE



Balance is one of the most important aspects of wellness, yet it is often the most overlooked. Life is made up of many moving parts: work, family, friendships, personal growth, rest, and self-care. Focusing too much on one area while neglecting others can leave you feeling stressed, drained, or unfulfilled. True balance is about giving attention to the different areas of your life without letting any single part dominate or suffer.

Imagine your life as a musical instrument, like a guitar or a piano. If one string is too tight or too loose, the music sounds off. But when each string is tuned correctly, the instrument produces harmony. Balance in life works the same way. When each area is cared for, your body, mind, relationships, career, and passions, life feels smoother, more manageable, and more fulfilling.

Creating balance is not about doing everything perfectly or spending equal time on every area each day. Instead, it's about awareness and intention. Notice which areas of your life need more attention. Are you working long hours, but neglecting friendships? Are you focused on fitness but skipping rest or sleep? Small adjustments, such as scheduling time to connect with loved ones, setting aside quiet reflection, or taking short breaks during work, can help restore harmony.

Balance also involves setting boundaries. Learning to say “no” to activities, obligations, or even digital distractions that drain your energy is essential. Balance allows you to make conscious choices about where to invest your time and energy so that every part of your life gets what it needs to thrive.

When balance is achieved, life becomes less chaotic and more enjoyable. You feel more present, resilient, and able to handle challenges. You experience fulfillment in everyday moments rather than constantly chasing the next goal. Balance is not a destination; it's a practice. By carefully tuning each part of your life, you create a foundation for ongoing wellness, harmony, and satisfaction.

STEP 9: MAINTENANCE



Resetting your health and wellness is just the beginning. The real transformation happens when healthy habits become part of your daily life. Consistency, not perfection, is the key. You may have weeks where routines slip, work gets busy, or life throws unexpected challenges your way. That's normal. What matters most is returning to your habits when you can, without judgment or guilt.

Maintenance is about creating sustainable routines. It means checking in with yourself regularly: Are you eating nourishing foods? Are you moving your body? Are you getting enough rest? Are your mental, emotional, and spiritual needs being met? Small actions repeated consistently, such as taking a 15-minute walk, practicing mindfulness for a few minutes, or journaling your thoughts, lead to lasting results.

Philosopher Aristotle said, "We are what we repeatedly do. Excellence, then, is not an act, but a habit." Wellness works the same way. It is built one decision at a time, one day at a time. Even minor daily improvements compound over weeks and months, creating a stronger, healthier, and more balanced life.

Maintenance also includes reflection and adjustments. Your needs and priorities may change over time. Being flexible and honest with yourself allows you to adapt habits to fit your life, rather than forcing yourself into routines that no longer serve you.

Additionally, maintenance is about patience, self-compassion, and consistency. Wellness is a journey, not a race, and there will be days when life feels hectic or your routines slip. What matters most is returning to your healthy habits without judgment. By consistently caring for yourself, through mindful eating, regular movement, adequate rest, and nurturing your mind, you build momentum and resilience.

With regular practice, these habits gradually become second nature, woven into your daily life. Over time, your health and wellness are no longer separate projects or goals to chase; they become a

natural, effortless part of how you live, supporting your energy, focus, and overall sense of fulfillment every day.

CONCLUSION

Resetting your health and wellness is a journey, not a quick fix. This guide has explored nine essential areas, including mindset and healthy habits, nutrition, movement, stress management, holistic wellness, balance, and maintenance. Each section shows that wellness is multi-dimensional; it involves your body, mind, emotions, relationships, and environment. True health is not just the absence of illness; it is a state of complete physical, mental, and social well-being.

The key takeaway is that wellness is intentional and proactive. It is about the small daily choices that build over time. Taking time to reflect, setting boundaries, nurturing relationships, moving your body, eating mindfully, and caring for your mind and spirit, all work together to create a balanced and fulfilling life.

Wellness is also about progress, not perfection. You may stumble, face challenges, or have busy weeks, and that is normal. What matters is returning to your habits, staying consistent, and practicing patience and self-compassion.

By committing to this journey, you are not just improving your health; you are creating a life that allows you to experience purpose, joy, energy, and resilience. Just as a garden thrives with daily care, your life flourishes when you actively tend to all areas of your well-being. Remember, health is the goal, wellness is the journey, and every small step you take brings you closer to a balanced, vibrant, and satisfying life. When you are healthy, you are wealthy, and life is happier and more fulfilling.

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