

20 Health Tips to Help You Thrive on Your Youtube Journey!

Don't we all want to be on top of our game!?

We take care of our loved ones, our material possessions, and yet somehow, many of us forget that our most important asset is our Body, Mind and Spirit. Without those being taken care of... well, we may just cease to be here!

Since we can all agree that we want to be our best selves, why not take a refresher and view these simple 20+ tips to not only improve our well-being but to THRIVE!

Holism: Incorporating all the parts that make up our being! Body! Mind! Emotions! Spirit!

Body Tips: The body REQUIRES balanced amounts of Essential Vitamins, Minerals, Fatty Acids, Phyto-nutrients and chemicals, and antioxidants every single day!

To maintain health:

- 1) Fuel your body with a healthy balance of Fats, Protein, and Carbs.
- 2) Fats – healthy fats include avocados, coconut oil, Extra Virgin Olive oil, fatty meats (grass fed animals only), grass-fed butter, nuts and seeds and their oils, sunflower, safflower and grapeseed to name a few. Try to AVOID: GMO oils, particularly canola oil, hydrogenated oils, margarine, deep-fried foods and cooking even good oils at high temperatures.
- 3) Proteins – beans, legumes, vegetables like broccoli, grass-fed animal products like beef and chicken.
- 4) Carbs – complex carbs, which are LOTS of vegetables. Avoid processed foods as they lack sufficient nutrients.
- 5) Green vegetables and a multitude of rainbow colored vegetables and fruits.
- 6) Do not overeat! Do not under eat either! Find out your metabolic rate and try to keep your balanced food consumption split over 2-3 (or more depending on activity level) meals and at or SLIGHTLY under the daily caloric needs of your body!
- 7) Remember your brain uses 25% of your daily energy needs, which you get from the food that you eat.
- 8) Maintaining focus means maintaining blood sugar levels, and giving your body balanced protein at every single meal. The average 180-pound male should consume about 30g of protein with every meal.
- 9) Fibre! An essential for gut health. Many diseases start in the gut! Fibre helps to keep your bowels moving and moving the toxic matter out of your body!

- 10) Hydration! – Ensure proper hydration levels by monitoring the colour of your urine, as well as how cold your hands and feet may be. Fruits and vegetables are loaded with incredible water to help you get a good dose of hydrating water. Additionally, you may need to consume more water depending on your activity levels and the ambient air.
- 11) EXERCISE! – Do NOT forget the importance of physical activity. Even if it is a 30-60 minute walk every day, or split into short 15 minute walks after each of your meals.
- 12) Get up and stretch! Give your body a rest from sitting, let alone in one position for too long! Get that blood flowing! Your brain and your body with thank you!

Mind / Emotional:

- 13) Practice mindfulness. Become aware of your thoughts, feelings and emotions. Observe your environment and observe your actions and responses. Try to negate REACTIONS and pause, contemplate and RESPOND to various interactions. The practice can be EXTREMELY powerful as well as challenging in the beginning.
- 14) Meditation – the science is solid, and you will find out for yourself. Take even 5 minutes to start every single day, to close your eyes and observe the thoughts, or blank canvas without attaching to it at all. Consider going into this space with a single question before closing your eyes. It will calm you, get your mind in a focused Alpha state, and allow your body, mind and spirit to go into a healthy state. You may come out of it with some profound answers to your biggest questions.
- 15) Set your day up on the right path. We feed our body, but we also feed our mind through our other senses. Feed those senses by watching, listening and experiencing positive influences. Avoiding the TV playing the latest in horrible news, for example, can do wonders for your well-being.
- 16) Get into the practice of using a schedule to manage your day for KEY projects that require the greatest productivity. Scheduling helps to relieve the mind from trying to juggle all the tasks in your head and eroding your focus!
- 17) Journaling! Now, this is a wonderful way to start your day and a wonderful way to end your day, by getting out your Gratitude onto paper! The very act of writing and expressing in this manner increases your well-being, calms the soul and brings heightened awareness that will expand into more opportunities for you to be grateful. Journaling is also a good place to get your ideas, goals, and even anxieties and worries out. This writing practice helps to clear your mind so you can be focused, and will ultimately help you find answers to your questions, as your subconscious will get to work to find some answers for you! 95% of your brain is working in the subconscious where you are not even aware.
- 18) Community – engage in community, family, friends whenever you can to help you give back to the world. Humans need connection, and there is no better way than to engage!

Spirit:

19) Meditation also fits into here. Allow your spirit to speak to you through your quiet meditations. You may be surprised to find incredible insights during this time.

20) Prayer – has been shown to provide many health benefits

21) IF it suits you, engage in a spiritual community or religion that fulfills this often more esoteric aspect of your life. By engaging, you will be able to expand and grow and be open to new opportunities.

These are just a few tips that can help you get started towards balancing, nurturing and supporting your body mind and spirit in positive ways. Why not be your best and *thrive* instead of just survive!

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*** These tips do not replace the guidance of your primary care provider and have not been validated by the FDA. They are not meant to diagnose, treat or cure.

MESSAGE FROM GORD

It was a pleasure to work with Benjamin Stone to learn some useful health tips and suggestions on how to manage or prevent YouTube Burnout. You will find the companion video to this tip sheet on my YouTube Channel.

I hope you have benefitted from the information provided here!

I'd love to hear your feedback and comments about what you'd like to see expanded upon or included in future versions of this document. You can contact me at gord@gordisman.com or on Facebook at <http://fb.com/gordisman> . My YouTube Channel is <https://www.youtube.com/c/GordIsman> .

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To your video success!

Cheers,

Gord

