



**ARDOUR WELLNESS**

**5 STEPS FOR  
STARTING  
YOUR  
HEALING  
JOURNEY**

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[www.ardourwellness.com](http://www.ardourwellness.com)



# INTRODUCTION

The secrets to no longer being lost and confused about your chronic health.

So you're down the rabbit hole of having a mysterious illness. It's been tough, it's been confusing, it's really just been overwhelming. Where are you supposed to even start? These tips will help you know which direction to move in and how to have an impact on your condition.

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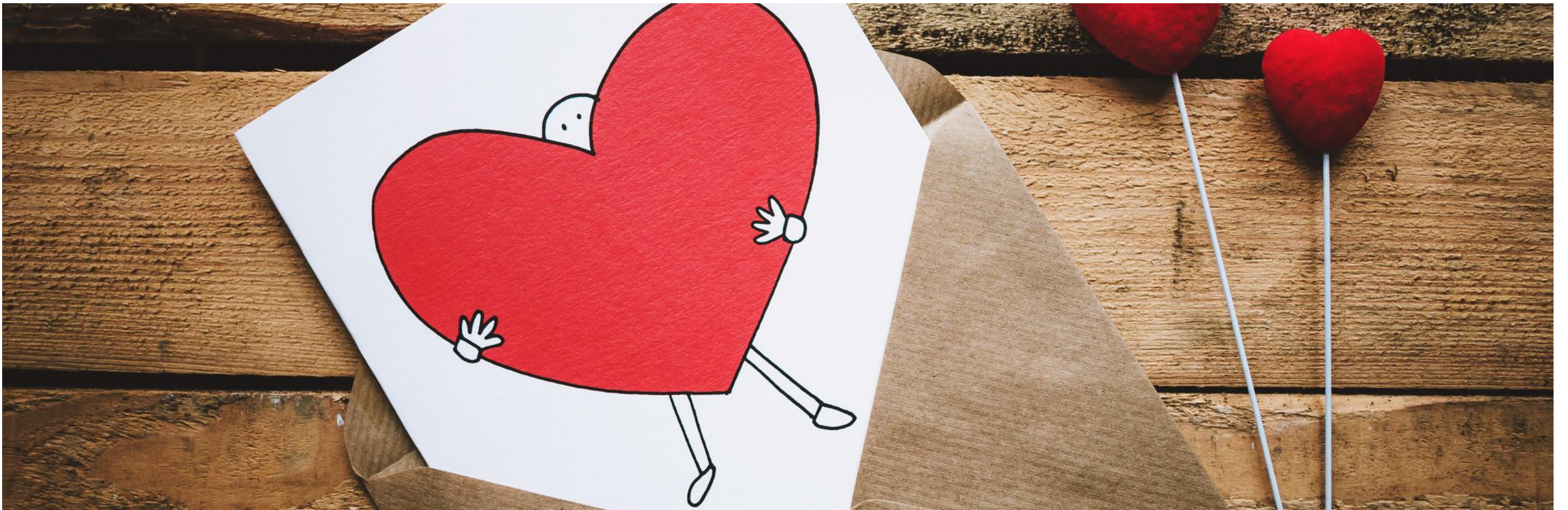




# SELF COMPASSION



Those that are struggling are often the most self-critical. We feel that by being harsh on ourselves we will improve things. But the opposite is true. You cannot hate yourself enough to better yourself. Being kinder to you is your first step to recovery.



## Fill Your Cup Up

If you are not taking care of yourself, how will you foster your body to heal? Your body can hear your words and it takes them as truth. It is time to take care of yourself better, do things that help you feel fulfilled and are gentle on your soul.

## Come From love

The power of feeling deep compassionate Love from within you, for your life and what surrounds you, is like a magic power. When we can come into a state of harmony within our hearts, it allows the body to fall into it's natural healing states. Sit quiet wiht yourself, feel into your heart space, expand on the feeling of Love. This allows the body to flow into heart coherence and that is how it starts to move into ease and health.

## Finding Acceptance

When you are constantly pushing and fighting against where you are right now, you create more stress and disharmony within your life. Acceptance does not mean giving up, it means finding peace within your current circumstances so there is less resistance and more flow. You must first acknowledge where you are before you can move forward to where you want to be.

**“BY GIVING OURSELVES UNCONDITIONAL KINDNESS AND COMFORT WHILE EMBRACING THE HUMAN EXPERIENCE, DIFFICULT AS IT IS, WE AVOID DESTRUCTIVE PATTERNS OF FEAR, NEGATIVITY, AND ISOLATION.” KRISTIN NEFF**

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You may have heard from several medical professionals that your condition is “all in your head”. This opinion helps no one and gets you nowhere. However, if you do not address your psychology and your mindset and how it affects your health, you are missing 80% of the work. Your health is not in your head but your head is definitely contributing to your circumstances.



## Power Of Thoughts

Our minds are powerful and if you do not create awareness around how it works and how to be more diligent with it, then your mind will run rampant on your life. Your psychology is everything. Your thoughts lead to your feelings, your feelings lead to your brain chemistry, your brain chemistry is fed out into your body and directed to your cells, your cells are in charge of what functions well and what does not.

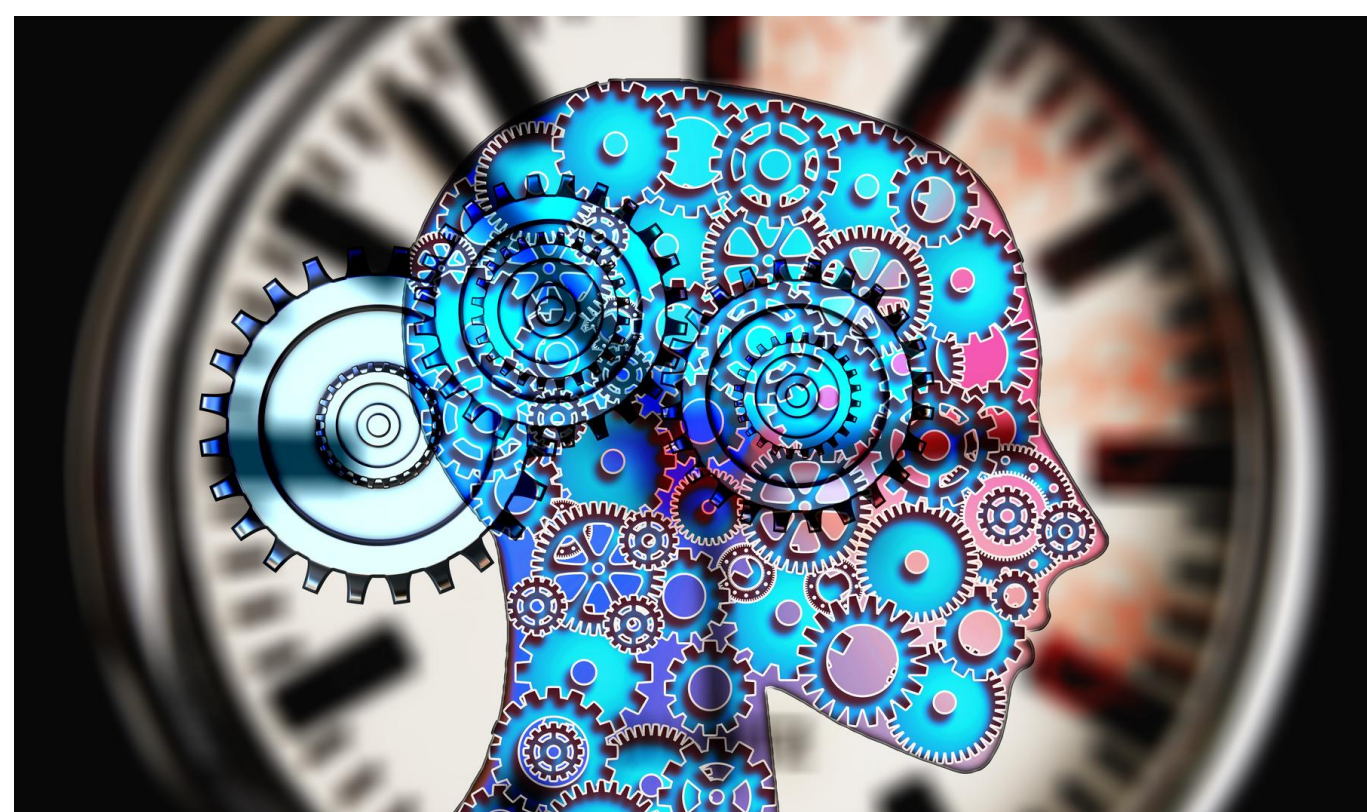
## Thoughts Determine Reality

More and more evidence comes out as time goes on, on the power we have to heal our bodies by shifting our thinking and our feelings. This is why being diligent with your thoughts is so important, they are literally determining your reality.



## Get That Journal Out

A key way to understand your mind better is to journal on a regular basis. Helping you to get on top of your self talk. Focus on the things you do want for your health not what you do not want. This ensures your body is hearing how you wish it to be functioning so your body chemistry can line up with this.





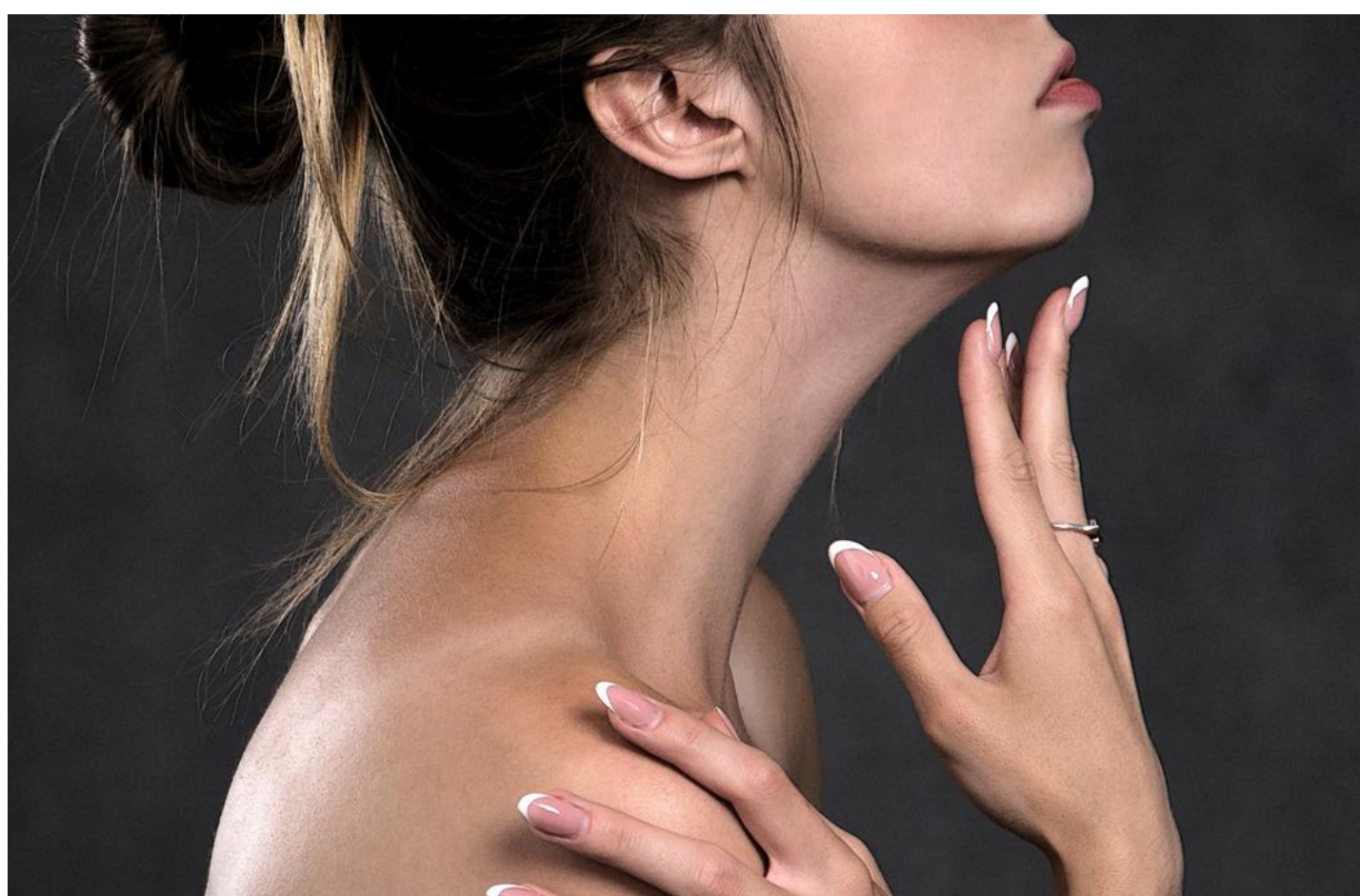
Continuing on from the previous point, your body and your mind are so connected. As you create awareness about your psychology it is important to know what are your limits and what your body is capable of in the moment. This can be a fine balance but learning to listen to that gentle voice inside you that knows when you need to rest is crucial. Rest can be where recovery happens.

## Your Triggers

Be aware of your triggers and how far you can push yourself. Be conscious of what thoughts surround each symptom. How much are you leaning into those thoughts? When an area of your body is playing up, tune into it. Ask, if this pain could talk what would it be saying? If this pain was a feeling what would it be? Your physical symptoms are often representing your emotions.

## Be Quiet And Listen

When your body is not functioning at it's best, it will constantly communicate with you to try and let you know what is going on, you just need to learn to listen. Listen to your body, it has an intelligence that keeps it running on a daily basis, that allows it to heal, that is creating life. It is aware of what it is doing and it is using that intelligence to communicate something with you that you are not hearing. Tune in.



## Connect To Your Body

There are so many mechanisms within you that you may not understand, and you do not have to. You just need to understand how to connect to your body. Place your hands on the ailment you are experiencing and ask it what it needs from you right now for support? Keep quiet and listen for the answer, it can come in different ways, a quiet voice, a flood of tears, a flash of anger. All ways of communicating with you.

**"IF HUMANS WERE TO MODEL THE  
LIFESTYLE DISPLAYED BY HEALTHY  
COMMUNITY OF CELLS , OUR SOCIETIES  
AND OUR PLANET WOULD BE MORE  
PEACEFUL  
AND VITAL " BRUCE H. LIPTON**



When you are already dealing with chronic health stress is a natural consequence of all the uncertainty and pain and overwhelm you go through. But it does not have to be a permanent fixture to your journey. You have a choice. Just like any other emotion it can fluctuate, come and go, and there are things you can do to help the process of reducing it.

## Stress Is Addictive

The chemistry cocktail that is released from emotions are addictive just like drugs. You can grow an addiction to stress without being aware. You may be on a good path to recovery and out of nowhere a stress attack hits. This is because your body is looking for its daily fix of that stress cocktail, it does what it needs to get it. . Slowly learn how to reduce this addiction.

## Attitude Of Gratitude

A key to altering your stress is gratitude. Whether you see it now or not, going through hard times will always bring you growth and benefit. If anything, it helps you appreciate the little things in life. Find gratitude in the smallest things in your day, in your life, within you. Be grateful for anything and everything. If you are waiting for your life to get better before feeling gratitude then you will never feel it. This is an internal job not something to be influenced by our external world. When we feel into Love and Gratitude, our body releases a chemical called DHEA, DHEA as a natural consequence reduces cortisol which is the stress hormone. There is magic in gratitude, feel into it to work that magic.



## Get Moving

Move your body, stress is an excess of energy and moving your body helps soothe it. If you cannot move very well, do small movements, or even visualize movements. Focus on your breath, breathing is the quickest and easiest way to center yourself. Breathe in for 4 seconds, hold for 4 seconds, then breathe out for 4 seconds, repeat. This is a simple exercise to calm your body and mind. Alter the times to match your breath capacity, some people prefer 6 seconds, some can even go to 10 seconds, whatever is comfortable to you and has the best impact. Stretch, this helps release tension and emotions in your muscles or joints and helps you relax.



# CREATE YOUR FUTURE



Okay you know where you are, you have come to a place of acceptance for it, but you definitely know this is not your ultimate destiny. So what is? Where are you going? What do you want? To know you have created success and moved towards what you want, you must first define what that is.

## Feel Into It

Really feel into it, design it exactly how you want it. I know this can be very difficult when your day to day can be so unpredictable and you've potentially given up hope that things will get better. But let me remind you the power of our thoughts. Humans are the only animals who can create emotion through the power of thought alone. Emotions become your bodies blueprint. What emotions do you want to be your bodies blueprint?

## Embrace All Emotions

This is not about ignoring your unhappy emotions and pretending like they do not exist. If you do not feel into them and allow them the space to come to the surface and be released in their own time, then you will only create more illness for yourself. Sit in what comes up. We store our emotions within our bodies. You may find once you start working towards things, old pains come back up. This is normal and this is your body trying to release what has been weighing it down and causing its dis-ease.

## What Is Your Optimal Health And Wellbeing?

Ask yourself, if you health was how you want it to be, what would that feel like? If you no longer felt all of this disappointment about how your health has turned out, what would that feel like? If you could find a path that made it possible to get better, what would that feel like for you? When you are clear on these things, what can you start doing in your life today to generate those emotions? How can you feel into those positive emotions on a daily basis? Create the feeling within you before the outside circumstances call for it. What do you see for yourself? Healing is possible.



**“YOU WILL ALWAYS END UP  
FINDING WHAT YOU’RE LOOKING  
FOR, SO LOOK FOR WHAT YOU  
WANT TO SEE IN THE WORLD.”  
KATHRIN ZENKINA**

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**Finding your healing journey  
is different for everyone and  
may require different  
modalities.**

**If you need further assistance  
in this sign up for Wellness  
Coaching today with a coach  
who completely understands  
your journey of chronic health.**

**SIGN UP NOW!**

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