

# EQUILIBRIUM

*Your Total Wellbeing & Resilience Guide*

PART 04

RESILIENCE

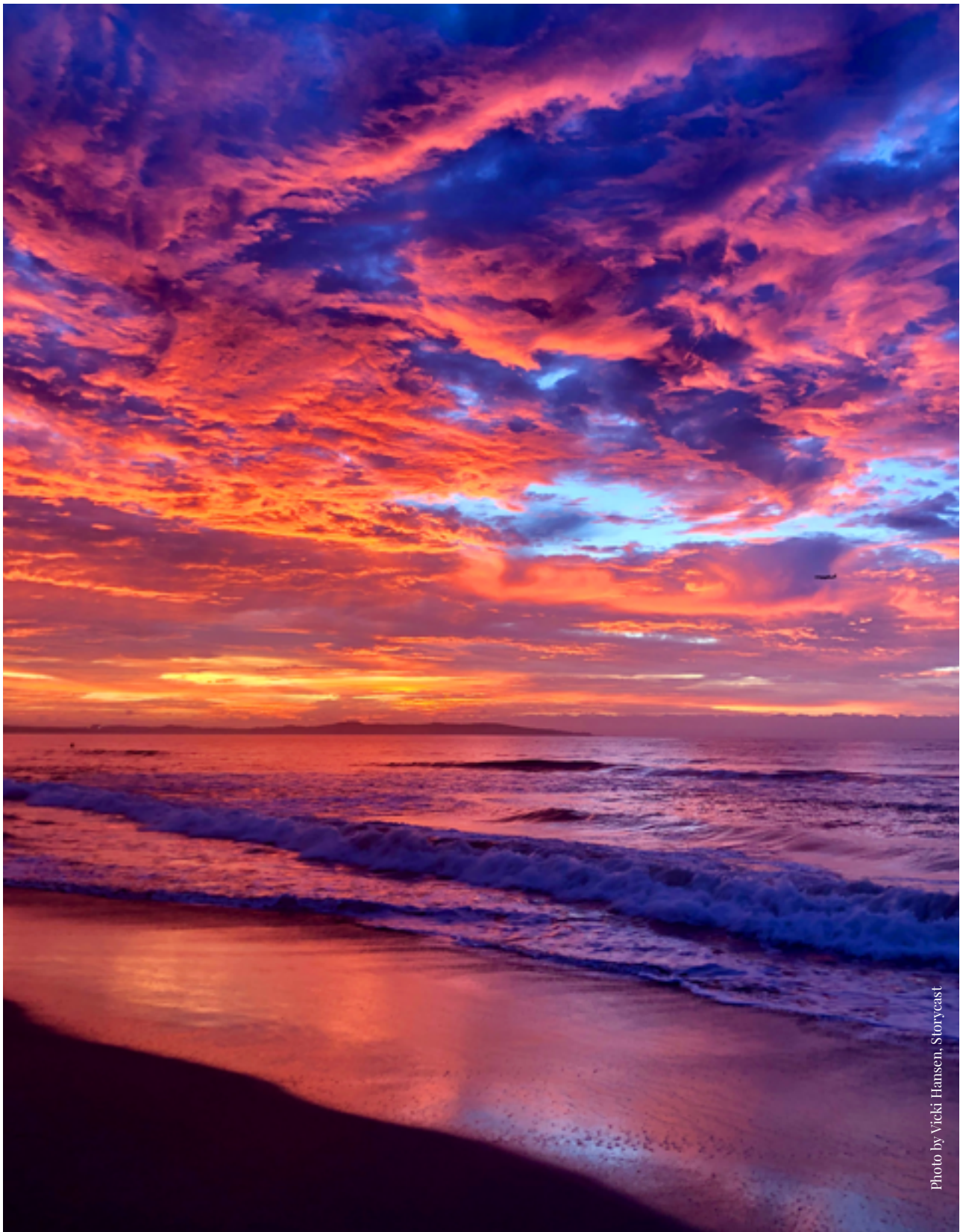
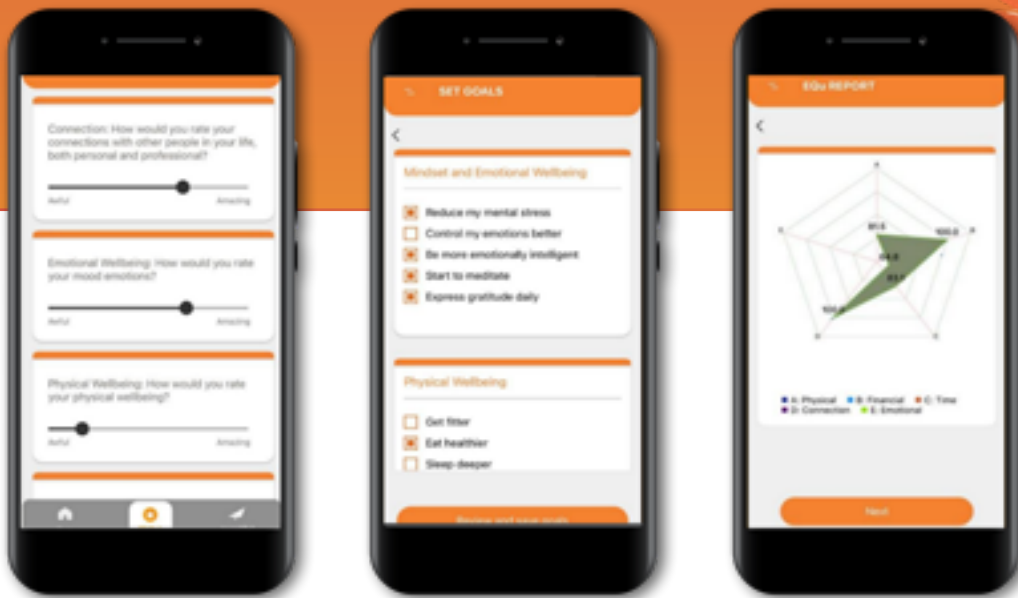


Photo by Vicki Hansen, Storycast

# RevvEd. AI Learning Coach

**An AI Digital Assistant that upgrades your learning capabilities**

Consolidates the expertise of specialists in education, psychology and wellbeing. Then, simplifies it to a set of easy activities, personalised for you. And nudges you to complete them.



## Want to improve your mental wellbeing and achieve a healthy balance across all areas of life?

If you use the free new RevvEd AI Wellbeing Coach app, an artificial intelligence wellbeing coach (known as the AI Wellbeing Coaching Buddy) will hold you accountable – and help you get there.

The new RevvEd AI app measures your wellbeing across the 5 pillars of wellbeing: mindset & emotions, physical, connection, financial wellbeing and time. Using mindfulness as the baseline, the end goal is to achieve EQUILIBRIUM, where there is a healthy balance across all areas of life.

The app is designed to help you understand your starting point, providing a visual output that then feeds into goal-setting around the pillars.

## Finding EQUILIBRIUM

Discover your EQu Wellbeing Score using our new app:





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<b>Welcome</b>	<b>4</b>
<b>Let's Take A Mindfulness Break</b>	<b>7</b>
<b>Mental Toughness: When The Going Gets Tough...</b>	<b>8</b>
<b>Restoring Balance To Our Microbiome</b>	<b>11</b>
<b>Financial Resilience Riding On The Coat-Tails Of Giants</b>	<b>15</b>
<b>"Getting In Control Of Your Debt"</b>	<b>18</b>
<b>Astrology As A Tool For Resilience</b>	<b>21</b>
<b>Why Go Outdoors Now Or In The Future?</b>	<b>24</b>
<b>Betsy's Coping Strategies</b>	<b>26</b>
<b>Why Resilience &amp; Productivity Go Hand In Hand</b>	<b>28</b>
<b>The Power Of Mental Resilience In An Uncertain World</b>	<b>31</b>
<b>Recipe Corner</b>	<b>34</b>
<b>Expert Corner</b>	<b>39</b>
<b>Final Thought</b>	<b>40</b>





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# Welcome!

*“Before the beginning of great brilliance, there must be chaos.”*

- I Ching

Welcome to EQUILIBRIUM, the quarterly publication that gives you the knowledge, tools and resources to help you find balance across **five pillars of wellbeing** of life:

MINDSET & EMOTION	PHYSICAL	CONNECTION	MONEY	TIME



Life can be like walking on a tightrope, and the surest thing is that every day, external and internal events will come along to attempt to push you out of EQUILIBRIUM!

The theme of this issue is Resilience: mental, physical, financial and spiritual resilience. The pandemic taught us many things, but one big lesson is that anything can happen and the more we can develop our resilience and ability to adapt, the more easily we'll be able to find our way back to EQUILIBRIUM.

The good news is that there's so much you can do to build your resilience and provide a solid foundation for your life and work. Just like a tree with a firmly rooted trunk. The winds and storms of change will blow you off course, but internally, you can feel confident that you are in control.

If you're new to EQUILIBRIUM, there are six principles that underpin the EQUILIBRIUM philosophy:

- We are all different - so no "one size fits all." Each of us has our own superpowers.
- The body, mind and brain are all interconnected to make us whole.

- It's not what you do occasionally, it's what you do every day that makes the difference. Transform your daily habits and routines, and you will transform your life.
- Sleep, food and movement are foundational tools in our EQUILIBRIUM toolkit.
- We are not separate from nature, we are nature.
- Every action has a reaction.

There are no right or wrong answers, and if something resonates with you, go with it. Enjoy this issue and if you have any feedback or would like to write for a future issue of EQUILIBRIUM, please email: [lawrence@getrawenergy.co](mailto:lawrence@getrawenergy.co).

With thanks,

*Lawrence*



Lawrence **Mitchell**

Editor of EQUILIBRIUM & Founder of RAW Energy & Finding EQUILIBRIUM

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Photo by Loic Leray on Unsplash



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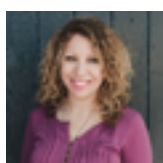
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**Page 4**



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**Page 21**



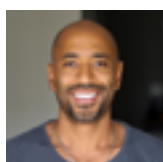
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**Page 15**



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**Page 24**



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**Page 7**



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**Page 26**



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**Page 8**



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**Page 29**



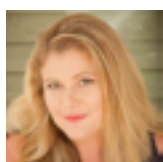
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**Page 11**



Zoe-Anna **Bell**  
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**Page 31**



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**Page 18**



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**Page 34**

*“Our greatest glory is not in never failing,  
but in rising every time we fail.”*

Confucius







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# Let's Take A Mindful Breathing Break

Before we move forward, let's take a mental break with mindfulness and resilience expert, Chibs Okereke.

Whenever we need to calm our nervous system so that we can think more clearly and make decisions on what to do next, a wonderful tool to leverage is the power of controlled breathing. Try this wonderful technique from Chibs. Over to you, Chibs.

Hello everyone, let start by:

## Counting the Breath

- Sit in a comfortable position with a straight back.
- Set a timer for 2 to 10 minutes. Most people prefer to close their eyes, but you can leave your eyes open with a soft gaze in front of you on the floor.
- Notice if any areas of the body are tight or stiff. If there are, try breathing in and softening those areas.
- Do a quick scan of your body. Notice how your back feels against the chair, and notice the feel of your feet touching the floor.
- Notice the gentle pull of gravity.
- Breathe in through your nose and exhale through your mouth. Notice your belly rising and falling.
- Now, as you inhale, mentally count "one" and slowly exhale.
- Inhale again, counting "two," and slowly exhale.
- When you get to "ten," start again from "one."
- If you lose count (which I always do!), forgive yourself for getting distracted, and without giving yourself a hard time about it, start again from "one."

For a free **7-Day EQUILIBRIUM Mindfulness Challenge**, click here

For more meditations from Chibs, check out **[Issue 2 of EQUILIBRIUM](#)**





*Try using the Mindful Breathing technique at different parts of the day. Now, I'm delighted to hand over to Dr. Suzy Green, the Founder of the Positivity Institute, who will be helping us to develop our Mental Toughness.*

# Mental Toughness: When The Going Gets Tough...

by Dr Suzy Green

## Most of us would agree, 2020 was a very tough year!

The word “resilience” has never been used so much in the workplace and in the general public. Scientifically speaking though, there’s still a lot of disagreement about what resilience actually is and the best way to develop it. One thing’s for sure - we all need as many psychological skills as possible to survive in this new and uncertain time we’re living through.

One way to understand resilience better and proactively build those psychological skills is through the lens of Mental Toughness. You’ve probably heard the term before, particularly if you’re been listening to a sports coach reflecting on a recent game, however did you know mental toughness (MT) is equally as important in the game of life and work?

## What is Mental Toughness?

Mental toughness can be defined as “a mindset that describes the default response we make when faced with stressors, pressures or challenges, irrespective of the prevailing circumstances”<sup>1</sup>. This “mindset” makes a significant impact on our performance, positive behaviours, aspirations and wellbeing.

Professor Peter Clough, a Professor of Applied Psychology at Manchester Metropolitan University and a pioneer on research into mental toughness, uses a phrase that captures its essence. A mentally tough person “is someone who is comfortable in their own skin”. They take whatever comes along in their stride and mostly enjoy the challenge.

Importantly, we now understand mental toughness to be a narrow-ish plastic personality trait. It exists in all of us to some extent and comes into play every time we have to do something – at work, at play, at study, etc. The good news is though, plasticity means that it can change and evolve over time – and we can often shape it!

## The Benefits of Mental Toughness

Research has concluded that those with higher Mental Toughness scores:

- Perform better
- Adopt more positive behaviours
- Enjoy greater wellbeing
- Handle transition better
- Are more aspirational

## What about the Mentally Sensitive?

Learning key psychological and cognitive skills can allow the less tough to operate more successfully in a stressful situation or environment and an often hostile world, allowing them to bring to the table much needed diversity and a radically different approach to problem solving.

1. Clough & Strycharczyk, 2011







Image by Pixabay on Pexels

## Mental Toughness: 4 factors

Mental Toughness consists of 4 factors, which in turn can be sub divided.

### The first is CONTROL.

This describes the extent to which a person feels in control of their lives and their circumstances and the extent to which they can control the display of their emotions. The first is where the sense of “can do” sits and the latter describes the extent to which the individual can manage their own mood and the mood of others.

### The second factor is COMMITMENT.

This is about goal orientation. This describes the extent to which someone is prepared to make promises which are assessable and, once made, to what extent they will do what it takes to deliver them. Those promises can be made to oneself or to others

### CHALLENGE is the third factor.

This introduces a proactive component to the model. This describes the extent to which the individual will push back the boundaries, accept risk and stretch themselves - and how they see all outcomes. Many see learnings and opportunities even in failure and setback.

### Finally, CONFIDENCE completes the picture.

This describes the extent to which people believe in themselves - have confidence in their abilities - and possess the interpersonal confidence to influence others and deal with their challenges. This adds a further proactive component.



## The Dark Side of Mental Toughness

It's important to note that there is a dark side to Mental Toughness. Those scoring at the very high levels:

- May be perceived as mentally or emotionally insensitive.
- May be unaware of their impact on others – either causing offence or simply trampling over people's feelings;
- May be intolerant of those who are not like them – even though they may be effective in their own ways;
- May be unable to deal effectively with others who are like them but who may challenge them in some way.

The challenge here then becomes the need to increase awareness of the impact they have on the people around them – and how they can become more effective through dealing with others more sensitively.

## Can We Develop Mental Toughness?

The brief answer is that we can! Interventions for developing mental toughness appear to be grouped around five themes, all of which have an impact on one or more of the 4Cs.

**Performance Thinking** – The underlying principle here is that “we are what we think”. Examples of techniques that appear to work include hopeful self-talk, creating and repeating supportive affirmations and learning from role models.

**Visualisation** – Applying this technique to a challenging situation we're facing can help greatly in understanding the actions required for success. No-one needs to be taught to visualise, we do it naturally and can manage our thoughts.

**Attentional Control** – Focus, sustained attention and concentration enable us to work better and for longer. Interruptions and distractions can undermine our capability and sap our energy. Practising “attention training” exercises and techniques such as mindfulness can be of enormous assistance.

**Anxiety Management** – Learning to manage the psychological and physiological responses from fear and worry can allow you to “feel the fear and do it anyway.” Controlling muscle tension and breathing can help us to manage our mental responses.

**Goal setting + Coaching** – The underlying principle is that goal setting gives meaning and direction to our lives as well as energy to achieve objectives and approach new challenges. This is especially important for developing the commitment component of mental toughness. Setting SMART goals and milestones are just two techniques that help to guide us to achieve our goals.

## MT@Work

Whilst we highly recommend training and developing staff on the skills to become more mentally tough, it's equally important that we take a good hard look at our workplace environments, structures, systems, policies and procedures to ensure that they are supporting mental toughness (and overall well-being), rather than undermining it!



*Written by:*

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*“The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.”*

**Martin Luther King Jr.**







*Thank you Dr Suzy for sharing some great tips on building mental toughness from a psychological perspective. Now let's move on and take a different perspective on resilience, a close-up of our biome, with Robyn Chuter.*

# Restoring Balance To Our Microbiome

by Robyn Chuter

**The 1982 American experimental film *Koyaanisqatsi* – a Hopi Indian word meaning “life out of balance” – presented an apocalyptic vision of the collision of two different worlds:**

the highly urbanised, technology-driven world of modern humans, and the timeless, awesome majesty of the natural environment. The film paints a picture of humans as fundamentally out of balance with the world which birthed us but is now being gravely injured by our activities, in a plethora of ways.

Sadly, in the almost 40 years since *Koyaanisqatsi*'s release, humanity has stampeded ever faster down the dangerous path signposted by this haunting film. We are more out of EQUILIBRIUM with ourselves, our fellow humans, and the other life forms with which we share our planet, than ever before. To bring about the planetary healing on which our survival as a species depends, we must start by healing ourselves – physically, emotionally, socially and spiritually. Yet although we're confronted with evidence of disequilibrium in our macrocosm every day – toxic

air, polluted rivers, plastic-choked oceans, razed rainforests, vanishing wildlife, internecine conflicts between human 'tribes' whether on the streets of our cities or the battlefields of distant countries – few of us are aware that this is reflected in the microcosmic disequilibrium that, for the first time in the history of our species, has resulted in our own resident microbiota working against our interests rather than for them.

Re-establishing a healthy relationship with the teeming multitudes of microscopic life forms that live on and in our bodies, collectively known as our microbiota, with their combined genetic material labelled as the microbiome, is the logical first step to take on our journey of self-healing.





Photo by Guilherme Almeida from Pexels

## Meet Your Microbiota

Every external and internal surface of the human body – our skin and the mucous membranes lining our gastrointestinal, respiratory and genitourinary tracts, and even the membranes of our eyes – is heavily colonised with microscopic life-forms including bacteria, fungi, viruses and protozoa. Recent research has uncovered tantalising evidence that there may even be a resident population of bacteria in our brains, as well as distinctive microbiota in women's fallopian tubes and ovaries, and men's testes.

What are those bugs doing there? The easier question to answer would be, what aren't they doing? Research on the human gut microbiome has found that it influences every single activity that takes place in our bodies, from immune function, to nutrient absorption and metabolism, to detoxification, to production of communication chemicals such as hormones and neurotransmitters, to regulation of inflammation, and even the development of key regions of our brain and immune tissue in our gut. Put simply, we are utterly dependent on our microbiome.

However, in the last few decades, our relationship with the microscopic life forms that colonise our bodies has radically altered.

## Life, out of balance

The skin microbiota that evolved over millennia to defend us from infection, regulate inflammation, speed wound healing, maintain moisture in the skin and even defend us from sunburn, have been disrupted by diets high in fat and sugar, a lack of good old-fashioned sweat-inducing exertion, oil-stripping soaps and shampoos, skin care products, make-up, sunscreen and now, antibacterial hand sanitisers. The result is a tidal wave of skin conditions such as psoriasis, eczema, contact dermatitis, acne, poor wound healing, skin ulcers, dandruff, yeast and fungal infections, rosacea, and accelerated skin aging.

The gut microbiota that co-evolved with our species, permitting us to be nourished by an incredibly diverse array of carbohydrates for which we lack digestive enzymes, along with regulating our immune system and metabolism, producing vitamins and short chain fatty acids, and defending us against





invading bugs, is under sustained attack from our fibre-deficient, additive-laden, high-fat diets, and from medications including antibiotics, proton pump inhibitors, the oral contraceptive pill, and non-steroidal anti-inflammatory drugs. Our gut microbiota are far quicker to adapt to an altered environment than we are, since they take as little as 20 minutes to replicate while we take at least 20 years to do so! Unfortunately for us the evolutionary pressures that modernity has exerted on our gut bacteria have caused them to adapt in ways that are hugely detrimental to our physical and mental well-being.

Autoimmune diseases, allergies, cardiovascular disease, inflammatory bowel disease, obesity, diabetes and depression – all rare or non-existent in the few remaining human populations that subsist on traditional plant-centred, high-fibre diets – are just a few of the conditions that have been linked to the modern gut microbiome being wildly out of balance with its human host.

Likewise, imbalances in all the other regional microbiomes has been linked to illnesses that plague modern humans, from gum disease to asthma to infertility to dementia.

## Life, back in balance

What can we do to restore our lost EQUILIBRIUM with our microscopic co-residents? Quite simply, every time we make a decision about what to eat, drink, inhale, and put on our skins, we need to be thinking about the impact this decision will have on our invisible allies. The critical shift is from an “I” focus – I am craving junk food; I want to use that nice-smelling skin lotion; I couldn't be bothered going out for a walk today – to a “We” focus – we (my gut microbiota and I) need unrefined carbohydrates to thrive; we (my skin microbiota and I) need to be protected from synthetic chemicals to thrive; we (all my microbiota and I) need to breathe fresh air and inhale microbiota from plants and from the soil to thrive.

The Vietnamese Buddhist monk Thich Nhat Hanh speaks of life as “interbeing”, the dependence of any one person or thing as to all other people and objects. And as without, so within: the evolutionary theorist Lynn Margulis coined the term “holobiont” to describe an agglomeration of a host, microbiome, virome, and other related organisms (“bionts”) that function together as a whole. The needs of all the bionts must be met for the holobiont to thrive.



Photo by Charlie Green on Unsplash





## 7 top tips for cultivating a healthy holobiont

### 1. Drink water that is free of chlorine and fluoride.

Chlorine is added to our water to kill disease-causing microorganisms. Personally, I'm very happy that my drinking water doesn't contain cholera or giardia, but I don't want that chlorine killing my gut bugs. And fluoride stops bacteria in the mouth and gut from making nitric oxide, a gas that protects us against high blood pressure and coronary artery disease. Any type of water filter will remove chlorine, but only a few remove fluoride, so choose your filter carefully. [Editor: our favourite is [here](#) - 10% off for readers!].

### 2. Eat a wide variety of whole or minimally-processed plant foods.

The American Gut Project, the world's largest citizen science microbiome project, has determined that the single strongest predictor of having a diverse, healthy gut microbiome is eating at least 30 different whole plant foods (fruits, vegetables, whole grains, legumes, nuts, seeds, herbs and spices) per week. Eating seasonally and challenging yourself to try one new plant food every week will go a long way toward helping you meet your dietary diversity quota.

### 3. Spend time in nature.

Our resident microbiota benefit from contact with the microbiota of soil, plants and animals. Think of walking in nature, gardening and caring for animals as enrichment activities for your microbiota!

### 4. Exercise your right to gut health.

Regular exercise supports a healthy and diverse gut microbiota, especially if performed outdoors.

### 5. Avoid microbiome-damaging medications.

Antibiotics should be reserved for serious infections that are unlikely to resolve by themselves. They should never be taken for colds and flu, and rarely for sinusitis, middle ear infections or tonsillitis.

Most people who are taking acid blocking medication don't need it, and nonsteroidal anti-inflammatories should only be taken for very limited periods of time.

### 6. Choose your personal care products wisely.

Antibacterial mouthwash and soap, hand sanitiser, preservatives in skin care products, and chlorine in the water we bathe or shower in all impact negatively on our skin microbiota. Install a chlorine filter on your shower head, use mild soaps such as liquid Castille, try out probiotic skin care products and even consider showering or bathing less often.

### 7. Hug a human, every day.

I've saved the best for last. Just as our microbiota benefit from interchange with the microbiota of other living beings (plants and animals, as well as the teeming microbial life of healthy soil), they also thrive on interchange with the microbiota of other humans. Members of the same household show a "signature" of gut microbiota that is distinct from that of other households. We breathe each other's microbes, pick them up on our skin when we touch each other, eat them when we kiss... and don't get me started on the microbial exchanges that take place when we have sex! These microbial exchanges are critical for normal immune function, and they don't happen when our only contact with other humans is via Zoom!

We all know humans are social creatures, but we also need to provide opportunities for our microbiota to socialise, through in-person contact with other human holobionts.

Restoring our internal EQUILIBRIUM starts with acknowledging that we are the custodians of our microbiota. Fortunately for us, when we choose to eat, drink and do what's best for our microscopic partners, they return the favour and help us be our healthiest and happiest selves.



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*Thanks so much Robyn. It's great to focus on taking in 30 different whole plant foods a week - an opportunity to explore new foods and benefit your biome at the same time.*

*Now let's change the pace and talk about a different form of resilience, financial resilience with Heather Mitchell...*

# Financial Resilience

## Riding On The Coat-Tails Of Giants

by Heather Mitchell

### That app in your pocket.

You know the one. It's the one you use several times a day. It makes you feel good, helps you to think about things, inspires you or helps you practically.

It will be different for different people. It could be Facebook or Instagram. It could be Headspace. Or YouTube, Discord, or Dropbox. Or Minecraft.

For most people, their favourite app is useful, an interesting diversion to fill in some free time, a way of

connecting with others, even something they literally can't live without. But have you ever thought of it as an investment opportunity to help you grow your wealth?

### Holding onto the tailcoats of others

Have you ever thought of, not only using the apps and services you love, but also investing in them as well?



Photo by DeAndre Bush on Unsplash





Photo by Majestic Lukas on Unsplash

Doing that would not only give you the enjoyment of the app itself, but also the pleasure and excitement of a financial stake in the business's success, allowing you a share in any growth or profits the company receives.

Of course, it's not just centred around apps. Or just one or two sectors. There are opportunities everywhere. Pretty much every sector you can think of is being disrupted by innovation. We are living through one of the most exciting periods in history. Companies are transforming the way we go about things. And the great news is that we can invest in the companies that are shaping that future!

Take Amazon as an example. Amazon (via Jeff Bezos its founder) has single-handedly changed the way the world shops. This has made Jeff the second richest man in the world (just recently pipped to the post by Tesla's Elon Musk). Not only is Jeff a squillionaire (a technical term!), but Amazon has also changed the lives of the countless people that invested in Amazon over the years.

According to Investopedia, \$10,000 invested on the day Amazon became a public company would be worth more than \$12 million as of May 2020. That's more than 120,000% growth. Even if you'd have invested \$10,000 in Amazon at the height of the dot com bubble, your investment would still be worth \$500,000 today.

This is lucrative stuff. (Although of course, not many companies come close to Amazon's success levels!)

But, there are many companies that will still grow exponentially, their values increasing many times over and many of them can be invested in right now.

Take something very pertinent right now: COVID-19. There are many pharma companies that are going to be making \$billions by vaccinating populations around the world. If you wanted to, these companies are available to invest in.

Our how about electric cars? They are literally on the verge of transforming the way we drive and refuel our cars.

And don't forget the blockchain and crypto. That's about to change the very fabric of the way we do things, from legal work to tracking supermarket products and how we pay for things and send money to people in other countries.





Take a moment and stop what you're doing. Close your eyes if you like (and it's safe to do!) and visualise the future. What do you think it will look like? What innovations will be there, helping us in our lives? Will there be autonomous flying cars that we can chat to, like a flying version of Knight Rider's KITT? Robots that care for the sick and elderly in their own homes and become their best buddies? Facilities that cheaply and easily convert seawater to drinking water?

Whatever your vision, there are companies out there that are making that vision a reality and you can hang onto their coat-tails and become part of that vision as well.

This is what Andrew Carnegie did when he invested in steel in the late 1800s and benefited so much from the growth of steel that his wealth has still not been surpassed in today's terms. The billionaire investor Warren Buffett did the same, investing in the products and services he used every day – eg. Coke, McDonalds and Bank of America.

And, on a smaller scale, this is precisely what I've been doing as well and subsequently my investments have achieved an average of 20% growth per annum since March 2014. It is so much fun having “skin in the game” and seeing companies more from an “inside” perspective. That way, their successes become my successes. And as I always say, I view investing the way others view their favourite football team - I just love it when I hear some news of a new innovation from one of my favourite companies!

So, how can YOU benefit from the tech innovations that are happening all around you? Well, take a look around you. What can you not live without? What are your children getting into? A new game that everyone's talking about? A new health innovation that's lengthening people's lives?

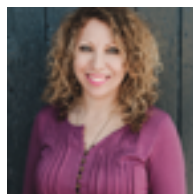
Take a look and see if it's possible to invest in the company behind it and if you haven't got one already, open an investment account and buy a few shares. It's really straightforward to do and not at all scary. If you'd like to do that, **here's a link** that can get you some free shares when you open a new account.

You can also invest in a basket of shares that someone has put together across an entire sector, if you are time poor and feel that the whole sector is likely to do well.

Financial strength is key to overall resilience – and there are many ways to achieve just that.

And if you are stuck in any way and would like some assistance, I help people set themselves up to invest and teach them how to strategically build a robust and safe investment portfolio that will stand the test of time.

Happy investing!



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Image by mohamed Hassan from Pixabay





*Thanks, Heather.*

*Still on the subject of money, many people have been challenged economically recently and it can really feel like you're sinking. Here to help you get back into EQUILBIUM is Kitty Thomas from Debt Angel Solutions.*

# “Getting In Control Of Your Debt”

by Kitty Thomas

***“Not all storms come to disrupt your life, some come to clear your path”***

I came across this quote the other day and it really resonated with me. Job losses, business closures, and an uncertain economy and future. It's pretty easy to quite frankly feel scared shitless right now with everything that's going on, and justifiably so! As Founder and Director of Debt Angel Solutions and a lifelong entrepreneur, I would encourage you to see that there are a number of opportunities here to take advantage of.

Many of us around the world are finding that thanks to being forced to stay at home, we have more time on our hands. Time is one of the most important commodities that we have, and used well, it can help to bring about positive changes in our lives. With two decades worth of experience in the financial services industry, I see the differences people make every day by building their financial resilience, simply through taking the time to get real and take stock of their financial situation. It might feel that right now with everything up in the air this is not the right time to think about your finances, but I would argue that this could be the perfect time to do just that.



Photo by Johannes Plenio on Unsplash





Building financial resilience should always start with getting really clear about what you have coming in and what you have going out. I like to think of it as “Financial Mindfulness”, getting really present to where you are at financially. This is our first step when working with any client. We sit down with them and fill out what is called a Statement of Financial Position, a document that shows them exactly where their money goes. I won’t lie, it’s a challenging process. I always warn my clients that it will be the most difficult thing they have to do when working with us, but it’s so worth it. It shines a light on all those little things we’d rather ignore; the \$90 a month on coffee, the \$250 on “little treats” for ourselves or our loved ones – all the things that slip through the net when unchecked. When you have a realistic picture of where your money is going, you can then work on a realistic plan to make small changes. Believe me when I say, you will see big results to your bottom line when you are present to where your money actually goes.

Another thing we use with clients to get them present to their finances is an interest calculator. Many of our clients have no idea how much interest they are paying a month, let alone a year. They don’t know how much they are actually paying off their debt versus how much they are throwing down the toilet... I mean paying in interest to the bank/creditor to have the loan! Working out your interest helps you to see your payments in a completely different way. Again, it’s all about building “Financial Mindfulness”.

COVID-19 has wreaked havoc in a way that has never been seen before and left millions facing HUGE financial worries that they never anticipated nor have any control over. Yes, the government is stepping up and introducing measures to support people where they can, but the reality is that there are many hoops to jump through and the support on offer may not be available to all. Banks are also responding, but the measures they are offering are temporary, and most are only deferring payment responsibility to a time further into the future.

I provide solutions that benefit clients and creditors alike, and debt negotiation and management is Debt Angel Solutions specialty. Over the years we have worked with many clients who have fallen into financial hardship for a whole host of different reasons, but almost all of them have been because of circumstances outside of their control.



Photo by Marcus Aurelius from Pexels







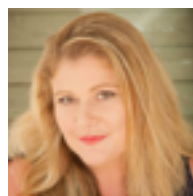
Photo by Keren Levand on Unsplash

Our expertise lies both in knowing what is and isn't possible when working with creditors (the things that they may not necessarily want to share) and in empowering our clients to take a stand and create responsibility around their finances, so that they can powerfully move forward to a brighter, more successful future. A big part of this is educating about client rights and what they can ask for.

If you are worried about COVID-19 and how it has/will affect your finances, the best thing you can do (after getting really clear on your monthly outgoings) is to empower yourself. Keep informed and stand up for yourself and for your situation. Know that you have rights and that you can ask your creditors for special dispensation. The 2009 National Credit Act clearly states that a debtor is allowed to "request a change to the terms of their credit contract on the grounds of financial hardship"<sup>1</sup> so know that you are totally within your rights to ask a creditor to ease the pressure off, to reduce and/or freeze interest and payments for a while. Stay up to date with things as they unfold, plug in to services like ours so that you know what's happening and who it will affect. And most importantly, know that you're not alone.

My heart goes out to everyone who is struggling at this difficult time. I know it is hard but if we can adjust our mindsets to see this as an opportunity to bring about change, maybe change we have been wanting for some time, then we can and will come out the other side stronger. Come from a solutions mindset, surround yourself with positive people and information, do the work to initiate change and have faith that you will come through and out the other side better than you could have imagined.

You Have Got This!



**Written by:**

**Kitty Thomas**

Thought Leader on Debt,  
Debt Angel Solutions

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1. FAQs: Dealing with consumers and credit





*Thanks Kitty - a really helpful article.*

*Let's now change the pace a little and look to the divine sciences to help us build resilience. Welcome, Benjamin Haynes.*

# Astrology As A Tool For Resilience

by Benjamin Haynes

**The dictionary defines resilience as the capacity to recover quickly from difficulties; toughness.**

From a psychological perspective, this definition expands to include the ability to mentally or emotionally cope with a crisis or to return to pre-crisis status quickly. Further, it states that Resilience exists when a person uses "mental processes and behaviours in promoting personal assets and protecting self from the potential negative effects of stressors". (source: Wikipedia)

As a professional Astrologer I would argue that there are few, if any, more potent tools available to us in regards to resilience than the practice of Astrology. A big call? Perhaps, but I have seen the power of astrology time and time again help everyday people going through some of the most intense of human experiences, and also to heal and recover from traumatic ordeals in their past.

So how can the movement and placement of the stars above in any way help us to bounce back faster from difficulties or employ better mental processes to cope with and recover from crisis?



Image by kalih from Pixabay





Here are **6 ways** that astrology – when in the hands of a competent astrologer – can be a powerful ally throughout your life:

## 1. You can see difficult times coming (and be better prepared)

Forewarned is forearmed according to the popular saying, and the astrological tools of the trade for identifying challenging times are known as Transits (where the planets are placed in the sky right now and then compared to your birth chart to see where and how they will impact you personally) and Progressions (a curious technique that shows the step by step internal journey and development of an individual over time).

Being aware of the potential for stormy times ahead can certainly help to reduce the level of shock surrounding a crisis period. It can also help you to prepare for an upcoming period of restricted income for example by tightening your belt in the months leading up to it, or simply to strengthen your physical

and psychological defenses ahead of time to help you weather the upcoming storm.

## 2. You can see how long a particular challenge will last and where you are now within that timeline

Challenge and change are inevitable in life and in fact they are necessary in order for us to reach our potential by moving beyond the known and familiar. On some level we all know that growth is usually just outside our comfort zone – what we often don't know however, is how long a difficult period or process will last. In the midst of trying times or strong opposition it can be tempting to give up, to concede or check out - perhaps just before the breakthrough comes! How helpful then to know when the breakthrough is likely to arrive or the pressure to dissipate. Astrology is essentially the study of cycles and "orbs of influence". It can show you when a particular pattern begins and ends, allowing you to marshal your reserves when needed and to set the pace for a particular chapter in your life journey.



Image by Alexandra A life without animals is not worth living from Pixabay





### 3. You can see which aspect of your life will be impacted (and what type of energy you will be confronted with)

Knowing that a crisis period or challenge is coming is one thing, but knowing which aspect of your life is going to be impacted (work, relationship, family, finances etc.) is something else entirely. It allows us to prepare and respond to dynamics around us in a considered way, rather than just reacting on instinct alone, which can often be coloured by fear. But more than this, it allows us to understand the nature of the energy that is at work in our lives, allowing us to align ourselves with it in order to join the flow with more grace.

### 4. You can consciously understand the nature of the underlying dynamics taking place and between the people involved

The universal archetypes of zodiac signs and planets are likely to be embodied and played out by the people around you. By understanding which archetype each of the people involved in a particular situation is reflecting, enables you to better understand their perspective and communicate with them in a way that is adapted to that particular character. More broadly, by understanding which energetic signature is influencing a particular aspect of your life, you can adapt accordingly in order to create greater harmony - or mount a more tailored defence.

### 5. You can know what your personal strengths are and how these might be employed or adapted to improve conditions

Your personal birth chart describes your innate blueprint as an individual. It highlights your natural strengths (and weaknesses) which can be utilised during times of struggle as sources of strength and power. It can also be used to illuminate what you need to feel nurtured and secure – things that can be implemented to help maintain or regain your EQUILIBRIUM.

### 6. You can understand what is required of you to better manage the situation

The expression “a bull in a china shop” does much to help us understand the impact of the wrong mode of behaviour in a particular setting or situation! Gaining an understanding of the dynamics in operation at a particular time means we can employ the most suitable strategy to prosper. Is this a time for surrender, discipline, patience, action, faith? Ask your astrologer!

*Written by:*



**Benjamin Haynes**

Founder & Director of  
The Medicine Man

*Instagram:* @medicinemansydney

## Reader Offer:

**Curious to understand your own astrology? Have your birth, forecast or relationship chart read with Benjamin – Zoom sessions.**

Contact him on:

[benjamin@themedicineman.com.au](mailto:benjamin@themedicineman.com.au)  
to find out more.





*Fascinating! Thanks Benjamin.*

*Now I'd like to welcome Lori Modde to help us recognise the benefits of venturing outside.*

# Why Go Outdoors Now Or In The Future?

by Lori Modde

## Have you ever felt the drain of life and said to yourself “I need some fresh air”?

Well, there are more reasons behind this than just getting away from the visibility of the stress. There is actual scientific proof that the outdoor environment helps emotions, moods and overall health and that “forest-bathing” isn't a fad. And as we now live in a world with an invisible enemy, COVID-19, the Outdoors is also the safest and healthiest place for all of us.

Outdoors NSW & ACT maybe a peak representative body that supports a growing outdoor community and economic sector but they themselves are about connecting people to nature so they can live healthier and have more fulfilled lives. The information here comes from their studies and research over many years and it's timely that we discuss how this can be healthy reminder for all us.

Dr Phil Humphris, General Practitioner at Kildare Road Medical Centre holds a Masters in International Public Health and has undertaken extensive humanitarian work in Ethiopia, the Middle East and Sudan as a Director of Medecins Sans Frontieres, having first-hand experience with SARS, Ebola and Malaria.

He has been assisting Outdoors NSW & ACT get the word out on the safety of the Outdoors at this time. “While there are still gaps in the knowledge of transmission patterns for COVID-19, the epidemiology of outbreaks and transmission shows ventilation appears to be particularly important. The lack of exchange of air in indoor environments is thought to increase the risk of transmission” explains Dr Humphris.

Another area of concern for our community is the growing mental health issues in all age groups and in particular on our youth. What has lock-down done in this regard? Well, early indicators are not good. Outdoor education and recreation have a tremendous and essential role in achieving and maintaining physical and mental health, it is also critical to the normal development of children and youth.

“The consequences of halting outdoor activities for all are impossible to measure, however logically we know there are very real lasting, if not permanent, negative outcomes if people do not have access to the great outdoors,” furthered Dr Humphris.

A multitude of studies show time spent in nature is consistently linked to objective, long-term health outcomes. A 2018 paper by Marsden Jacob & Associates estimated \$508 million was saved in







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lifetime healthcare costs by people participating in outdoor pursuits in NSW alone . The Outdoor Youth Programs Research Alliance (OYPRA) reported from their nine-year study, the sharp rise in youth anxiety and mental health challenges can be improved through participating in outdoor programs.

Tom Mulvaney, Psychologist and Co-Leader of Policy at the Australian Association for Bush Adventure Therapy says, "Access to the outdoors obviously facilitates physical health outcomes, but also facilitates connection to other people, to the world around us, which ameliorates loneliness or isolation.

"There's a lot of evidence to support young people spending time in nature directly, but there's a stronger evidence base for those therapeutic outcomes being enhanced when a person's time in nature is guided by a professional. Why? Guided time in nature has positive outcomes for young people who experience stress, depression, anxiety, social anxiety, relationship issues and so many of those

clinical presentations that are on the rise as this pandemic progresses."

Going outdoors is one cost effective and safe way to support physical, mental and social wellbeing and prevent longer-term ill health. Outdoors NSW & ACT are spreading this message far and wide and are connecting audiences with many operators and businesses that lead outdoor education and recreation for a living. You can take the journey yourself or join a group and create social connections with like-minded individuals. You'll never realise the full benefits until you go Outdoors, so start today and get some fresh air on a regular basis!



*Written by:*

**Lori Modde**

CEO of Outdoors NSW & ACT

Instagram: @outdoorsnswact





*Thanks Lori.*

*Now I'd like to welcome a little girl who can teach us all a thing or two about Resilience.*

# Betsy's Coping Strategies

by Stuart Griffin

**When my six year old daughter Betsy was diagnosed with an inoperable brain tumor at two years old, our lives changed forever.**

Surprisingly it wasn't all bad, you could even argue that it has been a net positive experience when viewed through the lens of a positive mindset.

Betsy has an optic nerve glioma which thankfully is benign, however due to its location it has resulted in Betsy being registered blind in both eyes and she had to endure a year and a half of chemotherapy. But this has not held Betsy back, in fact she has flourished.

Her developmental assessments show that she is above average for a child without a disability and she has advanced language and communication skills, alongside a burning passion for music.





So I thought I'd ask Betsy to talk a little about her tips for staying positive and the conversation went like this...

**Betsy** - "Audiobooks always keep me positive actually, I snuggle my head between two cushions and it's really cozy, it makes my head clouded with so many ideas, for example making up my own book and it also makes me feel cozy and happy".

**Dad** - "They are all positive things then aren't they? You get inspiration, it gives you ideas and it makes you happy."

**Betsy** - "So my tips are listening to audiobooks, going out jogging or running, even sprinting or walking. Make sure you do lots of exercise to keep you positive."

**Dad** - "That's interesting, we like to go out for walks don't we and when we are out walking we do interval training, we do little sprints and jogs in between the walking."

**Dad** - "If you're feeling a little bit in a negative mindset, what can you do to get yourself out of it?"

**Betsy** - "Put your shoulders back and say we just need to put this attitude in the dustbin, and we take the positive attitude out of the bin and put that in to our body."

**Dad** - "Haha that's an interesting analogy, I like it!"

**Betsy** - "Like I say in my meditation video, just imagine it's a bug and bat it away."

**Dad** - "So bat away the negative thoughts and energy and try to encourage the positive energy to come in to your body."

**Betsy** - "And another thing Daddy, you know they play little tunes on ice cream vans, that makes me happy!"

**Dad** - "Haha I bet it does!"

**Dad** - "Is there anything else you can think of which could help people to be positive?"

**Betsy** - "Maybe meditate and do visualisations."

**Dad** - "Why do you think meditation helps you be positive and get rid of negative thoughts?"

**Betsy** - "Because you're just clearing your mind."

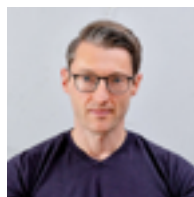
**Dad** - "Yes you're clearing your mind aren't you? When you're meditating you're not entertaining negative thoughts, you're letting them pass away, you're simply 'batting them away' as you say."

**Betsy** - "So you just bat them away like a bug."

**Dad** - "That's right, you don't allow yourself to think negatively as you're trying to clear your mind, that's really good, I'm really impressed that you understand that."

**Dad** - "Cool ok, so any closing thoughts that you'd like to say to people?"

**Betsy** - "Yes, I hope you all enjoy this article and we will see you in the magazine!"



**Written by:**

**Stuart Griffin**

Health Transformer, Health Mojo

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*Please check out Betsy's Positive Videos on YouTube to bring some positivity in to your life...*





*Thank you Stuart and Betsy for your inspiration and positivity.*

*Let me now introduce you to productivity coach and entrepreneur Athena Simpson, who I met in London several years ago.*

# Why Resilience & Productivity Go Hand In Hand

by Athena Simpson

## I have been obsessed with productivity for my whole career.

The only thing I focussed on was work, which subsequently lead to anxiety, stress, depression, fear and self-destructive behaviour. So in 2019, I gave up booze, lost 44lbs (22kg), got into aerial silks and packed up my hard-fought life and career in London and ran away to join the circus!

In that process of a “hard reset” of my life, I realised we’re all missing a trick. Life shouldn’t be about packing as much in as possible.

You don’t need to be productive 100% of the time, nor should you want to be. However, you can learn how to set aspects of your life on autopilot and create systems that reduce your anxiety. Productivity and happiness go hand in hand. Without one, it’s tough to get the other. We all want that feeling of “zen”, of being CONTENT. By taking control of our lives, we can achieve that.

Here are **seven of my favourite tips** you can use to start thriving and feel “in control” and happy.



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Photo by Cliff Booth from Pexels

## 1. Get It All Out

I'm guessing you have a million projects around the house or personal projects that you have in the back of your mind that you haven't had time for. Well, guess what, NOW YOU DO.

Write down ALL the stuff you want to do.

Getting into a project reduces your anxiety because it keeps your mind busy. Having a sense of accomplishment, however small, is a great mood booster. (Check out my free guide for how to attack your to-do list without feeling overwhelmed!).

## 2. Take Back Your Morning

When we feel like crap, it's easy to let routine fly out of the window. Doing a routine in the morning will help you feel like you've accomplished something and get you into a positive mindset.

Pick out a few things you can start doing every morning - floss, make your bed, write in your journal, do some yoga or mindfulness.

Make a list and do it in the same order every day. Don't be too ambitious or you'll hit the "f\*\*\* it" button.

Be disciplined and consistent and you'll soon find yourself doing your morning routine without thinking (and feeling awesome as a result).

## 3. Silence is Golden

I discovered silence in the morning whilst staying with a circus collective, and fell in love. When you speak to others first thing in the day, it can derail whatever processing your brain wants to do. Allowing yourself the gift of silence can help you lower your anxiety and be more strategic and creative. If you live with others, see if they'll do this with you - they might enjoy it too! Make silence the rule for at least an hour upon waking (no media/messages should be consumed during this time either!)

## 4. Block Out the World

It can take us 23 minutes, on average, to recover from distractions, self-imposed or from others.<sup>1</sup>

A few years ago I started utilising "aeroplane mode" so I could start my day without the anxiety of seeing



work messages when I woke up. I switch my phone's mode around 10pm each night, and don't turn it back on until after 11am the next day. It's hands down one of the best things I do for myself.

I've also removed all the apps from my home screen and turned off all notifications. It's also possible to use a social media blocker.

When you remove the visual cue of having your apps on your home screen, you won't be tempted to look when you open your phone. Or worse, spend time scrolling through feeds because you just went in to check a notification. Out of sight, out of mind.

Set a time or two each day where you will check the apps if you don't want to completely disconnect. Setting a specific time means you can mentally prepare yourself to receive rather than being bombarded without warning all day.

## 5. Block Out the World

On average, we can focus intensely for about 45 minutes and we then need a 15-minute break. Our brain can only handle so much.

Excessive focus can drain your energy and make you lose self-control, makes you more impulsive and less helpful. As a result, decisions are poorly thought out, and you become less collaborative.<sup>2</sup>

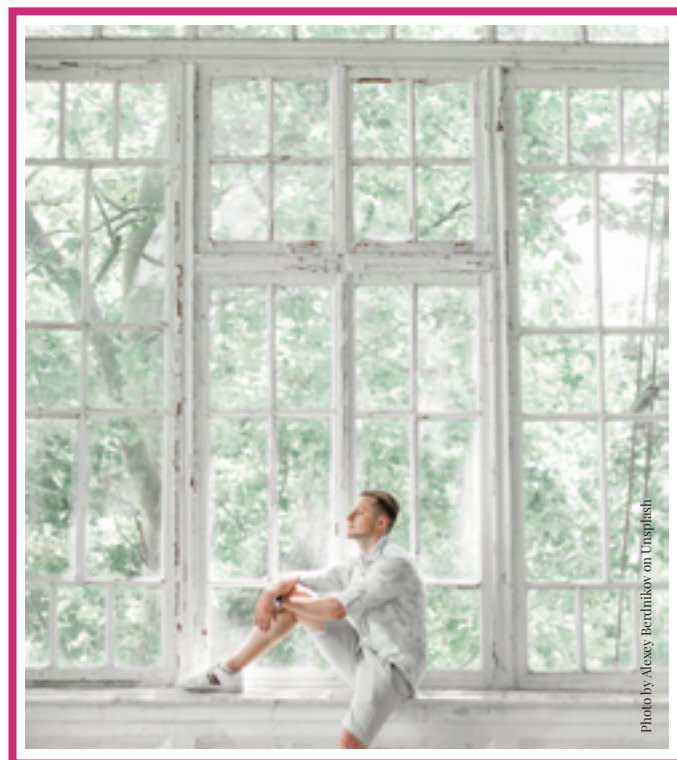
Set a timer for 45 minutes when you start deep work or a project that requires concentration. When your brain knows that it will soon get a break, it will give you the gift of doing what you ask of it. (I picture my brain as a petulant child which I can control through managing its expectations).

## 6. Go Love Yourself!

We often withhold nice things from ourselves because we feel like we don't deserve them. This counter-intuitive practice of nourishing ourselves can bring a sense of joy and compassion for ourselves.

Make a list of the things that make you feel good, that are just for you. (i.e. Have a leisurely coffee, dance, take a bath, read a book for fun, you get the idea). Try doing something you love at least a few times a week, working up to once a day.

That old saying, "If you don't love yourself. . ." but love is not just a feeling, it's a result of our actions.



## 7. Break Out of The Booze Matrix

Drinking is a huge contributor to depression and anxiety, kills your motivation and generally makes you feel crappy. If you're in lockdown, you can use the self-isolation as an opportunity to better yourself, so consider trying to go without alcohol.

No one has ever regretted not having a hangover. Why not try it out whilst you're at home and don't have to worry about the pressure of social events - it's one of the best ways to build resilience and feel like a superhero.

Want more content like this? Check out [my website](#) for content, webinars and tools for you to find your productive, happy self. I'm also writing a book which shares insights on productivity as a tool to hone your superpowers, coming out soon.



*Written by:*

Athena **Simpson**

Business And Marketing Strategist  
& Productivity Coach

**Instagram:** @athena.simpson

1. Memory load and event rate control sensitivity decrements in sustained attention  
2. Your Brain Can Only Take So Much Focus







*Thank you Athena!*

*Now it's time to hand over to Relationship & Healing Coach,  
Zoe-Anna Bell. Welcome Zoe.*

# The Power Of Mental Resilience In An Uncertain World

by Zoe-Anna Bell

## **We live in an assimilation of vast human experiences where inner and outer worlds collide & oscillate.**

Our intelligent nervous system will reflect back a mirror of resistance or a synergistic harmony between inner and outer worlds.

Humanity is going through an ocean of fast-flowing consciousness, best understood as Transparency, where the raw truth can no longer hide or be disguised. Right now, we are being bombarded with the uncertainty of a pandemic, global economy collapses and a spiritual divide in social and family groups.

The noise of media, news, and the different opinions within human relationships, all have the potential to disrupt and distort the inner balance of **You**.

On the inside this can feel suffocating, ready to burst with overload, where worry, overwhelm, and emotional reactions take over. Many may feel their voices are unheard and community more vital than ever.

On the inside this can feel suffocating, ready to burst with overload, where worry, overwhelm, and emotional reactions take over.

## **This was me!**

Rewind a decade to 2010, I was pretending to have my shit together. On the inside, I was an emotional wreck with added health & financial concerns; How was I going to support a young family, alone? Drowning in an ocean of self-destruct, despair, after leaving my marriage. Screaming out for help, I'd created my own worst nightmare. A single parent with two beautiful children 3 and 2 years old. Feeling confused, scared and having to adapt to the new life conditions. Existing in a state of numbness, it was time to face this challenge & build resilience from an inner state of mental fragility.

**The first step:** be willing to be brave, vulnerable and ruthlessly honest. Perhaps you are drowning in an ocean of chaos, passing your partner like ships, interchanging hats of responsibility and have forgotten about the most important player in the inner game called life, You?

Let us explore key practices to implement and find your centre axis when upside down and inside out! As creatures of habit this requires a "lifestyle shift," where daily discipline and consistency are keys to owning your Shi(ft).



## Put Your Own Oxygen Mask on First

Remember, it is no one else job to do it FOR you, even happiness. You need to have the Ownership – Accountability – Responsibility to do the inner work, as if your life depends on it.

- Move your body with daily movement - Physical Health.
- Begin a meditation & mind awareness practice – Mental Health
- Learn breathwork for adaptation – Release Stress Response
- Eat fresh foods & get fresh air for Energy & Vitality
- Get sunlight, air, laughter and hug your family

A MEDITATION practice is a “Life-raft” to inner calm, creativity and mental clarity. Consistent daily practise rewires the mind and assists with letting go of attachment to events, people & opinions. What others think about you is none of your business – it is beyond your control and drains your Free Spirit.

## Out with the old, & in with the NEW

Old programs of survival reaction & habitual complaining are predictable, so easy prey. This feeds social control and future manipulation. Switching off common sense and giving up the ability to think for ourselves, of natural instinct, is de-evolution. It is time for adaptation.

### Observe your Reactions & Triggers.

**Placing the tip of your tongue** lightly touching behind your front top teeth during an emotional reaction will bring your nervous system back into EQUILIBRIUM.

**Child's Yoga pose** will RESET the amygdala switch, to restore the balance of the reptilian brain. Rest your forehead on the floor and breathe.

**Choosing your battles** & walking away takes courage.

*"Persistence & resilience only come from being given the chance to work through difficult problems."*

Gever Tulley



Photo by Alexandra Tran on Unsplash





**Observe Emotions** - resist old habits of entanglement of drama triggers. Emotions = energy in motion. Be disciplined to observe in silence and allow the emotions to pass like a set of waves.

**The Power of NO** – express boundaries. Saying no to others is hard for many, as their “No” is often unheard and sadly, ignored. The truth is, time for “self” is NON-NEGOTIABLE. Communicate to those you love as they appreciate honesty, that this is the path to self-love.

**Book in time alone**, even if it’s just 10 mins of your lunch-break in a park spent in awareness of breathing, nature and being still, as in the eye of a storm.

## Shift Views & Emotions

Perception is how you see the world and the meaning you give it. Two Fears we are born with? Falling & loud noises. The rest are learnt, remaining trapped in the armour of the bodysuit.

Past experiences & attachment to the story influence perception. Optimism will paint a different picture to pessimism and each emotion gives off a different energetic vibration, colour and message to the world around us.

Blame is a game to keep you stuck in the past. Begin to see things from all sides as the curious observer. We cannot change what others have done, yet we can create new meaning and shift our entire reality and human experience, to what is.

See challenges as resistance, to strengthen inner resilience. Persistence and resistance signify spiritual growth. Emotions can strengthen or weaken Immunity. Life is a dance of energy, navigating duality within a vast ocean of consciousness.

## Connect with Your Inner Child

A child’s mind has a fresh sense of wonder, curiosity and wild imagination. Connecting in nature, barefoot, assists to re-wild the adult of social obedience and remember our wholeness. When was the last time you climbed a tree, got messy in the dirt or played with your friends and family?

What’s the Worst That Could Happen? You begin to feel good about yourself and access the inner power of “who you are.”

You become healthier, happier and more present in all relationships. The sharper your mental resilience, the greater your creativity, productivity and focus in business. You stop chasing experiences and begin to attract healthier ones into your life. Learning how to adapt the nervous system for mental resilience is vital for human evolution.

We did not come here to survive, we came here to Flourish.

*Written by:*



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Relationship Healing & Coaching

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Photo by Jade Shyster at Unsplash





*Having access to fresh food is a key component of a personal resilience strategy, and here to inspire you what to do with that fresh food is Accredited Nutritional Medicine Practitioner, Author and Magazine Columnist, Jacqueline Alwill.*

# Recipe Corner

by Jacqueline Alwill

## Curry Spiced Trail Mix

Serves 4-6

### INGREDIENTS

- 3 teaspoons honey
- 2 teaspoon ground cumin
- 2 teaspoon ground coriander
- 1 teaspoon ground turmeric
- pinch chilli flakes
- 400g tin chickpeas, rinsed and drained
- 1/4 cup raw almonds
- 1/2 cup raw cashews
- 1/4 cup raw pepitas

### METHOD

Preheat oven to 160C and line a large baking tray with greaseproof paper.

Pour honey and spice together onto tray, mix a little in the middle then pop in oven to melt together for a few minutes, or until honey becomes liquid and runny.

Add chickpeas and nuts to the pan, toss to coat then cook in middle of oven for 30-40 minutes. Remove from oven, allow to cool completely and enjoy.



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# Firey Bean Breakfast Bowl

Serves 4

## Firey Beans

### INGREDIENTS

- 1 tablespoons extra virgin olive oil
- 1 small (90g) brown onion, peeled and diced
- 1 small (100g) carrot, grated
- 1 teaspoon smoked paprika
- 1 red (150g) apple, grated
- 1x 400g tin Macro Wholefoods Tinned Organic 4 Bean Mix
- 1/2 teaspoon seeded mustard
- 3/4 cup vegetable stock or broth
- 1 1/2 tablespoons Macro Wholefoods Fire Cider

**Optional:** 1 tablespoon Macro Wholefoods Nutritional Yeast

## Breakfast Bowl

### INGREDIENTS

- 1 teaspoon extra virgin olive oil
- 400g baby spinach
- 2 avocados, peeled and sliced in half
- 1/3 cup sauerkraut
- 2 cups cooked quinoa
- 1/4 cup pomegranate seeds
- 1/2 lemon, cut in 4 wedges
- 1 tablespoon hemp seeds
- Pinch chilli flakes

### METHOD

Heat oil in a frying pan on medium heat, add onion, carrot and smoked paprika cook 3-4 minutes. Add bean mix, grated apple, stock, seeded mustard, and Macro Wholefoods Fire



Cider, bring to the boil, then reduce heat and simmer covered for 20 minutes. Once beans are cooked, remove from heat, keeping covered.

Heat a saucepan on medium heat, add oil and spinach and sauté to wilt for 3-5 minutes.

To serve divide spinach between four bowls, then add quinoa, beans, kraut, avocado and top with pomegranate and hemp seeds, sprinkle with extra chilli if you like, finish with a wedge of lemon and serve.





# Immune Boosting Miso Carrot Corn & Sweet Potato Soup

Serves 4

## INGREDIENTS

2 tablespoons extra virgin olive or coconut oil  
1 brown onion, peeled and roughly chopped  
3 cloves garlic, peeled and roughly chopped  
2 teaspoons finely chopped fresh ginger  
3 tablespoons miso paste  
630g carrots, roughly chopped  
320g (approx 1 medium) sweet potato, peeled and roughly chopped  
250g corn kernels (approx 3 corn)  
500ml vegetable broth or stock  
250ml water  
sea salt and black pepper

**To serve:** sesame seeds, coriander, walnuts

## METHOD

Heat oil in a large saucepan, add onion, ginger and garlic and saute 3-4 minutes.

Add miso paste, carrots, sweet potato, corn, broth or stock, water and season with sea salt and black pepper, cover and bring to boil, then reduce heat to simmer for 30-40 minutes.

Once veggies are tender, blend until smooth.

Serve with crushed walnuts, sesame seeds and coriander (if desired).







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# Pumpkin Quinoa Salad With Maple Hemp Dressing

Serves 4-6 as a side

## INGREDIENTS

800g Jap pumpkin, cut into 1-2cm chunks  
2 tablespoons olive oil  
1/2 cup (80g) quinoa, rinsed  
2 cobs corn, kernels sliced from cob  
1/4 cup pepitas  
1/4 cup sunflower seeds  
4 Asian shallots, finely sliced, white part only  
1/2 cup mint leaves, finely sliced  
1/2 small bunch coriander, roots and stalks, finely sliced  
sea salt and black pepper

## Maple hemp dressing:

2 tablespoons hemp seed oil  
3 teaspoons apple cider vinegar  
2 teaspoons maple syrup

## METHOD

Heat oven to 200c and line a large baking tray with greaseproof paper, place pumpkin pieces on tray drizzle with olive oil, season with sea salt and place oven to cook for 15 minutes.

Cook quinoa with 1 cup water until tender, fluff with a fork and set aside. Cook the corn, pepitas, sunflower seeds in 1 teaspoon olive oil in a frying pan for 4-5 minutes, or until lightly toasted.

Whisk ingredients for dressing together in a small bowl or shake in a jar.

Make salad by tossing cooked pumpkin, quinoa, corn, seeds, shallots, mint leaves, coriander and dressing together in a large bowl. Season with salt and pepper and serve.





# Peanut Butter Strawberry Slice

Serves 15

## INGREDIENTS

1/2 cup peanut butter  
1/3 cup extra virgin olive oil  
1/4 cup coconut sugar  
2 eggs  
1 ripe banana  
1 tablespoon vanilla extract  
1/2 cup almond meal  
1/2 cup arrowroot flour  
1 teaspoon bicarb  
pinch sea salt  
150g frozen or fresh strawberries, sliced  
Extra crushed peanuts for the top – optional

## METHOD

Heat oven to 170C and line a rectangular baking tin (about 15x25cm) with greaseproof paper.

In a large bowl whisk together peanut butter, extra virgin olive oil, coconut sugar, eggs and mash in the banana and whisk again until creamy.

Add almond meal, arrowroot, bicarb and sea salt and mix. Pour into tin, spread strawberries evenly around the batter and then pop into the oven to cook for about 45-55 minutes. Give it a test with a skewer.

Let it cool completely then slice and serve. Sprinkle some extra peanuts over the top if you like. Best stored in the fridge rather than bench top – enjoy friends!



*Written by:*

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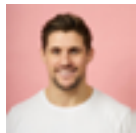
# Expert Corner

We asked a number of experts to share their top tips for Building Resilience and Finding EQUILIBRIUM.

## The Power of Gratitude

Gratitude is fundamental in giving us perspective when dealing with temporary adversity. Grateful people are able to transform adversity into opportunity, no matter what happens.

And the science behind it is unequivocal. Robert A. Emmons, the world's leading researcher, showed that people are 25% happier if they keep a gratitude journal, sleep one half hour extra per evening, and exercise 33% more each week compared to persons who are not keeping journals.

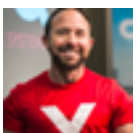


**Joel Burgess**

Founder & CEO of Nutrifix - Building Healthier Workplaces.

## The Importance Of Sleep

Make your bedroom a sanctuary like a dark, cool cave. After going to bed at the same time every night, temperature is the next most important factor, impacting us falling asleep and staying asleep, so start there.

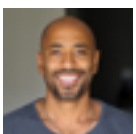


**Sean Hall**

Energx Founder and Chief Energist

## Channel Your Emotional Energy

Remember, emotions are signals, and they act like an alarm, warning us that something's not quite right. However, if we turn off the alarm, we won't get to the root of the problem, and both the problem and the emotion will undoubtedly come up again, possibly stronger and fiercer than before.



**Chibs Okereke**

Burnout & Mindfulness Coach

## What do you need?

Ask yourself the question: "What do I need in this moment?" Your emotional intelligence will provide you with the answers you seek. The answers lie within - unlock your heart and start with being kind to yourself. Kindness towards yourself strengthens your ability to cope with challenges.



**Christine Boucher**

Corporate Health & Performance Coach



**Mother Teresa**

*"People are often unreasonable, illogical and self-centred: forgive them anyway. If you are kind, people may accuse you of selfish, ulterior motives: be kind anyway."*

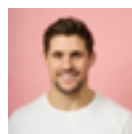
*"We have 86,400 seconds in the day. It's up to you to decide what to do with them."*



**Michael Crossland**

## Review Your Week

Do a weekly review to remind yourself of your successes and also for you to learn from your challenges. This allows you to see where your life is heading out of balance - before it becomes out of balance.



**Joel Burgess**

Founder & CEO of Nutrifix - Building Healthier Workplaces.



# Final Thought

*Ready or not, some day it will all come to an end.  
There will be no more sunrises, no minutes, hours or days.  
All the things you collected, whether treasured  
or forgotten will pass to someone else.  
Your wealth, fame and temporal power will shrivel to irrelevance.  
It will not matter what you owned or what you were owed.  
Your grudges, resentments, frustrations  
and jealousies will finally disappear.  
So too, your hopes, ambitions, plans and to-do lists will expire.  
The wins and losses that once seemed so important will fade away.  
It won't matter where you came from  
or what side of the tracks you lived on at the end.  
It won't matter whether you were beautiful or brilliant.  
Even your gender and skin color will be irrelevant.  
So what will matter?  
How will the value of your days be measured?  
What will matter is not what you bought but what you built,  
not what you got but what you gave.  
What will matter is not your success but your significance.  
What will matter is not what you learned but what you taught.  
What will matter is every act of integrity, compassion, courage,  
or sacrifice that enriched, empowered or encouraged others to emulate  
your example.  
What will matter is not your competence but your character.  
What will matter is not how many people you knew,  
but how many will feel a lasting loss when you're gone.  
What will matter is not your memories  
but the memories that live in those who loved you.  
What will matter is how long you will be remembered,  
by whom and for what.  
Living a life that matters doesn't happen by accident.  
It's not a matter of circumstance but of choice.  
Choose to live a life that matters.*

**- Michael Josephson**





# EQUILIBRIUM Success Toolkit

Create a Meaningful Life  
On Your Terms

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## Continuing the Conversation

Download the free [EQUILIBRIUM Success Toolkit](https://totalwellbeing.co/success): [totalwellbeing.co/success](https://totalwellbeing.co/success)

Find out about the **Finding EQUILIBRIUM** programme:

<https://getrawenergy.co/fuel-pg1/>



*“No one escapes pain, fear and suffering. Yet from pain can come wisdom, from fear can come courage, from suffering can come strength – if we have the virtue of resilience”*

**- Eric Greitens**

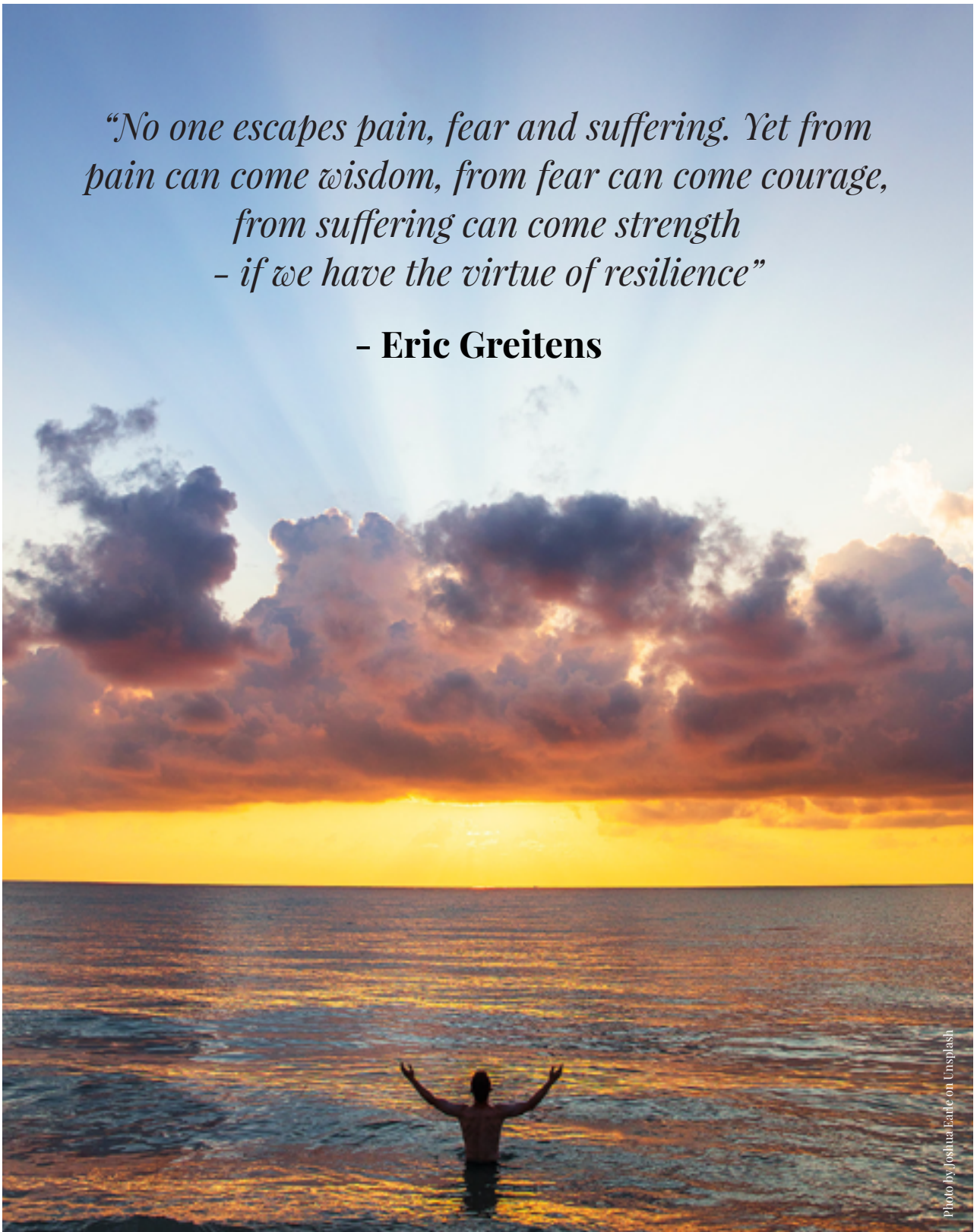


Photo by Joshua Earle on Unsplash

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