

INSPIRING MATERIAL

Recipes to nourish your
body & mind



Recipes to nourish your mind & body

”Be good to yourself.
Show yourself kindness. You are a precious sensitive Being.
If you don’t put yourself first in the line in your life,
who are you expecting to do that for you?”

— Andreas Eder

Here I’ll share recipes for a healthier and happier life. As I see it, these are some of fundamental stepping stones towards a fulfilling everyday living:

Live mindfully

”Only the present moment contains life” - Thich nhat hanh

Learn to relax into being. Use your superpowers - your senses to land in enjoyable wellbeing. Cultivate mindful living; slow down your doings, stop often and be present; breath and absorb the present moment in order to be experience life ot the fullest. Remember the great joy of being you and being alive. Experience a life full of magic what is only experienced in the present moment. You prevent anquity and stress by mindful living.

Eat energizing healthy food

Your body feels good, your mind will feel stronger, more focused and energized. There are a lot of opportunities to nourish your body in a healthy empowering way. Live longer and lighter through conscious eating. Practice eating with perfect presence and without other distractions.

Breath

The state of your breath shows how you really feel. If you are stressed your breath is shallow and more rapid. And you get easily tired. Breathing affect a lot how relaxed, balanced and alive you feel. Breath is a very powerful tool when used consciously to control and affect your state of being.



Activate your body

Continuous exercising makes your body more vital and your mind stronger, sharper and awake. You sleep better, you get more confident, and many other great benefits. The wellbeing of your body affects a lot of your wellbeing mentally. Do exercise for happier & healthier living. You are worthy to feel really good!!

Drink a lot of water

Water is an elixir for your body. It support your organs and your digest-functions to work more smoothly. It is like an oil in your machinery. Drink a lot.

Celebrate often. Even the challenges & 'failures'

Celebration open up your inner sparkle, it empowers your self-esteem and it awakens you to see the beauty and wonder of being you and the richness of being alive.

Celebration make the sense of 'problem' dissolve and lifts up instead the learnings and insights that always lays in mistakes & challenges.

Celebrate tremendously your victories, your successes. Reward yourself with a nice cake perhaps, or a joyful dance.

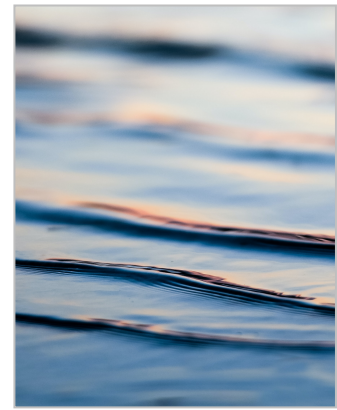
Awaken the richness of living by being grateful

Be grateful for the small things. Often and every day. Gratitude awakens the happiness within. You experience the richness of your life. The positivity.

Enjoy qualitative relationships

Choose continuously who you spend your time with. Be mindful of people who drains your energy, do not admire you, do not see and respect you as all what you are, and who you deeply do not like to share your presence with. It is fully ok to say no to people you don't feel fulfilled with.

(Don't forget to do your inner work in order to become the one who YOU would like to meet)



"Not just relationships, QUALITATIVE relationships make you happier and healthier, so choose consistently & heartfully who you relate to, and how you do that. You got the choice!"

Time for self-care

Be kind to yourself, really - is absolutely key for our mental health.

Conscious self-care deepens the love for yourself, and deep-sensed self-love is happiness.

Listen to your natural needs, set healthy boundaries and healthy structures in your daily living in order to feel really really good. You & your wellbeing matter! Don't forget it.

From there it spreads automatically to others and increases their wellbeing.

Rest your body

It is a common healthy-limiting habit to be consciously active - be in the ever-ending doing-mode & checking off the ever-ending Do-list.

Take a break to rest, many times during the day, do micro-pauses. To breath, to rest into being, to feel yourself, in order to feel balanced, relaxed and awake. To be in your full power.

You might clearly notice then you being more energized and heart-connect to your children, man and to yourself in the evenings...

Have fun / laugh a lot

Laugh a lot and you shall live longer. Laughing or just smiling more, make you feel more energized, happier, and take you out from your negative mind loops.

Most importantly: do more of what you love!

Cultivate a positive mindset

What do you focus at creates your reality (and affect how you feel). Cultivate a positive mindset, meaning; approach each day with positivity, choose to focus on possibilities, and focusing seeing the greatness in people (instead lacks and faults) will give you an amazing living experience - you shall start experiencing way more peace, love and vibrant joy in your everyday life.



*I hope this sharing awakened some inspiration for you
and boosted your curiosity to live a happier & healthier life!*

”You have the delicious power & freedom to create the changes & successes
you would love to experience in your everyday life.
It is only a matter of what do you consciously choose,
over and over again, every day”



If you would like to know more about how you can implement Mindfulness in your everyday life & experience a happier sense of living, email me and we will investigate the possibilities together.

You will also find more inspiring material on my website.

If you would like to know more about my coaching or about the programs I organize, you are warmly welcome to email me your questions. You can also subscribe to my newsletter for more inspiration!

Be well. Stay connected. Be happy!

Edercoaching@gmail.com

Www.edercoaching.se

 **EDER COACHING**

