

need a life change?

## Ask Amy



If your life is already amazing, congratulations! But if it's not quite what you want it to be, professional life coach, Amy Applebaum, founder of Bootcamp for Your Mind, is here to help you move past your problems and get to the business of achieving your goals. For those of you who have some issues you'd like to work on, Amy wants to hear from you! Don't be shy. Just email her at amy@familymagazinegroup.com and look for her answers in future issues of this magazine!

**H**ome is where the heart is. Unfortunately, it's also where massive amounts of stress can be found! To keep stress from taking over your home life, try these 3 deceptively simple projects that each represent a clear-cut path to better living. Just remember, the only way to get these stress-reducers to work is to actually do them! Make your home a no-procrastination zone and you'll see the stress start to disappear.

### 1 Don't Be Fooled - Fast Food Costs You More Than You Realize

Too busy to eat, right? - LAME EXCUSE! Be honest, you get stressed out because you have too much to do, and then you take the EASY way out and get something at the drive-thru instead of cooking. The irony of this situation is that eating out actually causes you stress. It eats away at your pocketbook for a variety of reasons, including the cost of the food itself and the price of seeing doctors and buying remedies when your health fails. There are also emotional tolls that come from eating food that's bad for you, including low energy, low productivity, and the general stress associated with poor health. So when you add it all up, what seems like cheap fast food has a pretty high price tag!

Eating better costs less financially and emotionally. Here are the steps to shifting

your behavior. The solution is to create a plan for healthier eating AND stick to it at all costs!

#### Eliminate Excuses.

Concerned you won't have time to cook? Find healthy recipes that are easier to prepare. Make a week's worth of meals in advance and then chuck them into the freezer.

#### Master Proper Grocery Shopping Techniques.

Don't shop when you're hungry. Pay a personal assistant to help you shop and prepare your meals.

#### Make It Harder To Eat Out

However you have to trick yourself, just make it harder to eat out. The Chinese place around the corner too tempting? Use your shredder to destroy every menu in the house. Invite people over for dinner, and tell them your menu in advance so you HAVE to make it. Be accountable and DO what you PLAN.

### 2 Shift Your Focus - Exercise is Easier Than You Think

I'm not going to waste your time by telling you about all the million-plus different ways to stay fit or lose weight. If you watch TV or have ever been to a bookstore, you know all about them already. What you need isn't more "know how" but rather a plan that actually works for you. Placing your focus on execution is what's going to get you in shape. Specifically, how are you going to build a workout regimen and then stick to it? You could have the most high-impact, ass-kicking trainer on the planet, but if you blow off your appointments with her, what good does it do? How much weight are you going to lose? On the other hand, if you create a simple walking plan, or a 30-minute-a-day-cardio plan, AND ACTUALLY STICK TO IT, you'll see results that would make Billy Blanks proud.

THE KEY is schedule and accountability. First, you need to schedule exercise during a time that doesn't conflict with the things. Second, you need accountability. For ex-

## The Easy Way to Reduce Stress at Home



ample, find a workout partner and promise to embarrass the hell out of one another if you miss a workout date. Leave your iPod and workout gear in plain sight by the front door. Keep reminding yourself about what you need to do!

### 3 Make Time For Yourself

You talk about it all the time: how "this is the week" that you're going to take up a hobby, or get away for a spa day, or just catch up on your reading. But you never, ever do it because you put your family first 24/7 and devote every minute of your life to making sure that all their needs are fulfilled. And while that's commendable, in the long run, it is going to lead to some seriously pent up stress and aggression. So, it looks like you're going to have to FORCE yourself to take that "me" time.

Once again, open up that bag of tricks. If you've got a spa day planned, pay in advance so you won't cancel. Make your family complicit in all this - tell them no matter how hard you beg to stay and clean the house, you NEED to go to that book club and have two glasses of wine! I want to see you involve other people in your activities so that you'll be accountable for others - and will stop procrastinating when it comes to the things you do for yourself.z

Eating right, exercising and making time for yourself will do more than just relieve stress at home -- they will help you live a longer and happier life. But YOU are the one who has to make it happen. I've given you some great ways to reduce stress. Now, don't slack off. Stop talking about reducing stress and start doing it!

Amy Applebaum is the prominent Life Coach behind the life-changing "Boot Camp for your Mind®" coaching program. "Life coaching is the new psychology of today," says Amy. "Amy's groundbreaking process allows her clients to move past barriers, allowing them to accomplish goals they never imagined possible. Amy's credentials include a BA in Speech and Organizational Communications, as well as Certifications as a Life Coach, Hypnotherapist, Timeline Therapist, and Trainer of Neuro-Linguistic Programming.

