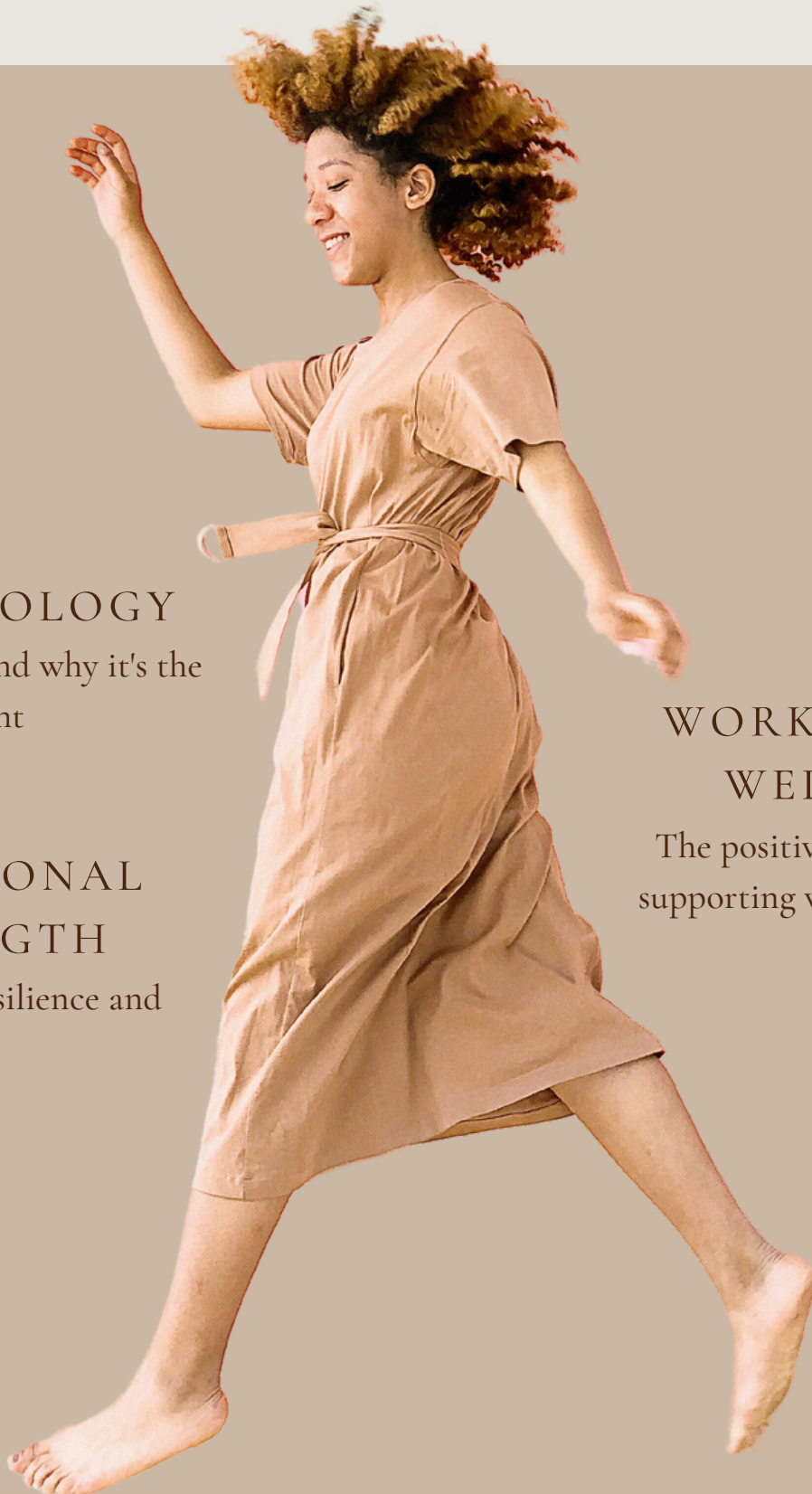


# EASE

WELLNESS JOURNAL



## KINESIOLOGY

What it is and why it's the starting point

## EMOTIONAL STRENGTH

Building resilience and rationality

## WORKPLACE WELLNESS

The positive impact of supporting wellbeing at work

INTRO

Welcome to the first edition of the Ease Wellness Journal!

This exciting new monthly E-Magazine is part of our commitment to our valued patients, clients and workshop attendees. Each month we promise to provide quality wellness information that is holistic, generous, open-minded and of great value, just like the modality of Kinesiology. You can rest assured this will be a reliable resource for inspiration and information on your journey to wellness.

If you love what you read, we invite you to connect with us, book a session or attend one of our holistic wellness experiences. We would love to help you integrate a higher level of wellness into your daily life, and to help you as you walk on your path to wellness.

Yours in health,  
*Kate and team*



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# TIME TO HEAL

" KINESIOLOGY HELPS RESTORE BALANCE  
TO THE BODY AND MIND, EMPOWERING  
PEOPLE TO HEAL THEMSELVES."

[EASEWELLNESS.COM.AU](http://EASEWELLNESS.COM.AU)

# ABOUT THE EASE WELLNESS JOURNAL



*The Ease Wellness Journal is an exciting new publication in the wellness space to deliver health and wellbeing news, information and inspiration*

The Wellness Journal is a new monthly publication designed to be your go-to resource for kinesiology, coaching, nutrition, wellness and more. It's all about taking a holistic approach to leading a happy, healthy and balanced life. We will be exploring topics that cover all aspects of health, including your mental, emotional, spiritual and physical health.

We will also address important nutritional, and environmental aspects of life, which can have a profound impact on your overall sense of wellbeing.

We hope this Journal encourages you to explore many ways to achieve balance in life, and we hope to make your wellness journey a more informed, simple and easier process.

## Kinesiology

Kinesiology literally means 'the study of movement', however in practicality it means much more.

True modern kinesiology, as explored and recommended by The Ease Wellness Journal, is a complementary therapy that helps identify, address and ease stress in mind and body.

Put simply, Kinesiology helps restore balance to the body and mind, empowering the body to heal.




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## WHY LEAD WITH KINESIOLOGY

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There is only one of you in the world, with a unique body, unique biochemistry, unique life experience and perspective on life. There are many aspects of you that make you a unique human being. It's also very important to consider that everything is connected. Your mind affects your body and it's biochemistry and the body and it's biochemistry affects your mind. Your environment is also a contributing factor to the balance of your body and mind. This being the case, the belief that you can work on things in isolation is a

belief that will keep you stuck in your health, career, relationships, finances... in all aspects of your life. Based on the foundations of Eastern and Western philosophy and underpinned by science, Kinesiology encompasses all aspects of being human – physical, mental, emotional, biochemical, environmental and spiritual. Kinesiologists consider all the aspects that make us human and look to identify and relieve stress in these areas to help you achieve optimal balance and wellness.



# UNDERSTANDING KINESIOLOGY

## IMBALANCE

A Kinesiologist examines unresolved stress responses by using muscle testing (biofeedback) to look at what may be causing 'imbalances'.

This encompasses all aspects of being human, including physical, mental, emotional, biochemical and energetic factors.

A wide range of techniques and resources is then utilised to help you achieve optimal wellness, including acupressure, physical rebalancing, subconscious realigning, nutritional advice, coaching and emotional clearing, just to name a few.





## Is Kinesiology For You?

Kinesiology is for anyone looking to create balance and wellness in their lives, enhance their emotional intelligence and gain a better understanding of themselves. As is it a complementary therapy, it is a wonderful modality to complement (not replace) your current healthcare regime.







"HAPPINESS IS AN INSIDE JOB"

SONJA LYUBOMIRSKY

# CHILDREN

Children respond particularly well to Kinesiology as it is a gentle modality. Muscle testing allows Kinesiologists to work through issues children may not be able to connect with or resolve at such an early stage in their lives.

Children are helped to overcome things like emotional stressors, learning and behavioural difficulties and nutritional imbalances. Sessions are fun and engaging so kids feel empowered to make changes using the techniques shared with them.



"Our children are our most important work."

– Katherine Anderson, mum

Tweens and teens also enjoy being Balanced, particularly the muscle testing aspect of the session, as they can really experience the effect that the stressors they are experiencing are having on their body and mind. They are provided with practical tools, techniques and strategies they can apply day-to-day, whether that be social stressors, study stressors or improving their understanding of themselves.





"Believe in the power of  
your body, mind and spirit"

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# WELLNESS TRINITY

THE THREE PILLARS UNDERLYING YOUR HEALTH AND WELLBEING, FORMING A CONNECTED FOUNDATION TO YOUR STATE OF WELLNESS



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## Mental + Emotional

#01

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Every aspect of your body, mind and environment are connected. Your mind affects your body and it's biochemistry, and the body and it's biochemistry affects your mind. Your mental health, state of joy, level of anxiety, stress and emotional stability are huge factors affecting your sense of wellbeing and your health parameters.



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## Physical + Structural

#02

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The degree of structural balance and movement in your physical body can and will impact far more than just how you look and what the scales might say. It is important to address any physical pain in the body from past injury or trauma, then work to achieve mobility, agility, flexibility and strength to improve overall health.



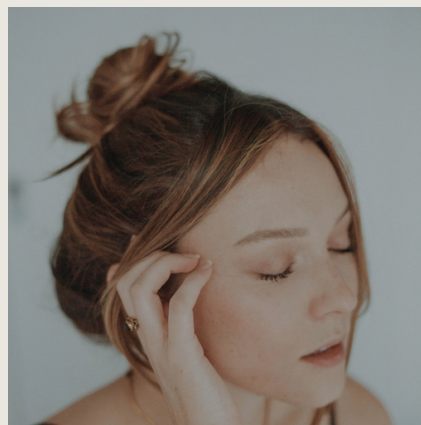
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## Environmental + Nutritional

#03

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It is important to identify what nutritional support the body might be requiring, and environmental factors that may be impacting health. In this way, elements of your lifestyle that are adding to stress or causing imbalances are highlighted and explored. The overall aim is to reinstate balance to the person and increase energy and vitality.



EMOTION

## EMOTIONAL STRENGTH

In the popular imagination, emotion is often seen as erratic, unpredictable and a liability. Further, society has fallen into a damaging habit of categorising emotions as either 'good' or 'bad.' This encourages you to chase the 'good,' commonly leading to dis-ease and addiction. Think about the highly prevalent dopamine-hit addiction we see via social media scrolling! Equally, society shuns the 'bad' emotions, which tends to lead to a lack of emotional intelligence and processing. In reality, all emotions have purpose; they are necessary to guide you through life and are meant to be experienced as part of the richness of life.

Dismissing the value of emotion is therefore at odds with how human feelings actually work, both interpersonally and evolutionarily. As a society, "we believe emotional strength is not about how you manage your emotions, but about not having any," said the psychologist Guy Winch.

"That's science fiction, and it's just not how we are.

Emotional strength is about the management."

As a key component to balance and wellness, let's dive into the topic of emotional strength for heightened health.



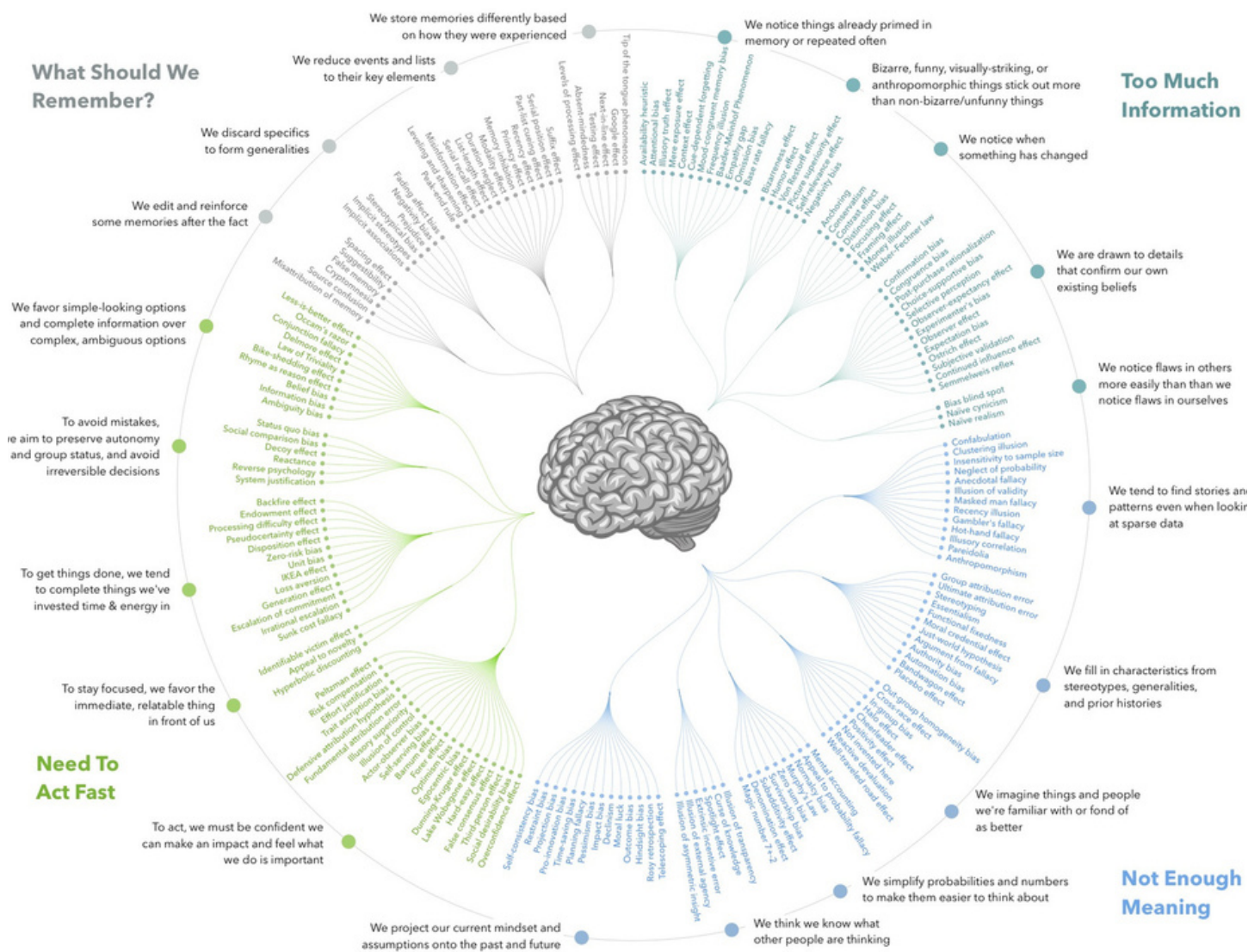
# Rationality & Emotion



Neuroscience plays a huge role in governing perceptions of reality and therefore how we think and feel about events in our life. It is important to be aware of factors that influence emotions, including subconscious underlying bias. This is explained by the concept of cognitive bias, which is a systematic pattern of deviation from norm or rationality in judgment.

Individuals create their own "subjective reality" from their perception of the input. An individual's construction of reality, not the objective input, may dictate their behaviour in the world. Thus, cognitive biases may sometimes lead to perceptual distortion, inaccurate judgment, illogical interpretation, or what is broadly called irrationality. See the Cognitive Bias Codex below, a diagram demonstrating the extraordinary extent of the many cognitive biases we experience.

## THE COGNITIVE BIAS CODEx





"BETWEEN STIMULUS AND RESPONSE  
THERE IS A SPACE. IN THAT SPACE  
LIES OUR FREEDOM AND GROWTH"

~ VIKTOR FRANKEL



# EMOTIONAL EMPOWERMENT

Emotions are power. Their usefulness comes down to how well you are able to interpret the signals that their feelings provide. Rather than avoiding, suppressing, or fighting your emotions, get curious. Because when you get curious, your thought process moves to an intellectual level, which distances you from the emotion and allows you to think through and process it. You can then work to reframe your emotions. For emotional reframing, try these 5 steps.

## ● Step 1: Experience

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When you start to experience an unwanted emotion, particularly those that are strong, lean into them, connecting with them as much as possible.

## ● Step 2: Reconnect

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Take time to pause and reconnect with yourself. If you're in company, feel free to excuse yourself so you can gather your thoughts.



## Step 3: Breathe

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Connect with your breath. Breathe deeply through your nose and out through your mouth. This will calm your nervous system and pull your focus to the present moment in time.

## Step 4: Focus

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After pausing and breathing, it's time to connect with the truth of the emotion and of the situation that triggered it. Focus on simple facts.

## Step 5: Get Curious

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It's time to get curious. Start asking yourself some questions regarding the situation to step back into logical thought, such as:

- "Why has this situation upset me?"
- "What story am I telling myself right now?"
- "What emotion am I feeling right now and what is it trying to tell me?"



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## FACTS: EMOTIONAL PROCESSING

Harvard brain scientist, Jill Bolte Taylor, has proven that 90 seconds is all it takes to identify an emotion and allow it to dissipate as you simply notice it.

Within that 90 seconds space of time, an automatic chemical process occurs which is triggered by a perceived threat. After that chemical process has completed its cycle, any remaining emotional response is a result of thoughts you are thinking that are re-stimulating the stress-circuitry, resulting in a repeating physiological reaction.

Therefore, the power to move through and overcome your emotional stress response lies in your ability to firstly experience and acknowledge the emotion, then break the stress-circuitry through awareness, challenging the need to keep the emotion on line.

Consider, if the emotional response has helped you meet a need, then it has done its job and you can let go and move on.



# WELLBEING IN THE WORKPLACE



## Ease Wellness Workplace Initiatives

1



### BESPOKE WELLNESS

We offer short term support and assistance to individuals and groups of employees who have personal and/or work-related issues that may impact their wellbeing, work performance, safety, morale and psychological health.

2



### CLASSES & WORKSHOPS

Yoga, meditation and mindfulness classes are fantastic offerings for staff, as well as educational workshops and opportunities to attend special events. We work closely with businesses to design wellness programs to suit the specific needs of staff & business.

3



### INDIVIDUALISED SUPPORT

We offer staff one-on-one programs at your place of work where we can uniquely tailor a program/sessions to suit their immediate and longer term needs.

4



### FLEXIBLE ARRANGEMENTS

Providing flexible working arrangements can be advantageous and sympathetic to different personality types, productivity modalities and staff circumstances.

## Workplace Wellbeing

Workplace wellbeing relates to how workers feel about themselves and their work. At its heart, workplace wellbeing aims to ensure workers are safe, healthy, satisfied and engaged. It focuses on preventative action, to reduce the incidence of stress, injury and overwhelm.

## Why It Matters

If your workforce feels generally good about their health and emotional state, they will be more satisfied within themselves. This will then translate into greater satisfaction with their work. If workplace wellbeing is not addressed, your workforce may feel dissatisfied, undervalued, demotivated, prone to ill-health, overwhelmed and unable to work to the best of their ability. This will have flow on effects for productivity, engagement, culture and overall organisational wellbeing. It makes good business sense to take a proactive approach to organisational health by developing a robust workplace wellbeing program.

## Tune In

Tune-in to future issues of the Ease Wellness Journal for more insight into ways you can support health and wellbeing in the workplace.

RECIPE OF THE MONTH

# Zingy Mocktail & Spicy

We love supporting local suppliers and sharing some of our favourite products, one of these being Sisuu fire tonic. Handcrafted to rouse your soul and stoke your spirit, this fiery little tonic is a concentrated recipe of gut healing and immunity-boosting herbs, spices, citrus, ginger, turmeric, and chilli.

SISUU Tonic will help kick off your day the invigorated way, or alternatively, here's a fun way to get all the benefits mocktail-style.

## INGREDIENTS

HANDFUL

ICE CUBES

20 ML

SISUU TONIC

30 ML

ORANGE JUICE

TOP UP WITH

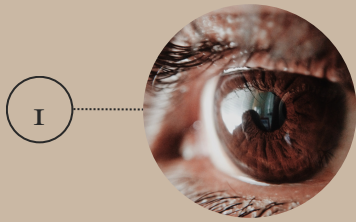
SPARKLING WATER

GARNISH WITH

SLICE OF ORANGE OR  
SPRIG OF ROSEMARY

Tonic

# UPCOMING COMMUNITY WORKSHOPS



1

## EMPOWERING YOUR PERCEPTIONS

Overcoming cognitive bias and building emotional strength  
30 April 2023



2

## INVESTIGATING STRESS TO BUILD RESILIENCE

How stress manifests in the body and mind, and how to cope  
25 June 2023



3

## FOCUS & PRODUCTIVITY

Creating time, energy & boundaries personally and professionally  
27 August 2023



4

## CREATING CONTENTMENT

Using Mindset Mastery to enhance contentment in all areas of life  
29 October 2023



*Life by Design*

## FREE COMMUNITY WORKSHOP SERIES

The Life by Design Workshop Series has been created to empower you with practical strategies to connect your mind and body, overcome obstacles and obtain a greater understanding of yourself so you can live life intentionally. Hosted by Peak Performance & Wellbeing coach, Jen Lewis, and Kinesiologist, Katherine Anderson; these self-care workshops deliver empowering concepts and provide the opportunity to learn practical techniques to enhance your level of self-care and overall wellness. Find out more or [book here](#).



WELLNESSES

### Individual Sessions

In-clinic kinesiology and coaching

### Corporate Workshops

Holistic health workshops for workplaces

### Workshops for Schools

Addressing the pillars of health in youth

### Community Workshops

Helping the community find wellness

### Wellness Days & Retreats

Wellness days and special retreats

### Women's Programme

Wellness program for busy professionals

### Massage

Remedial and multi-sensory massage

### Learn More

Visit [easewellness.com.au](http://easewellness.com.au) or click [here](#)



EASE



# FIND YOUR EASE & WELLNESS

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