

EASE

WELLNESS JOURNAL

BOUNDARIES

Benefits of setting boundaries for self care

SIMPLY SKIN

The ultimate boundary between yourself and your environment

STRUGGLES OF MOTHERHOOD

The unique challenges mothers can face when setting boundaries



INTRO

Welcome to the second 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.

This month we focus on boundaries and their importance on a personal level, in motherhood and in the workplace. We discuss the concept of flow state, skin health as a protective human boundary, the benefits of boundaries and types of boundaries, as well as featuring some of our favourite products and a delicious Autumn recipe.

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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BOUNDARIES DEFINE US

"BOUNDARIES DEFINE WHAT IS ME AND WHAT IS NOT ME.
A BOUNDARY SHOWS ME WHERE I END AND SOMEONE
ELSE BEGINS, LEADING ME TO A SENSE OF OWNERSHIP.
KNOWING WHAT I AM TO OWN AND TAKE
RESPONSIBILITY FOR GIVES ME FREEDOM"

- HENRY CLOUD

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SETTING BOUNDARIES FOR BALANCE



Without boundaries and the ability to say no to people in your life, self-care and wellness can not be achieved.

Self-care is paramount for wellness, but it is impossible without healthy boundaries. This is why it is essential that you understand what boundaries are and proactively establish boundaries in all areas of your life. This will help create you regain time and energy where it matters most, help you enjoy a better experience of life and assist you in reaching goals.

So what is a boundary? A boundary is a container around your time, mental and emotional energy, relationships, physical body and energetic resources. It's the 'no' that protects what you value and opens the door to those 'yes' experiences you live for, because you're not distracted and exhausted by people and things that drain your life force.

Boundaries

Think of a boundary as a magical, sanity saving forcefield that honours and maintains your personal space, individuality, capacity to love and be loved, and basically, all the things you value in yourself and in your life.

The boundaries that you put in place reflect your core values and the respect you have for yourself.

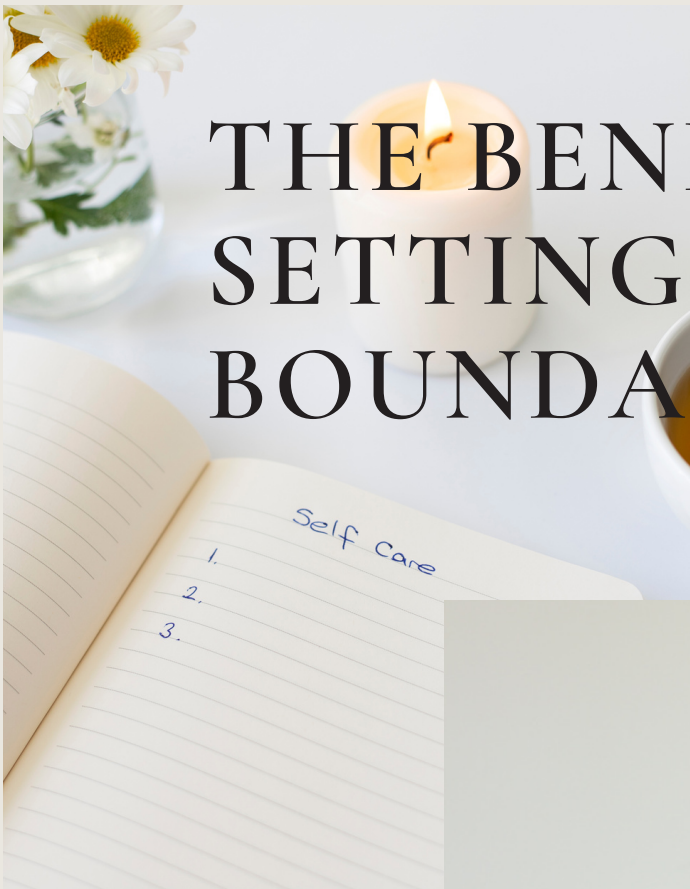


BOUNDARIES, GOALS & BURNOUT

Whilst there are key times in life that we need to push ourselves to achieve big things, the push should be the exception, not the rule.

In the pursuit of your goals, are you valuing yourself, your health and wellness? Do you have enough boundaries in place to avoid burnout? To create balance? To nourish yourself and meet your needs whilst on this journey? Perhaps even enjoy the journey?

Amongst the pressures of work commitments and family obligations, we can still create boundaries within our restrictions that can optimise our productivity and our wellness. Because we don't do our best work when we're depleted and we can't contribute robustly when we're burnt out. We simply can't pour from an empty cup. Attempting to do so only leads to dis-ease and a lack of progress.



THE BENEFITS OF SETTING BOUNDARIES

FLOW

There is a long list of worthwhile reasons for consciously upgrading your boundaries, and these become absolutely necessary for productivity and to achieve a state of FLOW. Flow is an optimal state of consciousness where we feel and perform our best.

More specifically, the term refers to those moments of total absorption, when you're so focused on what you're doing that everything else just disappears, and all aspects of performance are significantly amplified. First we will look at some of the benefits of boundaries, then dive deeper into the concept of flow.





BENEFITS OF BOUNDARIES

Boundaries are powerful! Here are some of the many benefits you will enjoy from having boundaries in place in your life.

● Healthy Mental State

Which supports you to do your best work and feel good whilst doing it.

● Emotional Regulation

Which helps you to connect with your emotions and allow them to guide you rather than being reactive to them.

● Developed Autonomy

Which helps you to confidently rely on yourself and trust that you can be productive and achieve your goals.

Strong Sense Of Self

Helps you to understand your needs and express them confidently and clearly, helping you to stay true to yourself.

Avoidance Of Burn Out

Helps you fully nurture yourself and meet your needs holistically whilst working consistently and in flow.

Enhanced Productivity

Boundaries help you to create optimal time and space for quality thought and work whilst maximising output.

Positive Influence

Boundaries help you positively influence others, allowing you to lead by example. This will inspire others in the way that you work, your balanced approach and the positive outcomes you experience.





"Daring to set boundaries is about having the courage to love ourselves, even when we risk disappointing others" ~ Brene Brown



BOUNDARIES

Mental

Freedom to have your own thoughts values and opinions
“I respect your perspective but I don’t agree”

Emotional

How emotionally available you are to others
“I don’t have the capacity to support you right now”

Material

Monetary decisions. Giving or lending to others
“I have a budget so I’ll have to pass on chipping in”

Internal

Self regulation and energy expended on self vs. others
“I’ll take some time for myself to rest and relax”

Conversational

Topics you do and do not feel comfortable discussing
“I’d rather not be part of this conversation thanks”

Physical

Privacy, personal space and your body
“I prefer not to hug people I don’t know well”

Time

Time spent with someone or doing something
“I’d love to join but can only stay 3 hours”



STATE OF FLOW

Flow is an optimal state of consciousness where we feel and perform our best. In a flow state, many different neurochemical sequences occur. When being productive in the lead up to and into the peak of our working phase, we release neurochemicals like Norepinephrine and Dopamine which raise our heart rate, help us focus and improve our ability to recognise patterns. As we progress, our Endorphins kick in, which actually distorts our perception of time, making the task feel more effortless and enhances our ability to link ideas. When we reach our peak working phase, Anandamide is released which actually dissolves stress and pain, boosts our cognition, enhances relaxation and intuition and helps us creatively problem solve.

Once we've entered the transition phase of our flow state - the recovery phase - we slip back into our parasympathetic nervous system state. Here, we start to release Oxytocin and Serotonin. Having these chemicals pumping through our body is the equivalent of giving yourself a nice warm hug. The upside is that increased levels of Serotonin and Oxytocin will not only help you achieve a happier, more positive and satisfied mental state, but it will also strengthen your immune system and enhance energy stores.

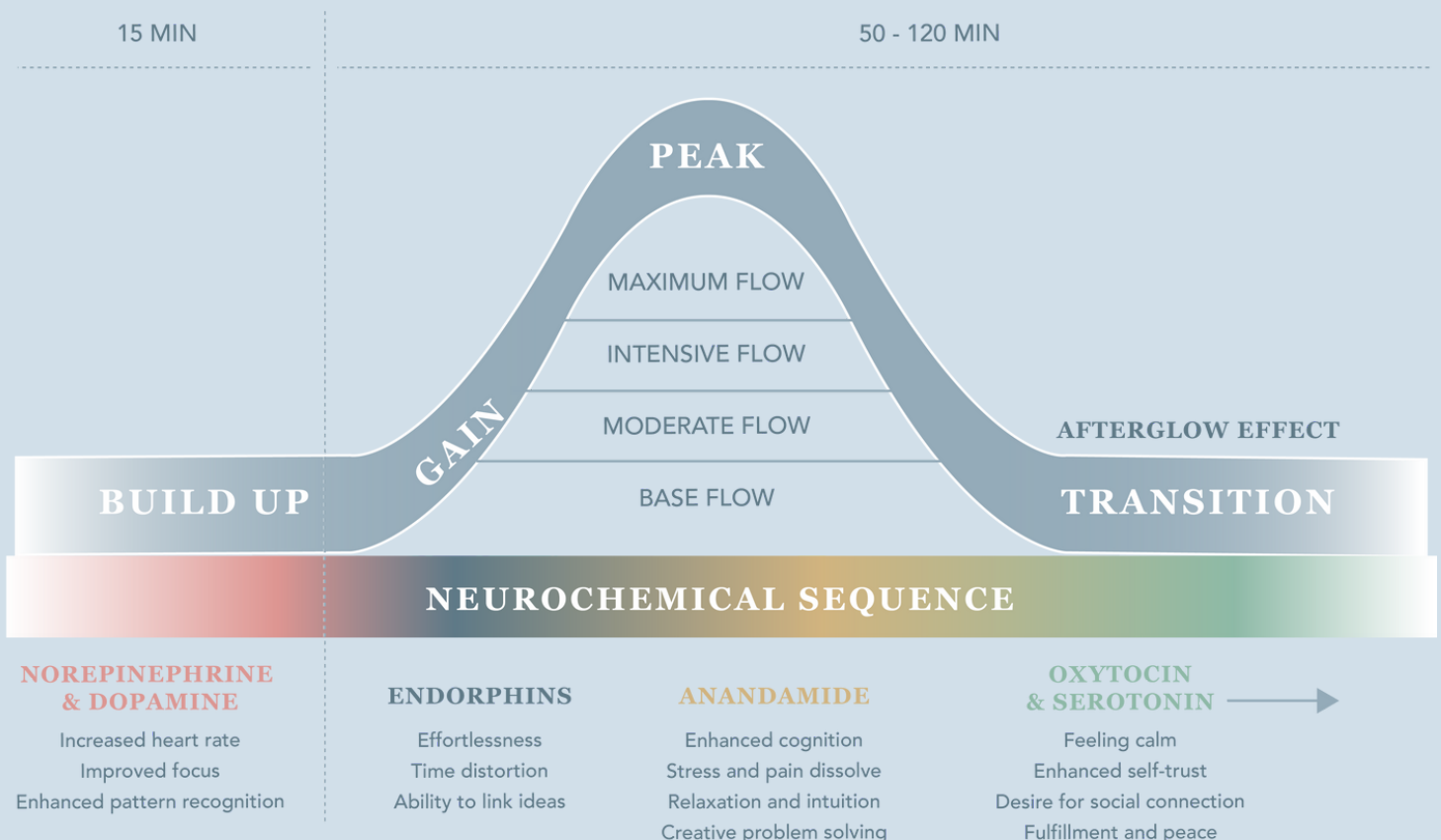


State Of Flow

Typically, it takes 15 minutes of productivity to click into a state of flow, after which, your brain only has enough glucose for approximately 50 - 90 minutes of quality productivity before it needs to rest and refuel. If you don't honour this, you start to sink into what we call the 'grey zone' where you're uninspired, unproductive and often unwell.

By understanding the biochemistry and physiology of flow, you can create boundaries and schedule time for a series of flow states so you create at your best. It's also important to understand that we all have different ways of working. Some of us work best in the morning, and some are most productive at night. No matter what your preference, the key to optimal productivity is to get clear on the best way you work and how many 'flow states' you can achieve in your day and your week.

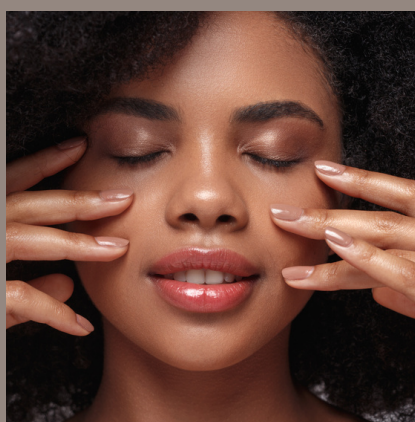
If you work to unrealistic timings, you're only going to create further stress. Get strategic and spend some time mapping out your week to see what time you have available for flow states. Then create nice strong boundaries around those pockets of time and commit to them! Create accountability buddies (such as a family member, another student, or a professional) to help create consistency. When you map out the week and stick to it, you also create containers of downtime to ensure you have time and energy to rest and refuel for the next flow-state.



SIMPLY SKIN

Skin is the body's largest organ. When healthy, its layers work hard to protect us. It is our most elemental boundary! When compromised, the skin's ability to work as an effective barrier is impaired. Your skin is the window to your body that reveals the stories of your life. From teenage acne breakouts, to pregnancy glow and the sunspots of aging, your age and your health are reflected in your skin. Skin has many functions, making it the ultimate multitasker of the human body. Its most important role is being the first line of defence between our bodies and the outside world, protecting us from bacteria, viruses, pollution and chemicals we encounter. Skin regulates body temperature, maintains fluid balance, controls moisture loss, acts as a shock absorber, recognises pain sensations and protects against the sun's UV rays.

Many factors impact your skin. Genetics, aging, hormones and conditions such as diabetes are internal factors that affect the skin. Some of these you cannot influence, but there are many external factors that you can. External influencers such as unprotected sun exposure and washing too frequently or with water that is too hot can damage skin. An unhealthful diet, stress, a lack of sleep, not enough exercise, dehydration, smoking and some medications can all impact the skin's ability to operate as an effective protective barrier. Here are our tips to help your skin boundary stay strong year around.



Healthy Diet

There is a multibillion-dollar industry dedicated to products that keep your skin looking its best, and which claim to fight signs of aging. But moisturisers only go skin deep, and aging develops at a deeper, cellular level. What you eat is as important as the products that you put on your skin. Your diet (including food and beverages!) could improve skin health from the inside out!

Low Stress

Have you ever noticed that right before an important event, an unsightly pimple appears on your face? Scientists have identified links between stress levels and skin problems, potentially because stress increases the quantity of sebum, which is the oily substance that blocks pores. Statistics show lower stress leads to clearer skin, as well as adequate sleep.

Moisturise

Skin moisturisers keep the top layer of skin cells hydrated and seal in moisture. Moisturisers also often contain humectants to attract moisture, occlusive agents to retain moisture in the skin, and emollients to smooth the spaces between skin cells. Use quality, natural oils, ointments and creams to help keep your skin hydrated and plump, carefully avoiding unwanted chemicals.



FEATURE PRODUCT: SMOOSH SKIN

Given your skin is the largest organ of your body and serves as a physical boundary with your environment, it is essential you take care about what you put on your skin. At Ease Wellness, we love Smoosh Skin as a local company that source the purest natural and certified organic plant oils to make truly unique, multifaceted oil formulas. Each product has been formulated to nurture and support the varied needs of your skin. Although potent, the gentle formulations bring together the best organic and natural plant oils to keep skin balanced, moisturised, calm and glowing. Each product has been tested on and made with sensitive skin in mind. We have had remarkable results with all the Smoosh products within the Ease Wellness clinic, particularly 'Soothing Balance' serum, and especially for those suffering eczema and psoriasis.

If you are looking for glowing, healthy and hydrated skin that has been plumped with goodness, we highly recommend Smoosh Skin - find them at smooshskin.com.



SMOOSH SKIN



“HOW YOU LOVE YOURSELF IS HOW
YOU TEACH OTHERS TO LOVE YOU”

- RUPI KAUR



BOUNDARIES IN MOTHERHOOD

Motherhood is often described as a beautiful and rewarding experience, but it also comes with its own set of challenges. One of the most significant challenges that mothers face is setting and maintaining boundaries. Boundaries are essential for protecting our physical, emotional, and mental well-being, but many mothers struggle to establish and enforce them. In this article, we will explore why mothers lack boundaries and how to overcome this challenge.

• Why Mums Lack Boundaries

Mothers often prioritise their children's needs above their own, which can lead to neglecting their own self-care and boundaries. Society also reinforces the idea that a "good mother" should always put her children's needs first, leaving little room for personal boundaries. Mothers may feel guilty or selfish for taking time for themselves or setting limits on their children's behaviour.

Furthermore, mothers may also struggle to establish boundaries due to the expectations placed on them by their partners, families, and friends. They may feel pressure to do everything perfectly, to be constantly available, and to prioritise their families above everything else.

OVERCOMING STRUGGLES

Recognise

Recognise that it is okay to prioritise your own needs. Setting boundaries does not make you a bad mother; it makes you a healthy and well-adjusted one.

Identify Your Values

Knowing what is most important to you can help you set boundaries that align with your values and goals. Consider what you personally need to feel happy, fulfilled and balanced.

Practice Self-Care

Taking care of yourself is essential for maintaining boundaries. Make time for activities you enjoy, whether it's reading a book, taking a bath, or going for a walk.

Communicate Clearly

Be clear and direct when setting boundaries with your children, partner, and others. Use "I" statements and avoid blaming others.

Be Strong And Consistent

Follow through on your boundaries and do not back down when others push back. Be firm but kind in your communication. Consistency is key.





Struggling With Boundaries As A Mother?

If you are struggling with setting boundaries as a mother, seek support: Surround yourself with people who respect your boundaries and offer support and encouragement. Joining a support group or talking to a therapist can also be helpful. While it can be challenging, it is possible to establish boundaries that prioritise our needs and values, creating a healthy and balanced life as a mother.



MARGIE'S STORY




A MUM'S STORY

"As a mother, I have seriously struggled with setting boundaries. I often found myself putting my children's needs above my own, neglecting my self-care and feeling guilty for taking time for myself. I also felt pressure to be the perfect mother, which made it challenging to establish beneficial boundaries for my kids and I.

One of my biggest struggles has been allowing myself time for self-care. Being a single mum, running my own business and having multiple clients across Australia means I constantly have a lot of different balls in the air, making self-care especially important. My children and my clients depend on me, so I need to be available and capable. I need to be organised and present. I need to listen intently and cater to the needs of those around me. I didn't understand how I could find time for myself when there is so much I must do, and so many others to care for?

Cooking, cleaning, laundry, grocery shopping, taking my daughter to gymnastics, attending dance eisteddfods, taking my smallest to soccer, teaching my oldest to drive... the list goes on. One day I literally crashed and burned... it was a full melt down, tears and snot sobbing on my bedroom floor because of my never ending to-do list. I was at the bottom of the list and at the end of the night there was certainly no energy left in me to do anything for myself. I realised that I could no longer function like this and I had to begin setting boundaries as a mother."



“When we try to juggle
everything, we can’t
enjoy anything”

~ Courtney Carver

RECIPE OF THE MONTH

Autumn *Pumpkin* & Kale Salad

As the weather cools it's a great opportunity to warm-up in the kitchen, handmaking nutritious recipes that can stoke your health as well as your taste-buds! This recipe of gut healing and immunity-boosting herbs, spices, cider, vegetables and nuts is sure to please your palette and fill your belly, all while injecting a plethora of vitamins and minerals into your system for a boost ahead of winter.

INGREDIENTS

AUTUMN SALAD INGREDIENTS

- 1 Japanese pumpkin cut into wedges
- 1 Tbs EVOO Himalayan rock salt
- Pepper
- 3 cups cooked wild rice
- 1 handful of kale
- ¼ cup dried cranberries*
- ½ cup pecans*
- 1 apple, sliced into thin wedges
- ½ cup sliced spring onion

*Save a few pecans & cranberries to dress at the end

ALLSPICE VINIGARETTE

- ¾ Tbs olive oil
- ¾ Tbs apple cider vinegar
- ½ tsp salt
- ¼ tsp pepper
- 1 tsp maple syrup
- ¾ tsp ground allspice

INSTRUCTIONS OVERLEAF

Pumpkin

RECIPE OF THE MONTH



Autumn *Pumpkin* & Kale Salad



INSTRUCTIONS

- Preheat oven to 220°C
- Slice pumpkin down the middle and scoop out seeds. Cut into wedges (leave the skin on)
- Dress pumpkin with olive oil, salt, and pepper, and place on a lined baking tray sheet
- Bake dressed pumpkin approx. 20 minutes.
- Place vinaigrette ingredients in a bowl and whisk together.
- In a separate larger bowl, add wild rice, kale, pecans, apple, spring onions and dried cranberries. Mix. Add vinaigrette and toss.
- Spread salad out on a platter and place pumpkin wedges over top.
- Finish with additional pecans and cranberries.

KEY NUTRITION BENEFITS

- **PUMPKIN:** Vit A, Vit C, Calcium & Iron. Supports healthy skin and eye health, immunity, and metabolic syndrome.
- **KALE:** Vit A, Vit K, Vit C, Calcium, Potassium & Iron, Good source of fiber, supports liver health and immunity.
- **PECANS :** Fiber, copper, thiamine, and zinc. Source of healthy fats, improves blood sugar, and supports the immune system.



AUTUMN SHOWS US HOW
BEAUTIFUL IT IS TO LET THINGS GO

WORKPLACE WELLNESS BOUNDARIES



Ease Wellness Workplace Initiatives



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.



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.



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.



FLEXIBLE ARRANGEMENTS

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

Workplace Boundaries

Setting boundaries at work means establishing healthy professional practices for yourself. These boundaries help you stay productive and happy at work and allow you to separate your work life and personal life more effectively.

Why It's Important

It's important to set boundaries at work in order to maintain a good work-life balance and raise your work satisfaction. Setting boundaries at work involves establishing personal goals and limits that you share with your colleagues to keep good mental health practices at work.

Benefits At Work

Along with helping you preserve your job satisfaction, setting boundaries at work also offers the following benefits:

- Raises productivity
- Lowers work-related stress
- Maintains a reasonable workload
- Reduces the risk of burnout
- Sets an example for others

TYPES OF WORKPLACE BOUNDARIES

There are different types of boundaries you may set at work. An easy way to categorise these is into physical, emotional and mental boundaries



BOUNDARIES AT WORK
PHYSICAL
MENTAL
EMOTIONAL

01 PHYSICAL

y



Physical boundaries relate to your physical workspace and your body. These rules establish your expectations for how people interact with you, and they often relate to space and touch.

Examples of physical boundaries include:

- Shaking someone's hand rather than hugging them
- Wearing headphones to signal that you're busy
- Going for a solo break during lunch
- Specifying how long someone can borrow an item from you

EMOTIONAL



02

Emotional boundaries help you process your thoughts, feelings and subsequent behaviour at work. They help you separate your feelings from how others feel without negating the need for empathy. Examples of emotional boundaries include:

- Refraining from engaging in someone's bad mood
- Delegating work to others appropriately
- Talking to your manager about how you prefer to receive feedback
- Not encouraging, enabling or engaging in others negativity

MENTAL



03

Mental boundaries support your mental energy and help you focus when working. They typically relate to your opinions, thoughts and values at work. Examples of mental boundaries include:

- Establishing the set hours you work
- Discussing ways to make meetings more efficient or cutting down on unnecessary ones
- Not gossiping with colleagues at work
- Setting messages on instant messaging to alert others that you're focusing



“BE PATIENT WITH YOURSELF. SELF-GROWTH IS TENDER; IT’S HOLY GROUND. THERE’S NO GREATER INVESTMENT”

STEPHEN COVEY

UPCOMING COMMUNITY WORKSHOPS & EVENTS



INVESTIGATING STRESS TO BUILD RESILIENCE

How stress manifests in the body and mind, and how to cope (workshop)

16 July 2023

[LEARN MORE](#) >



BOUNDARIES & BALANCE

Wellness Day
Nourish your body, mind & spirit

23 July 2023

[LEARN MORE](#) >



FOCUS & PRODUCTIVITY

Creating time, energy & boundaries personally and professionally (workshop)

27 August 2023

[LEARN MORE](#) >



CREATING CONTENTMENT

Using Mindset Mastery to enhance contentment in all areas of life (workshop)

29 October 2023

[LEARN MORE](#) >

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](#).

WELLNESS DAY



DETAILS

Ease Wellness invites you to our Wellness day at the little B.I.G. House in Summer Hill on Sunday 23 July from 9:00 - 2:30pm. This day has been designed to educate and empower you to set strong boundaries, enhancing your level of self-care and freeing up time and energy for things that matter most. Created with fun and connection at heart, we aim to nourish the body, mind, and spirit of our beautiful attendees with experiences, strategies, and techniques that help you live life productively and intentionally with improved health and energy.

AGENDA

What's included in this exclusive wellness day:

- 9:00 - Arrival and Nourishing Breakfast
- 10:00 - Boundaries & Balance Workshop
- 11:00 - Mindful Movement
- 11:45 - Meditation & Healing Circle
- 12:30 - Whole Food Lunch
- 1:15 - Sound Bathing Session
- 1:45 - Wrap up and Farewell

Mobile Massage therapist on site all day for relaxing seated massage experiences on tap.

READY TO SET BOUNDARIES WITH EASE?

.The cost to join us for the wellness day is \$444 all-inclusive. Contact Katherine Anderson to book.

Email hello@katherineanderson.com.au or phone: 0404 252 692.



EASE
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 or click [here](#)



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