

Quick Tip #28 Tune Into Your Body

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SPEAKERS

Jessica Lauren



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Hey y'all. Hey, it's your girl Jessica Lauren, and I am coming to you with this week's quick tip. Today is super simple. Take some time to tune into your body. Now, I don't know about you, but there are times throughout the week where I am over, right? Okay, I might have a headache, I might start to get a little cranky and irritable. Every little thing that everybody and they mama does gets on my last nerves. And of course, naturally, I want to blame everybody else. Well, it was because Sharon respond to this email is because he picked up his socks, and I told him to leave because she didn't you know, X, Y, and Z. But a lot of times the issue isn't external. Sometimes it's within us. But we're super distracted by our phones, notifications and emails and appointments and jobs and to do list that we don't ever get a chance to really sit still be silent and tune in to our bodies. What is our body tried to tell us? For me whenever I'm just filling out of sorts, like, sometimes I get in as little as like, I don't want to do nothing, right? Like I'm tired. I'm over here. I am always working. You know how you just work yourself into a tizzy and sometimes that stuff is true. Sometimes. You are overworked or overextended. But before I go down that trail, I'm like, how have I taken care of myself today? What is it that my body needs? Have a drink? Have a drink in any water? Have I drank any water? The answer often time is No. Have I had too much coffee? Yes. Did I get enough rest last night? No. Five hours of sleep for me isn't enough. When was the last time I had a conversation that was fulfilling and reciprocal and passionate and fun and just healing with someone I love that wasn't draining. It was just so fulfilling to my heart. It's been a minute, okay, maybe I need to reach out to somebody. When was the last time that I stretched my body? Your mind

knees have been kicking my butt. I don't know if it's because I'm 36 or if it's more so because I'm just not as active as I used to be. Our bodies are constantly trying to give us vital information, right? Hey, my knee is hurting. Maybe I need to start back exercising maybe I need to stretch, like do really deep stretches in the morning. And before I go to bed, you know I'm taking the slimming classes and that has something to do with it. Like what's a low impact exercise racket, you know, work my body out but not put some stress on my knee. When I'm getting aggravated. I asked myself is now a good time to take a nap. Okay, do you have enough space in your day to do that? When was the last time you had a green leafy vegetable effect? fruit, right? We are on hustle mall all the time. And sometimes we forget to hustle for ourselves. Hey, go one. What was the last time you took a bathroom break? You know, sometimes I'm at work and I'm like, I gotta finish this, I gotta finish this, I gotta finish this. Or if I'm working on my dream work, I gotta finish this. I gotta finish this. I will sit there until it's done. And my bladder was full with coffee, water Capri, Sloane whatever. And I'm like, No, I'm not getting up until this is done signaling, signaling to my body that I don't matter. Well, if you don't start listening to your body, your body will sit you down, your needs will start hurting, you'll start getting chronic headaches, and the like. So today, my challenge for you is to take some time to tune into your body. When you are feeling aggravated. When was the last time you went outside and got a breath of fresh air. This is for people that are working from home, or even people that are stuck at a desk all day. Can you go take your lunch outside on a walk, go get some vitamin D those things are so replenishing to our soul. Right? If you haven't a massive chronic headache, you know, maybe it's because you have had your your cup of coffee that gives you joy, you know, I'm saying like, ask yourself what is it that my body needs in order to to make magic happen today? Is it water? Is it more sleep? Is it just having some time alone? Do you need some quiet? Do you need some noise? A lot of us have been you know, still quarantining still social distances and it's distinct thing. Maybe it's time you know, maybe your body is craving some connection. So would it hurt you know, for you to link up with somebody that you love and care and trust and respect on zoom or to meet up from a six feet socially distant type of way. Ask yourself what does my heart mind and soul need? You know, maybe me is a break from social media or just any screen time I've been trying to get back into reading before bed. I know I listen to audiobooks on the way to work. And I do read physical books. But you know, I'm still super guilty of just sitting in bed on the phone before bed just scrolling. And, you know, I'm sure there's so much science already done about in studies about how our screens are affecting our brains. But a lot of us for me included, I've been on social media, since Facebook, you had to have a.edu on there, you know what I mean? That's 1520 years. I think my body is like girl stopped with the screens. So today challenge yourself, what is it that my mind body and soul needs so that I can be my best self? to myself? Right. Alright, well, thank you so much for joining me for this week's quick tip. Now typically, I have a brand new full length episode on Sundays. But this Sundays we are pressing pause just for the day because I have some magic that is

happening in the background. So I want you guys to be ready for that for the following Sunday. So no new episode this Sunday. It's okay though cuz I'm gonna be back with some heat and some fire. So as always, if I mentioned anything, in today's show that you didn't, didn't get a chance to jot down, just go to the Sunday jumpstart, calm and click on Quick Tip Number 28. And if you want to hang out with me outside of just the podcast, be sure to follow along on Instagram. As always, I love you. I'm praying for you tune into that body of yours. It is telling you all that it is that you need to know. All right. All right. I'll see you next Sunday but the following Sunday. All right. Bye.