



Debra L. Sears

## ONLY WHEN WE FIRST HELP OURSELVES... *Can We Effectively Help Others*

**Y**ou heard the phrase *mind over matter...* and being an advocate for a patient, I realize how important a wellness “coach” is and what that means. The coach has to be on their game.

The doctor(s) have their coordinated plan in place and goals are set for the patient, including the expectations. They have a much higher rate of success if the patient is at his/her best mind, body and spirit. I also learned that the physical efforts, namely diet, exercise and rest needed structure and being blessed with a very deep faith is essential.

My role as advocate was very demanding. I started with the seven-day-a-week schedule for a six week regimen of treatment. Dieticians, pharmacists and dermatologists, to name a few, had classes for me to attend in an effort to be my best. The meal times, the rest, the hydration and the exercise became a scheduled routine.

In the end, the answer to wellness is taking care of yourself. This needs to happen before there is an unexpected illness or injury. I learned so much, that I feel compelled to share this with everyone. To reinvent oneself is very personal... it can be a silent effort, but it can make the difference when tested. No one can do this for you. Moderation is the key for lasting improvements.

**Be happy.** If a person makes you smile... think of them often or call them and tell them. Laughter is said to be good medicine and I truly believe that is true. Gravitate to happy events and people in your life. Avoid people that stress you or make you feel uncomfortable.

**Drink water.** Our daughter bought me a set of neat water bottles with a message in the bottle... drink, drink, drink water. I consume approximately 60 to 80 ounces of water per day. My goodness, I cannot believe what a difference this makes. This gives the doctors a much better physical body to work with when there is trauma. We have always heard the stories of dehydration...most of us are and we don't realize it.

**Get some rest.** Rest is essential to the regeneration of the entire body. It is recommended that we get 7 to 8 hours of sleep per night. Consistent sleep patterns are also very important, so stick to your routine.

**Get moving.** Exercise is a must to keep us moving. The Healthiest State Initiative and the Blue Zones Project are a few of the wellness resources that we have right at our finger tips. Taking a walk every day is free – it is easy and at your own pace and ability. Don't use weather as an excuse...there are many places to get in some steps. I listened to Lily Hou of Green House Yoga explain her business and the holistic benefits associated with yoga. This is well worth your time to learn more about. I learned this from MD Anderson Cancer Center, a world renowned Center of Excellence for Cancer. Men and women of all ages benefit from this entire process so keep moving!

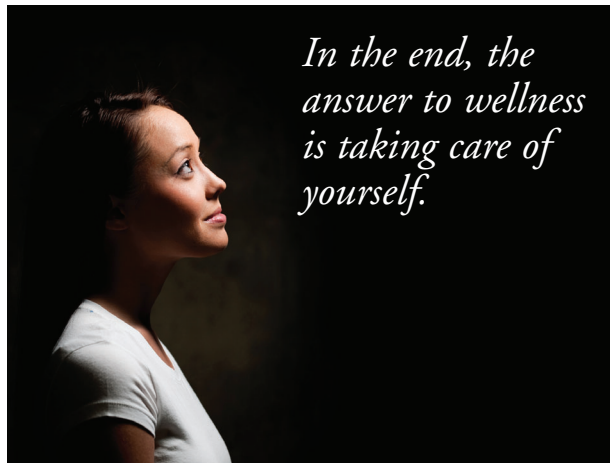
The health insurance industry has been encouraging “preventive” exams and diagnostic testing for many years. Please know what benefits you have available to you on your policy. Testings done on a regular basis create a baseline for “you” to measure from. Wellmark’s website provides a schedule of the appropriate routine testings for men and women by age. I encourage you to take a look at this. My suggestions are all “free” and easily attainable by anyone who wants to improve their personal well-being.

I will be happy to review your insurance portfolio and make sure you have the proper benefits to suit your needs. We are here to make insurance easy... give us a call to schedule a free consultation! \*

Sears Insurance promotes the Healthiest State Initiative and the collaborative efforts of Gallup-Healthways, Blue Zones and Wellmark. Visit [www.searsinsurance.info](http://www.searsinsurance.info) to learn more.

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*In the end, the answer to wellness is taking care of yourself.*

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