

# TogetheriCan

24

October

## ENVIRONMENT - COMMUNITY

**Environment - Community = The positive and negative affects it has on your life**

When I hear the word environment, what comes to my mind are my physical surroundings.

However, Environment from the dictionary: the aggregate of surrounding things, conditions, or influences; surroundings; milieu.

Milieu: surroundings, especially of a social or cultural nature.

So from this definition I get that it also includes those that I hang around with. I wonder if this includes me. If it includes me, then my nature and my attitude must be part of my environment.

How I talk to myself, how you talk to yourself, is part of your environment!

Your physical surroundings are part of your environment. This would include those individuals you surround yourself with.

**The question becomes, “Is your environment, toxic or espousing hope and joy?”**

Do you put yourself down, blaming yourself for mistakes you've made, or do you accept those mistakes, learn from them, and move on? Do those around you have a positive or negative attitude towards life? Whether positive or negative, it will have a tendency to rub off on you.

The importance of community you associate with! ***“We ALL need support!”***

If you have made the decision to improve your health, then hang out with people who are looking to improve their health. Choose to be around like-minded people – form a community that is conducive to your learning and what you want to accomplish, because ***we become the average of the five people we hang around with the most.***

### On the mental side: Mental Stress

1. Are you accepting of life on life's terms or are you looking for others to blame?
2. Do you wake up in the morning with a smile on your face and a prayer in your heart or do you dread looking forward to another day?

3. Do you look forward to going to work or is your work drudgery?

4. People who have negative attitudes are always pulling people down towards them, never pushing them towards a positive reality.

### **On the physical side: Physical Stress**

1. Foods can be toxic, which in turn adds weight and inflammation to your life.

2. Outgassing of the carpets can be toxic, creating the need to detoxify.

3. Filling your gas tank at a gas station, the fumes you inhale are toxic.

4. The lotions and potions you put on your skin can be toxic.

5. The soaps you use when you shower can be toxic.

***Physical maladies and frugalities can add stress to your life.*** Stress, in and of itself, creates the chemical cortisol, which, if too much is generated, can be toxic. Cortisol is a chemical that sets your body up for fight or flight. Staying in that mode can be detrimental, both physically and mentally, creating a downward spiral towards dis-ease.

Using ***Slight Edge Philosophy***, using small positive changes daily and practicing them over a long period of time, will bring about the change we desire. By practicing ***Simple Disciplines*** and ignoring or refusing to practice ***Slight Errors in Judgment***, our environment will improve.

***"Together i Can"*** provides a safe, positive space, a community, in which you can start your journey.

We can assist you in ***"Perfecting the Art of Prevention"***

*Together (with a supporting community) i Can "establish truths" leading me towards a Transformational Life!*

***Always "practice Simple Disciplines rather than Slight Errors in Judgment."***

*"Time is on your side - depending upon how you choose to spend it."*

***Michael McCright***

Free Health Coaching – provided by the "Together i Can Group"

Togetherican.com

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