



The Personal Coach BULLETIN

balance through partnership

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COACHING POINT

ARE YOU AT WAR WITH YOUR BODY

In my May edition of; The Personal Coach Bulletin, titled; STRATEGIC MANAGEMENT OF STRESS, I wrote about the less known "subtleties of stress," and how if left unchecked, it can impact our lives in negative ways at both a personal and professional level. Along with that, I made the offer of a 12 week program to strategically eliminate and/or manage your stress. Additionally, and to go with that, I made a complimentary copy of my; Stress Symptoms Questionnaire Package available for the asking. Both of these valuable self-awareness packages have been well received and are still available to you.



To further reinforce my focus on stress over this past month; "according to a recent study on stress, released by Desjardins Financial Security, **83 percent** of Canadians report having shown up for work while sick or exhausted, and did so an average of six times in the past year."

Another **89 percent** of the 1594 adults interviewed for the survey believe incidents of stress-related mental-health problems such a burnout, depression and anxiety have been increasing over the years. "It is estimated that more than two million employees in Canada suffer mental illness at any given time," said Taylor Alexander chief executive of the Canadian Mental Health Association.

So in case you were wondering, you are not alone out there!

One other way to try and get a handle on what level of stress you are experiencing and how you are coping with it, is to examine your relationship with stress and food. When you attempt to think about this objectively, how often does your behaviour with food, connect with a particular feeling you are experiencing? For example; "do you eat excessively when you are bored or depressed, or do you eat heavy meals or snacks after 7:00 P.M.?" This is just a sampling of the 30 questions which appear in the latest complimentary assessment tool that I have included with this months bulletin. The title of this assessment is; "**ARE YOU AT WAR WITH YOUR BODY.**" Feel free to download the attached assessment for yourself, family and friends!

If you complete and score the assessment and find that your score is indicative of someone whose emotions are interfering too much with your eating habits and probably other areas of your life, perhaps you need to give serious consideration to your own personal coach to help you to strategically examine and manage your relationship with stress. You might be surprised by the results.

~ James Ladd



James Ladd, Coach



ACHIEVE BALANCE THROUGH STRATEGIC COACHING:

A New Approach To Managing The Stress In Your Life

Twelve weeks of One on One Coaching to assist you in identifying your **STRESSORS** and **WHY** you experience stress, and how to **STRATEGICALLY** manage or eliminate it from your life.

ONE HOUR/WEEK

Stress Symptoms Questionnaire Package

Available to you just for the asking. Identify your stressors and whether or not you are experiencing levels of stress to be concerned about?

DROP ME AN E-MAIL

NO COST

If you are interested in investigating the possibility of having your own personal coach, please contact me for a one hour exploratory session at no charge!
james@coachladd.com
or 489-9534

**Additional
Information on my
Website
www.coachladd.com**

Are You At War With Your Body?



The Survey

How well attuned are you to your emotional investment in eating? Richard Kozlenko, a physician trained in biochemistry, who co-founded the Holistic Health and Nutrition Institute in Mill Valley, California, developed a survey to help people become more aware of the emotional “directives” that influence their eating habits. A part of the survey is reprinted below.

FREQUENCY SCALE

4 = Very Frequently

Roughly 50% to 90% of the time or almost every to every other day

3 = Often

Roughly 20% to 50% of the time or 1 to 3 times weekly

2 = Occasionally

Roughly 10% of the time or 2 to 3 times monthly

1 = Seldom

Roughly 1% to 3% of the time or from 4 times yearly to once a month

0 = Never

Essentially total avoidance

	<i>Frequency</i>
1. Eat excessively when bored or depressed	4 3 2 1 0
2. Insomnia	4 3 2 1 0
3. Eat foods you know are “bad” for you	4 3 2 1 0
4. Prefer eating alone	4 3 2 1 0
5. Feel conspicuous or embarrassed when eating with others	4 3 2 1 0



6. Parents used, made available, or encouraged sweets	4	3	2	1	0
7. Fear weight gain	4	3	2	1	0
8. “Hell with it all” feeling	4	3	2	1	0
9. Will sneak or hide foods	4	3	2	1	0
10. Alcoholic beverages	4	3	2	1	0
11. Eat foods discouraged by parents	4	3	2	1	0
12. Eat or drink in secrecy	4	3	2	1	0
13. Drugs (tranquillizers, sleeping pills, appetite suppressants, etc.)	4	3	2	1	0
14. Self-conscious of how my body looks	4	3	2	1	0
15. I mistreat myself	4	3	2	1	0
16. Wish I looked different	4	3	2	1	0
17. Feelings (diet or otherwise) of being “rushed” or sense of time urgency	4	3	2	1	0
18. Waves of anger or hostility	4	3	2	1	0
19. Feelings of being in the midst of “struggle” over diet or otherwise	4	3	2	1	0
20. Fatigue or “wiped out” feeling	4	3	2	1	0
21. Uncontrollable hunger urges	4	3	2	1	0
22. Gulp my food	4	3	2	1	0
23. Stuff myself	4	3	2	1	0
24. Indulge in sweets	4	3	2	1	0
25. Eat when not hungry	4	3	2	1	0
26. Eat and “run”	4	3	2	1	0



27. Craving for sweets	4	3	2	1	0
28. Meals or heavy snacks after 7 p.m.	4	3	2	1	0
29. Eat within an hour of retiring	4	3	2	1	0
30. Eating binges	4	3	2	1	0

TOTAL YOUR SCORE: _____

60 and below: Good relationship with your body, sensitive to physical needs.

61-80: Average range for normally healthy people

81-95: Eating is based somewhat too much on emotional directives

96 and above: Excessive emotional interference in eating habits

