

# SELF-CARE ISN'T SELFISH



*“At last, I feel like myself again”*

This is a true story about Joanne, an executive on the peak of her career, who made an honest decision about her health just at the right time. This story is about her or might be about you?

**T**roubling but true: Joanne is at her annual health checkup. She is in his mid-fifties, a C-level leader in a mid-sized company who plans her life around work. When her primary care physician took her blood pressure, recorded her weight, listened to her heart and lungs, she was glad to hear she was in decent health. Yet she was not asked about her diet and exercise habits (inconsistent), stress level (off the charts), relaxation techniques (non-existent).

When she mentioned that she was having trouble sleeping and had adverse reactions for specific foods, the doctor handed her a prescription for some pills. All in that 8 minutes in total. She left feeling frustrated. Her doctor was right: she was healthy in the sense that she wasn't suffering from any chronic diseases. But she often felt tired, unmotivated, foggy. She knew she wanted to feel better, she just didn't know how. Joanne's experience is not uncommon. These kinds of lifestyle changes need time and dedication. And it's hard for a doctor to help patients change their daily habits when they see patients for only 10 minutes every three or six months. These changes also have a domino effect on different areas of our lives, so it's best to look at them holistically. We often leave a doctor's appointment scratching our heads, wondering how

we're going to sleep better, lose weight, exercise more, eat cleaner given our busy schedules, finances, and sometimes the lack of supporters.

#### Do you need a personal Health Coach?

A Health Coach is a supportive mentor who helps you feel at your best through individualized food and lifestyle changes that meet your unique needs and health goals. While the average visit to the doctor lasts around 8 minutes, the average health coaching session is 50 minutes twice a month – an in-depth conversation between your Health Coach and you. It's important to understand that the aim of this coaching is healthy living - it is not against the medical system which you should rely on once you suffer from a health problem.

#### One person's food is another person's poison

Health coaching isn't about just one diet or one way of living. Instead it focuses on bio-individuality – embracing that we're all different and have unique dietary, lifestyle, emotional, and physical needs. When you work with a Health Coach, you will learn how to fuel your body and become the healthiest, happiest version of yourself. Maybe you've already noticed that your food preferences are different from some of your friends or family members. Maybe you're most energized when you have a small breakfast and a hearty lunch with a fresh salad. Maybe you've tried going vegan but noticed that your energy level was lower than before. Remember, your body is the only one you've got, so it's crucial to consume the proper nutrients that get you going!



#### Avocado, green juice, green salads... do they really work?

Have you ever tried a diet but you reached a plateau after a while? Did you feel that you could not move towards your goal? Think about yourself as a highly complex creature, and set aside diets and popular trends, follow your instinct and see what works best for you. Health happens beyond the plate: there are areas of your life that impact your health just as much as the food you eat – your relationships, career, spirituality, and physical activity.

#### Who holds you accountable for your goals?

Most of us know that it's healthier to order a salad than a portion of fries. But there's a big difference between knowing what you should do and actually doing it. Your Health Coach helps you stay motivated

and accountable. They will give you tips to manage your stress better, tactics for a better quality sleep, feasible changes in your diet adjusted to your busy schedule, and sustainable changes in your fitness activity. "I realize now that leaning on someone to help you with your health isn't about being weak — it's about being brave. I finally have achieved a quality of life that I love. At last, I feel like myself again." says Joanne after working with a Health Coach.



Sylvia Szabo is a corporate well-being expert, passionate health coach and certified power yoga & mindfulness trainer living in Zurich, Switzerland. She works part time in a large corporation in Zurich where she is leading the corporate well-being program, supporting employees on their physical wellbeing and mental resilience. She works as a health coach doing one-on-one & group coaching with people from different seniority level up to high-level executives. She helps people build their own support systems and focus on balancing their energy: their supportive networks and fulfilling relationships with people, their food, sleeping, physical activity, meditation and wind-off routine. If you have questions or would like to initiate a free consultation, you can find her details below.

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