

Summer

YOURS TO Discover

is the season to blossom and grow - what better time to challenge ourselves and grow new habits! Habits aren't changed in an instant - just like transition from seed to fruit - there's a process. Sometimes we can be impatient with others' seeming unwillingness to change their ways - whether it be smoking, poor eating habits or tendency to overwork. Depending on their stage of change, patience may be more effective than persistence in helping them through the process.

In the **precontemplation stage** people won't acknowledge there's a need to change habits. They won't be interested in help and may defend their current habit/lifestyle. Individuals in this stage will not be receptive to advice. At this time we plant the seed and provide an environment conducive to change.

In the **contemplation stage** people acknowledge that there is a problem and they may be thinking about making a change. For some, this stage can extend for years and sometimes a lifetime. They may acknowledge what needs to be done but are not ready/willing/able to make it happen. Nurture this transition with encouragement and education. Hearing other's inspiring stories and successes can also help to move people through this stage. The seed you have planted is sprouting.

During the **commitment phase** thought is turning to action, resources are being assembled, information is sought out and phone calls are being made. The seed you have planted is budding. In the action phase people realize they have the ability to change their behavior and are actively involved in doing so.

This is a time of active growth and blossoming. The **maintenance stage** maintains the new status quo. People will enjoy the fruits of their labor - the benefits of a healthier lifestyle - at the same time realizing that without support and resources, growth can stall and best intentions can wither.

"It takes courage to push yourself to places that you have never been before, to test your limits, to break through barriers. And the day came when the risk it took to remain tight inside the bud was more painful than the risk it took to blossom."

~Anais Nin

Enjoy your summer!

Julia

Julia Fountain BSc, ND is a Naturopathic Doctor located in Georgetown. Her goal is to help people uncover the barriers to feeling their best and help treat them naturally. She can be reached at 905.873.8729 or online at www.healthspan.ca

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I hope you enjoy this directory created for you to help your family discover the gems we've found hidden in these hills. Please take the time to look close to home to fulfill your needs. It is more important now than ever before. On your journey, please keep your eye out for us and keep in touch, so we can share your favourite haunts & hidden treasures with others in our community. Thank you for reading. - Amy Sykes



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