

It's Not One Behaviour...

...is part of the title of a web post by Dr. Mike Evans. I enjoy reading his articles. They so often connect to self-regulation and reinforce what more and more people are beginning to understand and share about the complex interactions between and among the five domains: **biological, emotional, cognitive, social, and pro-social** and the environment around us.

Dr. Evans' point is that we achieve and sustain a better state of health, happiness and ability to thrive (the calm, focused and alert level of energy/arousal) when we make the many small changes to routines that may have become incapacitating or destructive. Poor sleep hygiene, lack of activity to expend and restore energy, bad nutrition choices, dysfunctional social connections...can all conspire to lead us into a cycle that is tough to break. The solution isn't one of those magical "Disney moments" but a whole lot of thoughtful little choices, strategic changes that put the self in self-regulation. Enjoy the article. <http://bit.ly/1rrlIKj>
The graphic is a nice reminder too.