

PRINCIPLE FOUR DEEP DIVE

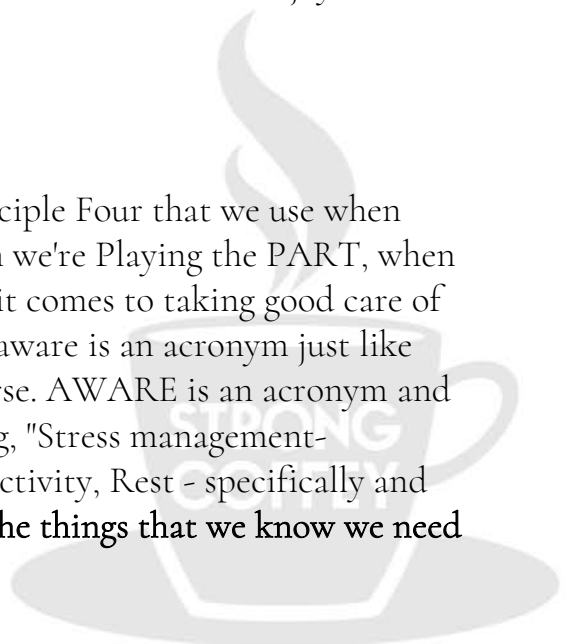
Principle Four Deep Dive

Hello, and thank you for getting to this point in our course. This is Principle Four, "Stick to the Basics." I'm going to talk to you about practical, actionable tips for meeting each one of the five goals in Principle Four.

Now, just to summarize what you've just watched in the course, Principle Four is all about the foundational actions of self-care that set us up for success in all areas of life. **They are the basic instructions on how to treat a human body, how to cope with this human life so that you can feel capable and confident and like you have the emotional, mental, and physical energy to make choices, specifically to make caring choices because when we skimp on these things, when you're not getting enough sleep, when you're not drinking enough water, when you're not meeting the basic needs of your body's nutrition requirements, you are incapable of making caring choices consistently.** It's just not going to happen because you're walking around in survival mode, and you have spent way too long in survival mode. It's time for you to wake up and put your feet on the ground and feel like you are grounded and stand up tall and walk into your day like a woman on a mission to enjoy herself whatever enjoyment happens to look like for you.

AWARE

So this is a review, but Principle Four, the tool in Principle Four that we use when we're unsure of what caring action we could take when we're Playing the PART, when we're not clear on what our priorities should be when it comes to taking good care of ourselves and our bodies is AWARE. Now, to review, aware is an acronym just like most of the other tools in the Pleasure Principles Course. AWARE is an acronym and it stands for Air, which is an abbreviated way of saying, "Stress management-breathing, stress management, mindfulness," Water, Activity, Rest - specifically and hopefully sleep - and Eating. **This is not only a list of the things that we know we need**



to do in order to take the most basic care of ourselves and our bodies. It's also a prioritized list that is appropriately prioritized for the majority of the women who, like me, suffer from shame-based self-sabotage, especially when it comes to food and eating and weight and self-image.

Eating is very purposefully on the bottom of the list. It is among the top priorities of caring for and about your body and yourself but it comes after four other often more critical actions, more important actions, actions that you tend probably to neglect **even more than adequate and proper nutrition**. I'm going to go item by item and offer you some super practical tips about how to honor your body, honor your heart, your brain, your needs, your life, the one that you get, by taking action around these different needs, these different requirements.

Air / Stress Management

The first one is Air which is, like I said, a stand-in for stress management. And this is number one for a reason. I can't imagine what it could be. **You're a woman in the modern world. You are bearing the brunt of just about every responsibility that there is.** We as a sex, as a gender, have made incredible strides into the professional sphere and have taken on all kinds of responsibilities. Most of us are carrying the lion-share of the financial burden for our families if we have them, but none of the other responsibilities that have traditionally been ours have been taken away from us really at all.

We're supposed to be both these fun, hardcore partiers, and these perfect motherly, nurturing, virgin types. We're supposed to ride this line between darkness and light and do it seamlessly and effortlessly and perfectly. We are supposed to be the providers of our family because we are oftentimes more capable of fulfilling that role than partners that we may have, and we are supposed to be the perfect mothers and nurturers and caretakers of our families even though we might not have ever had that modeled for us, and we're supposed to ride that line between the two and do it perfectly and seamlessly and never complain and never tell anyone we feel overwhelmed and do it with a smile and post at least one picture on social media every day of how perfect the life that we have almost single handedly created and are keeping spinning like a dish on a stick so that everyone can see how effortless and beautiful we are and everything we have touched is.

The reality of this situation is we are spread often so thin that we, perhaps you, feel like you are not doing a good job anywhere. Maybe you work full-time and have a home and have maybe children and perhaps are caring for a sick parent or a sick partner or a sick sibling. Perhaps you're caring for a sick pet. Perhaps you're working more than one job and are a single parent.

The details for all of us are completely different, but what is very common is that you feel overwhelmed, you feel spread too thin, and you feel like stress is a constant inside your body. The feeling of not really ever being done, the feeling of never really feeling like you have accomplished something well because you were never really capable of putting your entire self behind it- this is so common that books are coming out every single day on this topic and how to manage that stress. And you can't spit on the internet without finding some women's magazine article about, "25 ways to relieve your stress right now." And we can list off the top three in each one like bubble baths, get a mani-pedi, and do a facial. Lovely, lovely, not going to cut the mustard, not going to truly relieve that stress. It's not going to do it. Bubble baths don't cut it. They can be lovely additions to an already solid self-care program that meets all of the needs that are spelled out in Principle Four: Air, Water, Activity, Rest, and Eating. Bubble baths are not on that list. **After all of those needs have been met with care to the best of your ability, maybe then is the right time to pick up the Mr. Bubble and turn on the faucet in the tub but not before all of those other needs are met.**

So I have two tips for stress management which is the number one priority on our self-care list. This may be met with some internal- what's the word? Resistance. My suggestions may be met with some resistance, and that's OK. I fully expect you to have emotional responses to many of the things I say, sometimes because I hit the nail on the head and no one ever has before and that can feel sort of uncomfortable, sometimes because what I'm suggesting sounds as though it would increase the sense of overwhelm, and I totally understand that as well.

I ask only that you remain open to my suggestions and take what works for you and leave the rest.

If there is something that I suggest here or at any point that you know is not true for you then I want you to hold a Healthy Boundary between that one nugget of information and yourself, and I don't want you to imagine for a second that it's a reason to turn your back on all of the Principles, on all of the tools, on all of the things that I have to say. Just because I say one thing that doesn't ring true for you in

the moment does not invalidate everything else that is part of this practice and is part of this community. I trust you to pick and choose what you know will work and leave the rest because you're a grown up women and grownup women can do anything.

All right, so stress management. **The first tip that I have about stress management is to eliminate optional stressors by tackling them head-on.** If I were to ask you to sit down and consider how many hours in the past week you have spent worrying about doing things that you feel you need to do but not taking any of the steps that you're feeling you need to take in order to get those things accomplished, we might be looking at a significant amount of time, and every single moment, every hour, every afternoon that you've spent anxiously anticipating starting this task, anxiously anticipating writing that email or sending in that application or going to court and finalizing that document or paying that bill or having that conversation with your neighbor or finally sitting down and setting some ground rules with your kid or initiating a way overdue conversation with your partner, whatever it is, every moment that you spend thinking nervously about doing it but not actually taking any action toward getting it accomplished is optional stress and misery that you are subjecting yourself to.

Now, you can control only very little of your experience of the world. You cannot control all of these other people. You cannot control your spouse. To a certain extent, you cannot control your children. Certainly can't control your boss or your co-workers or your siblings or the IRS or any of that stuff. **The only thing that you truly have control over is yourself, how you react and respond to the stressors that come at you. I want you to take some deep breaths and think about what you would lose if you became willing to handle these things head on.** Odds are much if not all of what you would lose would be stress. Obviously, it will take some time to take these actions. Obviously, they will be uncomfortable otherwise you would have done them already. Obviously, they will be a little inconvenient or tremendously, gigantically inconvenient or you would have done them already, but **to get to the other side of these optional stressors having eliminated them will bring you a sense of Accomplishment and freedom and Empowerment, Deep Pleasures that will far outweigh any of the justifications for the angst and anxiety that you're using now in order to stay in inaction.** I know you can get your shit done. I know that you can.

There is so much that you do that is often to the benefit of others. If it's something that is preventing your kid from breathing, you get that shit done. If it's something that's preventing your boss from breathing, you get that shit done. If it's something

that's having a profound negative impact on your spouse or even your freaking cat, you get that shit done. **You would never subject someone that you love to the stress and the anxiety that you continue to subject yourself to even though it is entirely optional.** I want you to give yourself the gift of freedom. So the first tip that I have when it comes to Air/ stress management is to tackle optional stressors head on.

The second suggestion for Air, for stress management in this quirky life we're living, in this crazy time in history, is to sit down and have a quiet cup of coffee with your anxiety, with your stress. Now, forgive me if coffee's not your jam - cup of tea, glass of water, whatever. **The point is to sit down, if you can, and just create space for the feeling to exist.**

So much of my work with trauma survivors is about allowing feelings to be and to be noticed and noted with curiosity, and when someone- when a trauma survivor- when someone who is just experiencing acute stress in this moment, whether or not it happens to be related to trauma in the past- when people allow themselves quietly- the sitting thing is optional. You can do it standing. You can even do it lying down. "Hey, what's up."

If you allow yourself to be with the sense of panic that comes up throughout the day, the sense of overwhelm that comes up throughout the day, the sense of maybe anger directed at yourself that comes up over the course of the day- If you allow yourself the time, which it doesn't have to be some long drawn out, 15-minute, 20-minute, hour-long meditation, it can be two or three or four box breaths worth of time to simply be with whatever it is you're experiencing in your body with the felt sensation of your emotional reality in the moment that you're in. **If you allow yourself that, you will be shocked at how much healing can occur and how much those reactions, those physical emotional reactions, can shift and change and evolve and eventually improve and perhaps become less and less of an issue.**

These negative emotional experiences, if we allow them to be and don't try to run away from them and don't try to eat them away and don't try to smoke them away or spend them away or scroll them away or browse them away or whatever them away, if we don't turn to Monkey Brains to distract ourselves from our emotional reality in the moment, those emotions become less powerful because they are no longer driving our actions. They are no longer dictating the things that we shove into our mouths or breathe down into our lungs. It is an opportunity for you to be present with yourself

in reality, in the moment, and that is where the healing happens, in that couple of breaths where you curiously observe what is happening. I talk about it often.

This morning, I was feeling some anxiety and some stress and that manifested, as it often does, as a feeling of tension in my lower back, a sensation of sort of a gripping corseted feeling across my rib cage keeping me from taking a deep breath. Sometimes I sweat even though I'm not hot and I may not be doing anything particularly active. Sometimes that's a part of my felt emotional experience in my body is I get heated up. Sometimes my heart rate goes through the roof. Sometimes I feel almost off balance, not quite vertigo, but almost like there's a subtle earthquake happening, a very small seismic shift happening in the ground that I'm standing on, and when I allow myself the space and the time to be with that experience, without trying to numb it away or change the channel in my head, my heart rate regulates, my body temperature comes to a normal place, and eventually, I can feel my lungs expanding and I am able to breathe, and I feel, at once, connected to my body as though I have honored my past and my present and like it is up to me how I chose to walk into the future. **What is the next choice that I will make in service to my pleasure, in service to my enjoyment of this moment and this day?** And that is what I encourage you to do.

So my two tools for stress management when it comes to Principle Four are to **eliminate optional stressor by tackling them head on and to sit down for a quiet coffee, for a quiet moment of curiosity and presence with your emotional experience when you're experiencing stress or anxiety.** And because I am standing here and I've just said all that, I'm suddenly experiencing a little bit of stress and anxiety so I'm going to take a sip of this and I'm going to take a deep breath and then I'm going to move onto water. Would you look at that? Well, it's not water but it's made of water.

Water

So the Water thing, it annoys me that I have to bring it up because you know you need to drink water. This is not news. This is not some wild, revolutionary, "Oh, my god, and then coffee told me I should drink more water, and I was like, 'Shit. I should drink more water!'" It doesn't have the wow appeal that some of the things do that I feel like we talk about in this practice. However, research has demonstrated that being dehydrated prevents all kinds of really necessary functions from occurring, specifically, memories from being formed. **Sleep and water are the two things that are the number one supporters of new learning.** If you are not getting enough water over the course of the day, you are preventing your brain from internalizing all of the

fabulous, healthy, caring choices that you are making in this practice. If you are dehydrated, it's not going to sink in, same with sleep but we'll get to sleep in a little while. So from a purely self-serving standpoint, you need to stay hydrated so that you can take-in so that your brain can internalize this new information. That said, I have two-- Your heart health and your eye health and your sexual health and your ability to converse with people- and certainly, you cannot be active if you are dehydrated, certainly not comfortably. Everything, everything is impacted, your digestion- Oh, my god, I could go on and on and on.

So obviously, water is important, so let's talk about two practical, actionable steps that you can take to maximize your hydration. And I'm not saying- I've occasionally run across even health professionals in the field who are like, "Two gallons, three gallons of water a day- the more water the better, and-" And they become weirdly obsessed with drinking as much water as humanly possible. That is not what I'm talking about. I'm not even going to tell you that you need eight glasses of water a day which I feel like is pretty much the standard suggestion made to women about the volume of water that they should drink.

You know if you're drinking enough water. I trust you to know if you're drinking enough water, and like I mentioned in the formal course, a good goal, a noble goal, and a funny goal - and when it's funny it's easier to remember and more enjoyable to meet - is to have clear pee by noon. I believe that's how I spell it out in the course. So in order to do that, you've got to front-load your water consumption early in the day which is fabulous because it means it won't impact your sleep later that night, because if you're anything like me, your sleep is absolutely sacred and any disruptions are super freaking annoying or hugely detrimental, often both, so you don't want to be chugging water two hours before bedtime. Please don't do that. So front load water consumption. This is not one of my tips today, but it's important to note that any water consumption, any direct, taking it down water consumption should be done probably before lunchtime if you can possibly swing it.

But my two suggestions for ramping up the hydration levels if it feels like it's not one of your strong suits are pretty simple. The first is to **preface food with water as often as possible.** And what that means is if you're about to have a meal, drink a glass of water first. Sit down and have that be part of how you mark the fact that you're having a meal. It's water. It is free. Can be- certainly ought to be available absolutely everywhere. If there is food available there is water available. Sit down and drink a

glass of water before you begin the meal. If you're having a snack, have a glass of water first.

If for some reason, you can't do that, if, for some reason- could be a medical reason, could be a digestive issue that you can't drink water within however long of having a meal and so that's just not a practical thing for you that's totally fine. Preface fill-in-the-blank with water, so anything that you do frequently over the course of a day, say, check your email- before you check your email, drink a glass of water, or if you drive frequently for work or for your family or for pleasure, just get in the car six times a day and go somewhere, before you get in the car, drink a glass of water or have water always in the car and drink it down before you start the car. **Develop some kind of association with something that already occurs regularly over the course day with drinking a glass of water.** I find it much easier to remember to drink just before I eat, so that tends to be when I do it. I'm in the kitchen. I'm preparing a meal. I slam a glass of water before I sit down for dinner, and I know that my needs have been met for the day. I do the same at breakfast and at lunch. So that's my first tool, my first tip, for water consumption.

The second is kind of fun I think. Certainly, my experience has been. **Those of us who suffer from shame-based self-sabotage rarely, if ever, figure out what we like.** Can you relate to this? You'll be in a social situation, maybe at dinner with a bunch of new people and they've got laundry lists of preferences and things that they like to do and little quirks about how they have to have their whatever-it-is and they only like flannel sheets and they hate satin sheets or they can't stand red cars and have to have white, and it's just like, "This is insane that people have developed preferences down to this granular level." That's what I used to think. Today, after 10 plus 13, 15- how many years has it been since I started practicing the Principles? I don't know anymore. I realized that it's OK to develop preferences. It's OK to notice when I like something, and it's OK for me to like something so much that I'm not interested in having other things. That it's OK to be specific about what I enjoy and to go out of my way to fill my life with the things that I enjoy, right down to what vessel I prefer to drink my water out of.

So this is how this relates back to water. If you don't already know, if you have never thought, "Well, what do I like to drink out of?" it can be a completely different experience to drink water out of a mason jar versus out of a plastic straw. It is a completely different experience to drink water from one of those screw-off spring

bottles than it is to drink it out of sports bottle that has one of those poppy nipple things that you have to squeeze.

You have a preference. You may not know what it is, but I want you to know what it is. I want you to explore what your preferences are in everything, and how you like to take your water is a really excellent place to start. Did just say, "I think?" Strike that from the record.

How you drink your water is an excellent place to start. Do you prefer it ice-cold? Do you like it room temperature like me? I'll tell you how I like my water: room temperature and out of a glass, specifically out of a mason jar. Why? I don't know, because I live in Massachusetts and it's how I get my hippie on. But I hate drinking water out of those screw-top Poland Springy- the recycled plastic whatever bottles. I can't stand it. I don't like the feeling of the- And then the waste and whatever- I don't like it. Might be just the way you prefer it, and if it is, that is awesome. That's important information for you to have. Do you prefer water out of the tap or water out of Brita? Do you have a filter attached to your sink? And what is the taste of the water that you prefer, all of these things? And it may sound silly. It may even sound self-indulgent, but I think that it's bullshit. I think that it is-

Why do I keep saying, "I think?" Strike it. Every single time I say it, strike it. **You are worth the effort of figuring out what you prefer and what you enjoy**, and if you figure out how to drink water in a way that you enjoy, in the way that you prefer, you will be infinitely more likely to drink enough so that you can develop new habits so that your brain can internalize new information so that you feel adequately hydrated to do the things with your body that you need to do in order to feel well and whole and centered and sane. There you go. If you felt like sending me an email telling me how you like your water, I would love to get that. coffey@strongcoffey.com. Just shoot one quick. Doesn't even need to have a subject heading, just let me know.

Activity

Activity. I hope you're doing OK. **I talk in the course about setting boundaries around inactivity because that tends to be Monkey Brains for a lot of us, sitting and just letting life- whittling away the moments and the hours, sitting in front of a screen.** It doesn't matter if it's a television screen or a computer screen, it has become so easy for us to do nothing that it is something that we need to protect ourselves against, so I encourage you to set timers, to set schedules, to be conscious of the time that you are

spending doing things like scrolling on Facebook or answering email or just sort of mucking about on Amazon or whatever it is.

When it comes to what you will do when it comes to how you will move, how you will engage your body, the number one tip that I have is don't do what you know you should not do. It sounds so basic. It sounds so obvious, but it's- Okay. In addition to never developing preferences or rarely developing preferences because we have a hard time prioritizing our own likes and dislikes, we also have a tendency to believe that we ought to be doing what other people around us are doing. I had this often come up when I first started teaching the Principles in this context because I love to lift weights and I would get email after email after email from women who loved the concept of the Principles, absolutely identified as shame-based self-saboteurs, self-sabotagers, whatever you want to say, but who knew that I was a weight lifter - and I use that term very loosely - knew that I lifted weights and were like, "I hate weights. I hate the idea of lifting weights. I don't want anything to do with weights, and so I probably don't want anything to do with you," and I'd be like, "**Woah. You don't have to lift weights. You don't have to do anything. There is no right way to engage with your body in the world other than to do that, so I happen to prefer strength training, specifically with dumbbells and kettlebells. Does that make that the best exercise? Absolutely not. Does that mean it's the only exercise? No.**"

There are runners in my life who I love, whose opinion that I respect, who, 15 years ago said, "Oh, you should run. I love running." And I'd be like, "Oh, my god. You're right. I should run. I should absolutely run." And then I went running and I could barely walk for like four months. My ankle hurt. My knee hurt. My hip hurt. Why? Because I had a pre-existing condition that made it so that I did not have any business running, but because I had never developed the ability to stand in my own truth, no matter what information came my way, and honor my body and its needs, I just took what everyone around me said as doctrine, as what I ought to be doing and often did things that I had no business doing, things that ended up injuring me and making me miserable and making it that much more difficult to engage in activity.

It took me years of practicing the Principles before I stopped thinking that I should be doing anything that anyone else was doing. Does that make sense to you? So now, I can go to these fitness conferences where I am a motivational speaker and - I'm sorry, I don't think I'll ever not laugh at the fact that this is my life now - I'll sit down and have a conversation with another personal trainer, perhaps one who encourages clients to run or one that encourages clients to rock climb or one that encourages

clients to do jujitsu, and it's only in the past several years, maybe five years, that I, at all, can sit and hear that someone does something that I don't already do and not feel like I should be doing that thing. I know now what my limitations are, what my body's limitations are.

If you've never read my piece about how to do yoga perfectly, I encourage you to go to strongcoffey.com and search for how to "Do Yoga Perfectly." That's a great example. I wanted to do yoga but I felt as though there was no way that I possibly could because I had two metal rods on either side of my spine from surgery that I'd had when I was 12, huge, major, traumatic surgery that I'd had when I was 12 to correct severe scoliosis. So I have no motion in my back. I cannot bend my back. And I wanted to do Hot Yoga. I wanted to do Bikram Yoga which is, from a certain point of view, all about backbends, but I'd discovered that I could do that if I modified it heavily, and that's what I do when I practice Bikram Yoga. I modify the hell out of it. I still get a great workout. I still feel better. I still improve my flexibility. Do I look anything like what the other practicing yogis in the room look like? No, I don't, and I'm OK with that because **thanks to the Principles, thanks to practicing the tools in this program, I can stand in my own truth and move my body in ways that are right for me that honor my reality, and that's what I want you to do.**

So tip number one for activity, don't do anything that you ought not do. For instance, if you have pre-existing lower body conditions that suggest that running would be a terrible idea, I don't care how many sisters-in-law or co-workers or best friends are joggers in your world telling you that you should really do the Couch to 5K. "Everyone's doing it. You should do it too." No. That is inaccurate because you have a pre-existing condition that makes it so that that is not a caring choice for you. That is not a strong choice for you. So I want you to set firm boundaries around what is not an option for you. Why is this so important to me? Because I don't want you to get injured more than you already are or injured at all because I need you to be moving and engaging with your body in the world. I need you to do that because you need to do that in order to feel your best. You need to do that in order to experience Deep Pleasure. **There is no way to experience Deep Pleasure without some level of activity,** and I want to eliminate as many possibilities of you being in pain or being injured as I possibly can. So the number one tip is don't do what you ought not do.

And the second tip? **Experiment with bringing more joy into everything that you do do with your body.** What does that mean, more joy? Women that I've worked with in my personal training studio tend, when they first come to see me, to wear the shittiest

clothes they own as though there is some association- as though there is some unwritten rule that says that you should wear the baggiest, most god-awful tee-shirt, the sort of thing that you would clean out a basement wearing, and pants that sort of fit but kind of don't and they got the- and the cuffs are all whacky and the oldest sneakers, and I can tell that they're not comfortable wearing what they're wearing and sort of actually embarrassed about it. How they would bring more joy into that activity, whatever paces I'm going to put them through in my personal training studio, is to wear something that they feel good in, that feels comfortable, that they feel attractive in. It's OK to spend money on workout clothes. **It's OK to want to feel good about how you look when you're working out** when you're going for a walk when you're going for a hike. I don't care what you're doing with your body- I mean, I care but the details are irrelevant. What's relevant is that you feel as good as possible when you do it. So spending money or taking time to piece together an outfit that you feel good about is bringing more joy into the activities that you're doing.

Another way to bring more joy into the activities that you're doing is to figure out do you like to learn. Do you want to multitask while you're being active? If so, do you want to learn? How? There are a million free courses online that you can take, everything from neuroscience to astrology, and you can download podcasts. **You can download all of the material from the Pleasure Principles Course and listen to the smooth, soulful stylings of my voice while you're hiking up mount Monadnock or whatever.** That's in New Hampshire. I don't expect you to know where that is. I did it once. Anyway. Are you someone who wants to just rock out while you're working out? If so, what music do you love? It goes back to those preferences things. When was the last time you listened to music that lit you up on the inside? I want you to find that. I want you to download it to something. I want you to get some earbuds, and I want it to be involved in your workouts whatever that looks like. I say workouts. It doesn't even need to be a workout, just a walk around the block. How can you bring more joy to that experience?

Do you love the smell of lavender? Put a little lavender on your wrist while you're walking, while you're jogging, while you're tobogganing. I don't know what you're doing with your body but whatever it is, if you want to take a little sniff, that would be an example of a simple little way that you could bring more joy into your activity whatever that means for you. Do you want to be socializing while you're being active? Fabulous. Who's not a jerk that you might want to invite along for the ride? Invite that person along. Do you really not want to socialize and keep that time as you-time and sacred? So set up some Healthy Boundaries around it and say, "You know what?

This is a not a time that I want to be walking with someone. I appreciate you wanting to come with me but it's really my solo time." Do you want to be quiet and have it be sort of a mindful, active meditation opportunity? Would that make it more joyful for you? Fabulous. **Whatever it looks like for you, figure out how to practice bringing more joy into your active moments, into the moments where you are moving your body and engaging with the world in a physical way.**

Rest

So we've got Air, Water, Activity, Rest. Rest. Preferably sleep but not necessarily. So the first suggestion that I have is maybe going to feel a little extreme but I feel like desperate times call for desperate measures and too many of us in this community don't treat ourselves with care and respect when it comes to sleep necessities, sleep requirements, sleep hygiene. I do like that term. I wish I'd come up with it. Hang on, more fluid.

So the first tip that I have around rest, specifically sleep, is to black and white the night. Black and white the night. You can write that down if you'd like.

Look at how you spend the final couple of hours, hour or two, of your evening through a very sharply contrasting lens.

- What are you doing that is based in care?
- What choices are you making that are based in abuse and neglect?

Black and white the night. For the last hour or two of your day, I want you to- I want that to be the moment when you really turn up the volume on the caring choices because that is the moment when we are typically the weakest, when we feel the most overwhelmed or the most beyond feeling capable of doing good things for ourselves. We're maybe awake for 18 hours at that point. We've been pulled in a million different directions, and everything has felt like too much and we finally arrive at the last hour or two of the day and it's like that's when the wheels come off and anything goes and "Woohoo," and that is the time when it is in our best interest to make the most caring choices that we can because it is in that last hour or two of the day that we are truly setting the stage for what the first minute of the next day is going to feel like. What is that experience going to be? Odds are your body desperately wants you to go to sleep earlier than you do, but instead of making that caring choice, you're

engaging in all kinds of self-abuse and self-neglect under the blanket assumption that you're relaxing or having you-time.

There is no more relaxing option than going to sleep, so right there, you're not relaxing to the extent that you could. If you were to prioritize sleep in that moment and not Monkey Brains, whatever that looks like for you at night whether it's food-based or alcohol or drug-based or screen-based or whatever it is- if you were to prioritize sleep in those moments, you would wake up to a first minute that felt capable and curious and comfortable, and you would walk into your day equipped with the stamina and the energy and the sense of self-respect that is necessary to make caring choices over the course of the day. If you do not black and white the night in this way, if you do not look through a strongly contrasting lens at what choices you're making and what impact they're having, it is too likely that the beast will convince you that, "A little more Netflix is just what the doctor ordered," or "Just a tiny bowl of ice cream would really just help the woes of the day melt away," or however your beast talks to you and whatever kind of bullshit it spins. **Strive to look more honestly at your options in that last hour or two and do your best to prioritize sleep above all else. Proper, nighttime, restorative sleep.**

The second tip that I have around rest is around daytime rest. Napping. **Re-imagine the nap, and if you need to, rename the nap.** Personally, naps when I was a kid were always used as a form of punishment. If I was being too much of a kid if I was being too much of a pest or if I was being too much of a whatever or if my parents were just hungover and didn't want to freaking deal, I was told to go in and take a nap, and so my entire adult life, I have scoffed at the idea of napping. It always felt like punishment. It always made me feel like I was doing something wrong, and obviously, if this is not true for you and you think that the word nap sounds like a million angels singing then hold that boundary, but what was important for me was to be able to not only rename napping which is, "I take a little snooze, "Taking a little snooze," - and you can call it whatever the hell you want - but to re-imagine what a nap is.

Napping need not include falling asleep, and oftentimes, especially if you're busy and you've got a family and you've got a business and you've got a pet and you're doing all the things and you're expected to do all the things and do it and do it and keep doing and doing and- sometimes a nap or taking a little snooze is a 10-minute long affair, and if you can fall asleep in 10 minutes my hat is off to you, the hat that I am not wearing, but I can't do that. And so what I understand a nap or a little snooze to be today is a 10 minute or a 15 minute or a 20 minute period when I can lie down

without shoes on - that's the minimum - no shoes, and concentrate on how it feels to allow my body to be held by whatever I'm lying on, often times my couch, sometimes my bed, 10 minutes of my eyes closed, concentrating to the best of my ability on how it feels to be supported by the bed. If I do that, if I allow myself that 10 minutes of uninterrupted darkness and relaxation, focus on that feeling of support, it is absolutely restorative. I absolutely come up from that feeling better and more rested. I never fall asleep during these things ever, even if it's a half an hour long. I struggle to fall asleep during the day. But I glean so much benefit from those little snoozes that falling asleep or not is a non-issue and I no longer stress out about it. **And once I removed the necessity to fall asleep from the idea of taking a nap, of taking a little snooze, that removed all kinds of stress from the concept of doing it in the first place.**

So whatever you want to call a nap and however you want to structure it and however long it can be in the context of your real life, fantastic. **Rename it, restructure it, figure it out, and then give yourself that gift when you need it.** If you feel too stressed and too tired. If you feel overwhelmed. If you know that you did not get sufficient sleep the night before but you need to show up with the best self that you can bring to the table for something, give yourself the benefit of 10, 20, 30 minutes of napping and see if that doesn't help. See if that doesn't make you feel more capable, more confident, more able to make caring choices moving forward in your day. All right.

Eating

Finally, Eating - and I am going to try and wrap this up because I'm conscious of how long I've been going on. Thank you for your patience. You're amazing, and I'm so lucky I get to do this with you. Eating. Air, Water, Activity, Rest, Eating. **A priority, yes, but the last in the group for most of us who suffer from shame-based self-sabotage.** The most important thing, the most important tip that I can give you at this last stage of the course- and you will continually be moving through the course. **As soon as you are done with this, I strongly encourage you to go back to the very beginning and start again and to constantly be engaging with the material in one way or another, each day touching base with the Principles in some way whether it's listening to a lesson or listening to a video in the archive or filling out one of the worksheets or engaging in the Klatch or whatever it is, however it makes sense for you to touch base with the Principles, making some contact with the practice every single day is really going to help you to move forward in whatever way, toward whatever goal feels most important to you right now.**

When it comes to food and eating, there is too much information available. There are too many different marketers trying to vie for our attention, for our dollars, for us to sign up for Weight Watchers or Nutrisystem or the HCG diet or Keto or low-carb high-fat, or Atkins, and the grapefruits and the hot dogs and the blood-type and the thyroid and the this that and the other and the illumination and the freaking Jesus, god, enough.

You have been thoroughly steeped in all of the information that you could possibly need around diet and nutrition. No more analysis paralysis when it comes to food and eating.

As a woman who is practicing the Pleasure Principles, your number one goal when it comes to food is to make a caring choice in the moment when you have a choice. In order to do that, you need to know what care looks like for you in this moment around food. So it is on you to decide what that is. And I want you to make a decision. I want you to make a decision, not as a hard and fast rule for the rest of your life, but as a launching-off point. I want you to go over the materials, go over the worksheets that pertain to food, that pertain to moderation versus abstinence, and I want you to decide what care looks like for you around food. Is it portion control? If it is, fabulous. Exactly what container will you use to make that happen? What method will you use, what strategy? It's not that you're looking for the perfect answer. You're just looking for the truest answer for you right now to commit to as a launching-off point.

Is it that you know, based on your own lived experience that when you eliminate sugar from the equation, you feel better, you feel more light and energetic and confident and whatever? If that is true for you, then allow yourself to commit to that as your caring structure around food and nutrition, not having that or anything that looks like that or tastes like that because if you're playing with that grey area then you're keeping the part of your brain alive that craves that stuff. If you feel as though the truth for you is sugar undermines you and hurts you or harms you or makes you crazy then cut it out. It's OK to do that, to decide to do that. **Again, not making a hard and fast rule for the rest of your life but setting up what care looks like today so that you know what the most caring choice is in the moment.**

And then the second suggestion I have when it comes to Eating is to walk forward, willing to revise intelligently as necessary. So you set the structure today. You set that whatever that looks like for you. It does not matter to me. I happen to identify as a

food addict. I happen to identify as someone who thrives when she completely abstains from certain things and certain behaviors around food. That may or may not be true for you and either way, that's awesome. Whatever's true for you, commit to it today, and then walk forward using the Principles, practicing Principle One, to make the most caring choice that you are capable of whenever you have a choice which is almost every second of every day. And then take in new information as it arises so that you can revise your structure as necessary using all of the information that is available to you.

So commit to whatever care is for you today around food, revise intelligently as necessary, but don't leave it up to chance.

That's the main takeaway: don't leave it up to chance. Leaving it up to chance means you've created too much of an opening for the beast to walk through and influence your decision making. I want you driving the bus. I want you to be the one who's standing at the mic. I want you to make the choices that are going to leave you feeling peaceful and accomplished and comfortable and empowered on the other side, and in order for you to do that, you've got to get clear on what care looks like for you today. It may not be what it looks like six months from now, but I want you to stand in your truth today, whatever that looks like, and make choices from that place.

Thank you so much for doing whatever you need to do in order to take this in today and take in the entire course. **I encourage you to start again at the beginning because the women who have the most success, who feel the most pleasure, who thrive most in life whilst practicing the Principles are ones who make contact in some way every day with the materials.** It is my great joy that you have gotten to this place in the course, and I'm excited to see how things unfold for you moving forward. I'm here always if you need me, coffey@strongcoffey.com. If we haven't already had our check-in call, I'm looking forward to that. I hope that you treat yourself well today, and I will look forward to seeing you online tomorrow morning and every morning, all the time in the clutch. Take good care. Bye for now.