



Kelani Mental Health

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Taking Action

Knowing what to do and applying what we need to do moving forward are in two totally different arenas.

I had to break down years and years of programming and mapping in the brain. It's far more complex in fact than just a decision.

This involves work like:

- Creating new habits
- Creating new behaviors
- Creating new mindsets

In essence it is like training your body at the gym. You have to work at it frequently and with intention for the training to be successful and sustainable.

Step 1: Realization – EVERYTHING YOU NEED IS ALREADY INSIDE OF YOU

Step 2: Let's access it!

Accessing the best version of yourself

The Kelani method is holistic. It involves the mind, body and spirit. It is also inspired by Polynesia and the Polynesians who are my ancestors and who have a sacred reverence for nature, community, family and self. Within the Kelani method are daily tools that I have used and continue to use to help me achieve this, as well as to kick myself out of old habits:

- 1. Affirmations**
- 2. Mindful movement**
- 3. Mindful meditation**
- 4. Holistic nutrition**
- 5. Stepping out of comfort zone**
- 6. De-cluttering**



1. Affirmations

Studies show that daily affirmations have a physiological affect on our brains. Something as simple as repeating daily affirmations can create new patterns in your brain which will eventually stick. It is almost like the old adage “fake it till you make it”. It is not faking it per se, but at first you may not quite believe the things you are telling yourself. But repetition and consistency will bring you to that place.

Affirmations can be anything positive. A few that I have are:

- *I am whole*
- *I am complete*
- *I am perfect in my imperfections*
- *Everything that I need is inside of me*

Repetition of these kinds of affirmations will eventually set in and become a part of the mapping of your brain.

2. Mindful movement

Movement, in virtually any form, as long as it is done safely, can be so beneficial to our holistic health. In my almost two decades in the wellness world, I have found that if people do not enjoy something, they will typically not stick with it, and consistency is so powerful when it comes to long term health and vitality. I suggest that you find something you enjoy and be consistent with it. Finding a way to engage in movement on a daily basis is a very important tool in the preservation and support of positive mental health.

Edane Padme, yogi, entrepreneur and close friend of mine wrote the following about movement and the hips.

“... our internal energies have been locked in a cage. Our free spirit is trapped within our bodies and it is causing us pain. The source of all pain is stagnation and movement is our healing...energy is meant to move, it is the living force within us. If you are having a hard time understanding “energy”, simply rub your palms together while taking conscious deep breaths, after a minute bring your palms about two inches apart, you will feel a warm, tingling sensation, that is the energy flowing through us, it is our life force, chi, prana. Energy is what holds every star in the cosmos to every living cell in our bodies together. Everything is energy...I read a quote that said, “*Movement is the universal language of freedom*”. We must liberate our



souls by moving our energy within through dance, songs, poetry, and anything that moves you. LET GO! Feel free, laugh, cry, sing and feel every cell in your body dance.”

3. Mindful Meditation

Meditation has a powerful affect on our holistic health. Unfortunately, often times in a stressful lifestyle and multi tasking environment, people don't take time to stop in the day to clear the mind and settle the 'monkey brain' as it's called. Meditation has also been shown to have alkalizing effects on the body.

I always tell my clients that there is no 'right' or 'wrong' way of meditating. Often times too much focus on not thinking has the opposite effect. I simply encourage you to do the following:

- Location

Find a quiet clutter free space, if possible designate this same spot in your home every day and make it your sacred space where nothing else happens but meditation and mindful practices. If this is not possible then simply choosing a clutter free quiet space works

- Music

Music is optional. For me, as music is my bliss buzz, I prefer to have music or nature sounds capes

- Breathing

The breathing you will focus on during meditation is diaphragmatic breathing. This basically means that as you inhale your abdomen rises and as you exhale your abdomen falls. My friend and vocal resonance coach once told me that the heart rests on the diaphragm so essentially diaphragmatic breathing is similar to a massage for the heart. Really be mindful of the belly rising and falling and every time you exhale feel yourself connecting to and melting into the earth.

- Position

Find the most comfortable position to meditate – whatever that means for/ to you. This could be in lotus position or laying flat on your back.

- Muscles

Relax all your muscles from your feet up your legs through the base of your spine to the back of your head and onto your face.



- *Intention/ prayer*

I suggest you use to this time if you choose to focus on an intention or a prayer. In addition to the power of intention and prayers being so strong energetically, it also helps for the meditation to be more powerful and to have a specific focus rather than a general “I want to relax” (which there is absolutely nothing wrong with)

- *Essential oils*

If you have a diffuser, having some essential oils running during a meditation will help enhance the experience. Different essential oils have different benefits so try to find a soothing/ relaxing one which you enjoy

- *Time*

Even if you are able to get into this space for 5 minutes a day it will have such a profound effect. The longer the better but please do not negate the benefits of short bursts of meditation. Like a power nap, they are powerful.

4. Holistic Nutrition:

I am a registered holistic nutritionist. I became a nutritionist because I found the world of nutrition and diets overwhelming and confusing. If working in this field and being in this field for almost twenty years has taught me anything it is the following:

Keep it Simple

Unless you have any dietary limitations or physical ailments such as food sensitivities or inflammatory disorders, it is quite simple. Eat foods sourced as close to their natural whole forms as possible as close to where you live as possible. That’s all!

I personally lead a plant based/ vegan lifestyle, gluten free and refined sugar free. I keep away from foods that are inflammatory and try as much as possible to shop organic although I know from a budget standpoint that is not always feasible for everyone.

How you consume food in my humble opinion is almost as important as what you consume. Being present, mindful and consuming with gratitude affects the way your body ingests and digests the food. As my friend Andrew Facca once said “don’t be mad at the food”.

Our bodies are our vessels. Everything we ingest not only has an impact on our physical being, but on our overall holistic being – mind, body and spirit.



At the end of the day there are situations we are inevitably placed in where eating very clean is a struggle. In those cases do not beat yourself up for it. Accept with gratitude because often times in an effort to beat ourselves up out of guilt or shame, we make the situation worse. .

For optimal energy levels it is simple. Living a life with a primarily plant based diet, minimal processed foods, a lot of clean water, if you're not eating this way already, will impact your life and the life of your loved ones dramatically.

5. Stepping out of your comfort zone:

They say that once you are stretched out of your comfort zone you don't go back. You expand and continue to do so. This may sound cliché, but stepping out of your comfort zone is so powerful.

The Science Behind Stepping out of Comfort Zone

The Science of Breaking Out of Your Comfort Zone (and Why You Should), by: Alan Henry

“You've seen inspirational quotes that encourage you to get out and do something strange—something you wouldn't normally do—but getting out of your routine just takes so much work. There's actually a lot of science that explains why it's so hard to break out of your comfort zone, and why it's good for you when you do it. With a little understanding and a few adjustments, you can break away from your routine and do great things.

It's important to push the boundaries of your comfort zone, and when you do, it's kind of a big deal. But what is the "comfort zone" exactly? Why is it that we tend to get comfortable with the familiar and our routines, but when we're introduced to new and interesting things, the glimmer fades so quickly? Finally, what benefit do we derive from breaking out of our comfort zone, and how do we do it? Answering those questions is a tall order, but it's not too hard to do. Let's get started.”

The Science of Your "Comfort Zone," and Why It's So Hard to Leave It

“Simply, your comfort zone is a behavioral space where your activities and behaviors fit a routine and pattern that minimizes stress and risk. It provides a state of mental security. You benefit in obvious ways: regular happiness, low anxiety, and reduced stress.

The idea of the comfort zone goes back to a classic experiment in psychology. Back in 1908, psychologists Robert M. Yerkes and John D. Dodson explained that a state of relative comfort



created a steady level of performance. In order to maximize performance, however, we need a state of relative anxiety—a space where our stress levels are slightly higher than normal. This space is called "Optimal Anxiety," and it's just outside our comfort zone. Too much anxiety and we're too stressed to be productive, and our performance drops off sharply.

The idea of optimal anxiety isn't anything new. Anyone who's ever pushed themselves to get to the next level or accomplish something knows that when you really challenge yourself, you can turn up amazing results.

What You Get When You Break Free and Try New Things

Optimal anxiety is that place where your mental productivity and performance reach their peak. Still, "increased performance" and "enhanced productivity" just sound like "do more stuff." What do you really get when you're willing to step outside of your comfort zone?

- ✓ You'll be more productive.
- ✓ You'll have an easier time dealing with new and unexpected changes.
- ✓ You'll find it easier to push your boundaries in the future.
- ✓ You'll find it easier to brainstorm and harness your creativity.

Here are some ways to break out (and by proxy, expand) your comfort zone without going too far:

- ✓ Do everyday things differently.
- ✓ Take your time making decisions.
- ✓ Trust yourself and make snap decisions.
- ✓ Do it in small steps.
- ✓ There are lots of other ways to stretch your personal boundaries."

Over the years I have engaged in endless activities and actions that have pushed my personal boundaries and comfort zone. As a result - of the many benefits- was going from a person with paralyzing stage fright and debilitating social anxiety, to someone who teaches, speaks and presents from various stages and platforms as a living to crowds of people across the country and the world.



Declutter

'Declutter your outer space for your inner space'

One of my many daily practices is to make sure I clear as much clutter as possible. This has been extremely healing, therapeutic and cathartic for me. It is also important to operate in a clutter free environment for piece of mind.

In article by Dr. Alice Boyes, PHD, she speaks of the benefits of uncluttered space:

- "1. Decluttering creates a sense of confidence and self-efficacy (seeing yourself as competent).*
- 2. Decluttering is energizing.*
- 3. Cleaning and organizing reduce anxiety.*
- 4. Decluttering allows mind wandering and (sometimes) involves physical activity.*
- 5. Decluttering can reduce relationship and family tension.*
- 6. When you declutter, you often find lost treasures."*

I personally recommend – as mentioned earlier, that if your space allows – to carve out one space in your home where you can go to meditate, do yoga, read, pray or do whatever sacred practices or daily rituals you might have. This designated space then becomes your clutter free, safe, happy haven and mini retreat.

Final notes

I am grateful to you for coming on this journey with me. I hope that I was able to provide you with information that will benefit you and have a positive influence on your life.

Should you have any questions please do not hesitate to contact me at: ioana@kelaniworld.com.