

Webinar Series  
#1Thing to #Care4Advocates  
Mind, Body, and Soul

Presented by Carol Kennedy  
Health Coach,  
Motivational Speaker  
& CEO, Emerald  
Image, LLC



Call For  
*unity*

No Survivor  
Justice  
Without  
Racial Justice

CULTIVATING JOY TOWARDS LIBERATION

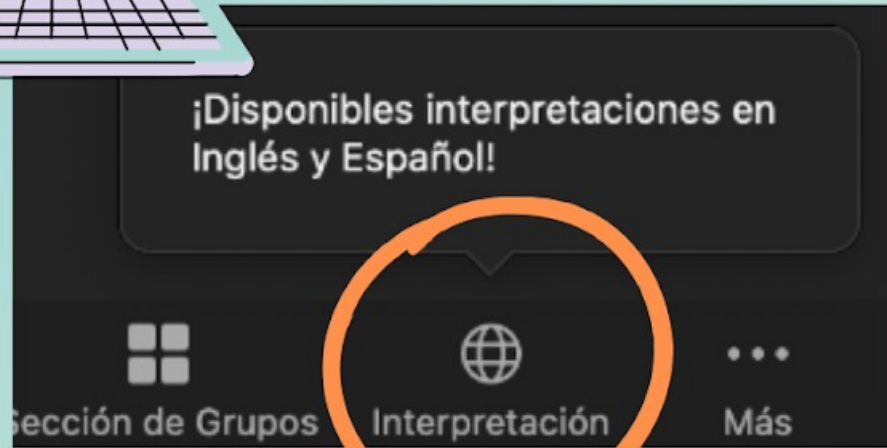


October 20, 2022

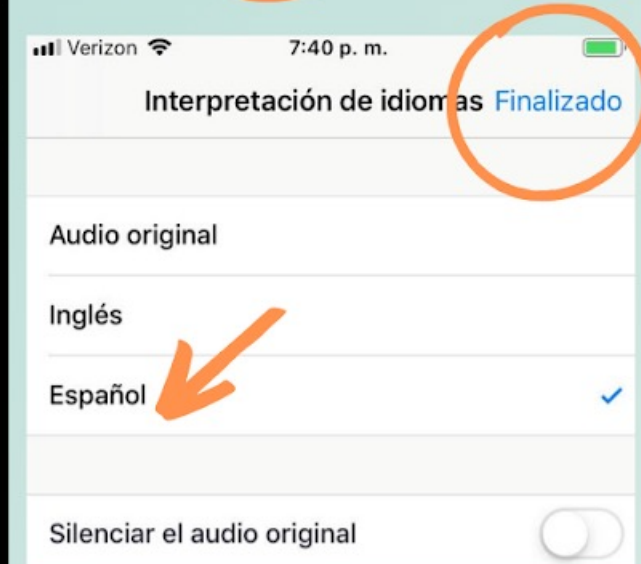
# PARA ACCEDER A LA INTERPRETACIÓN



Por computador



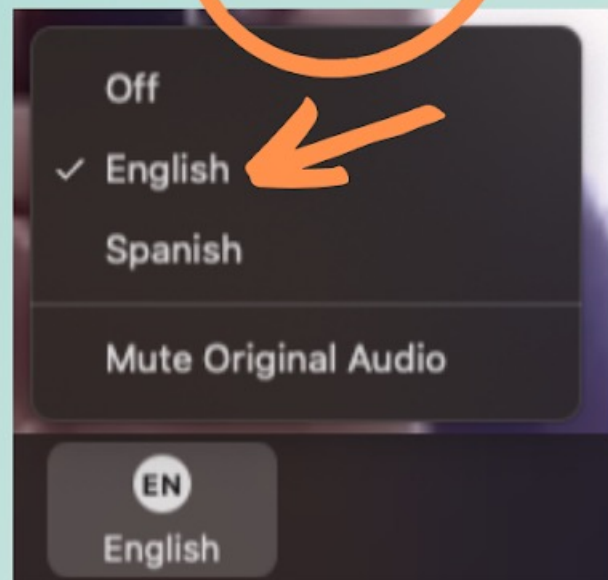
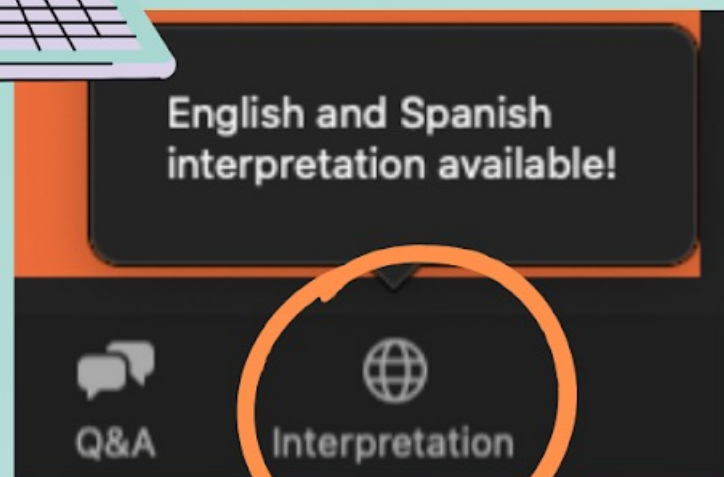
Por teléfono inteligente



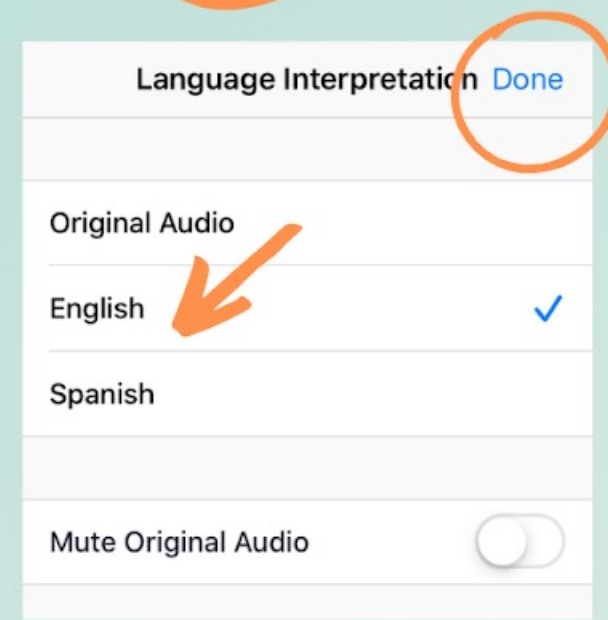
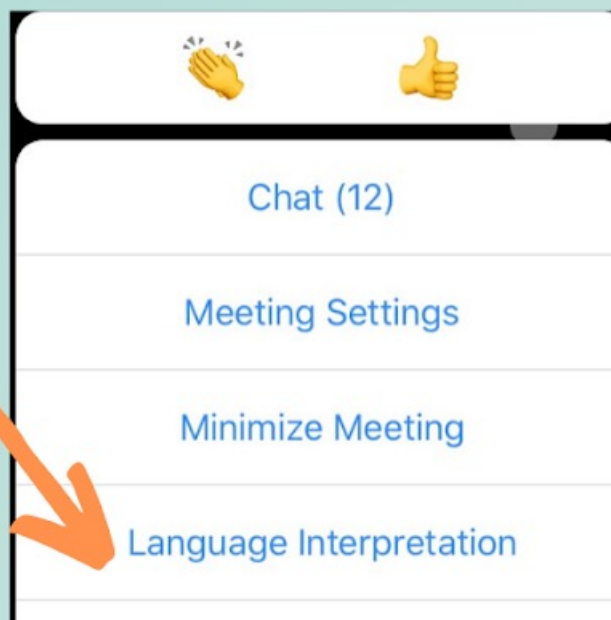
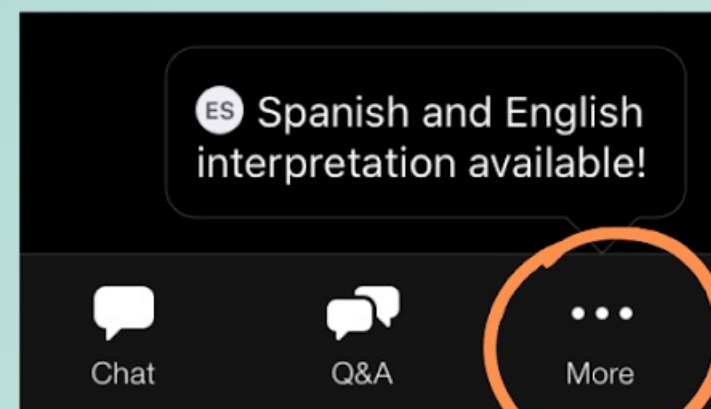
# TO ACCESS INTERPRETATION



Via computer



Via smartphone





## NRC DV STANDS.

**WE STAND** with individuals and groups who have been targeted, degraded, threatened, or marginalized because they are Native Americans, people of color, immigrants, women, Muslims, LGBTQ, or people with disabilities.

**WE STAND** against white supremacy, racism, misogyny, anti-Semitism, homophobia, transphobia, xenophobia, and all other forms of structural oppression.

**WE STAND** with survivors of domestic and sexual violence, especially those most vulnerable and with limited access to services and protection.

**WE STAND** together in celebration of the rich diversity of people in this country and the vitality and strength they bring to our communities and society.

**WE STAND** with those who embrace self care and community connection as necessary and powerful for social change.

**WE STAND** with other activists and organizations who continue to work passionately for gender, racial, economic, and social justice for ALL.



# HEALTH TO HEAL

Carol L. Kennedy

Transformation Coach & CEO, Emerald Image, LLC.

# My Story

- ▶ Emotional Eater
- ▶ Sacrificing health for the sake of being busy.
- ▶ Believing Myths (Age, etc.)
- ▶ Investing more in others than my well-being
- ▶ Now

Enjoying Life

Mind-shifts-Continuous

Temple Stewardship



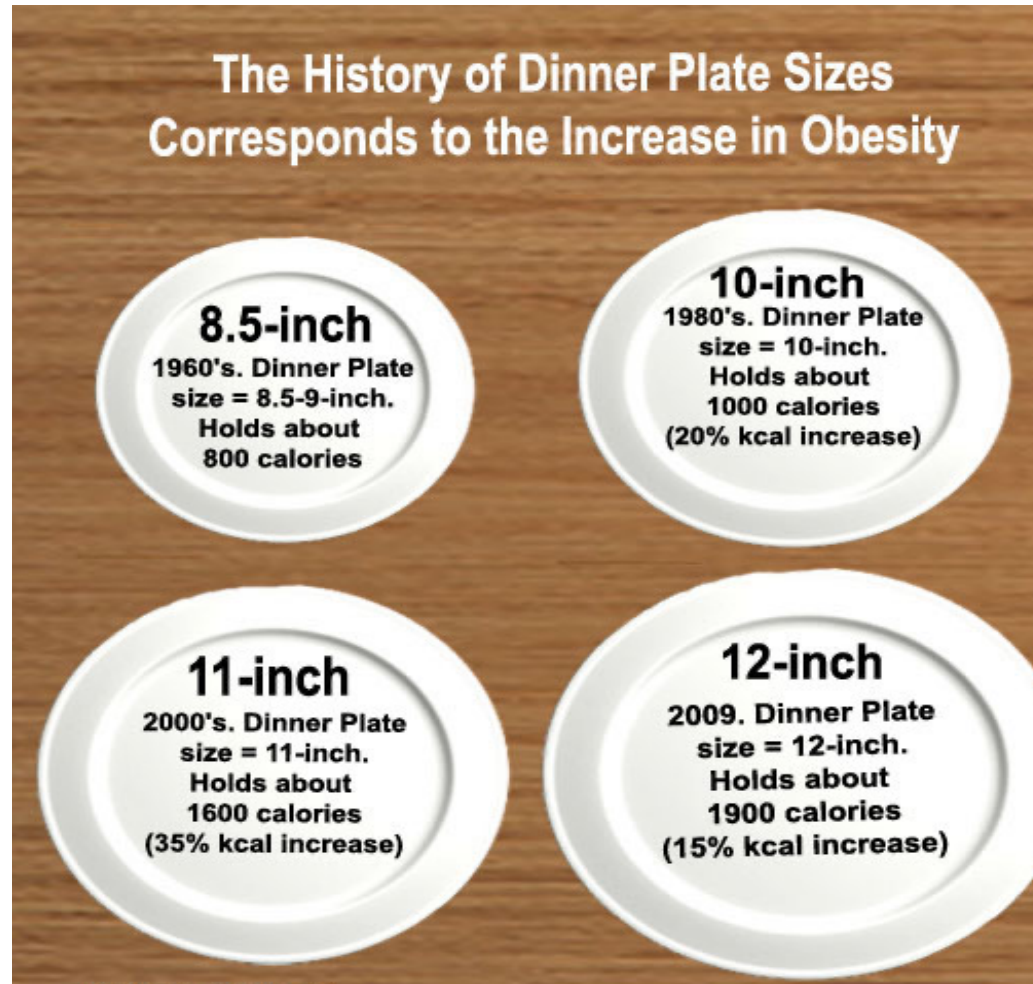




# How Did We Get Here?

- ▶ We are now living in a fast-paced technology advanced world. We can now obtain just about anything with a call or a click.
  - ▶ Order groceries, supplies, breakfast, lunch and dinner, etc.
- ▶ Super size Meals - Restaurant portions can be as much as eight times the standard serving size listed in FDA dietary guidelines.
- ▶ Calories consumed and calories we use are imbalanced.
- ▶ Confronted with food that are plentiful and addictive.
- ▶ Day-to-day lifestyle; sitting at a desk and additional sitting while watching television.

# History of the Dinner Plate

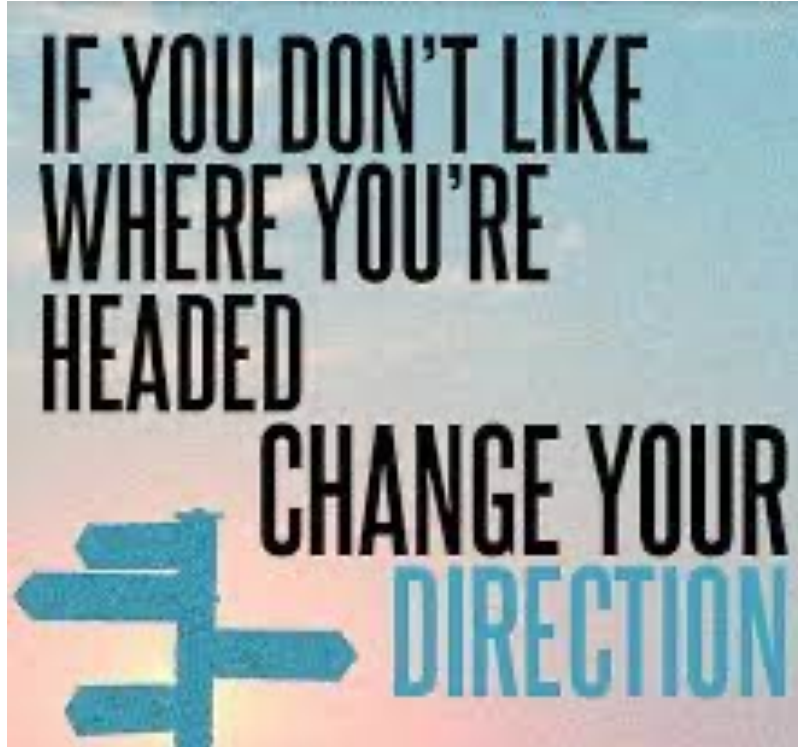




# Appetite Stimulation

- ▶ Red and yellow are the colors that evoke the tastebuds and stimulate the appetite. These colors are also effective at grabbing a person's attention.
- ▶ Red makes us feel impulsive and hungry.
- ▶ Yellow has the power to stimulate the appetite and may put a person in a good mood.

The use of these colors are used in the fast-food industry marketing strategy.



# Entropy

- ▶ Entropy- the natural tendency of things to lose order.

Life happens and before we know it, we have not consistency taken care of our bodies or our mind.

Good News- You can recover!!! You can begin to make better choices for your health and longevity.

# THE EFFECTS OF “SLD”

- ▶ Stress- the body's responds to stress (survival mode) is the production of cortisol. This hormone, which aids in regulating the body's metabolism can contribute to an increase in insulin levels.
- ▶ Lack of sleep- Some eat more calories per day than those are receiving adequate sleep. A sleep deprived body can stimulate the hormone; ghrelin. Ghrelin can ramp up the appetite.
- ▶ Depression- Depression can magnify stress, disrupt sleep patterns, and encourage eating as a coping mechanism to manage emotions.

EMOTIONAL MISMANGEMENT



# MORE THAN THE SCALE

- ▶ Emotional mismanagement will show up in many ways in our lives. Eating, starvation, triggers, drinking, workaholic, etc.
- ▶ Improving your health also involves working through emotions and working the mental gymnasium.
- ▶ The mindset about food will need to change.
- ▶ Discard the actions that are not serving your desire.



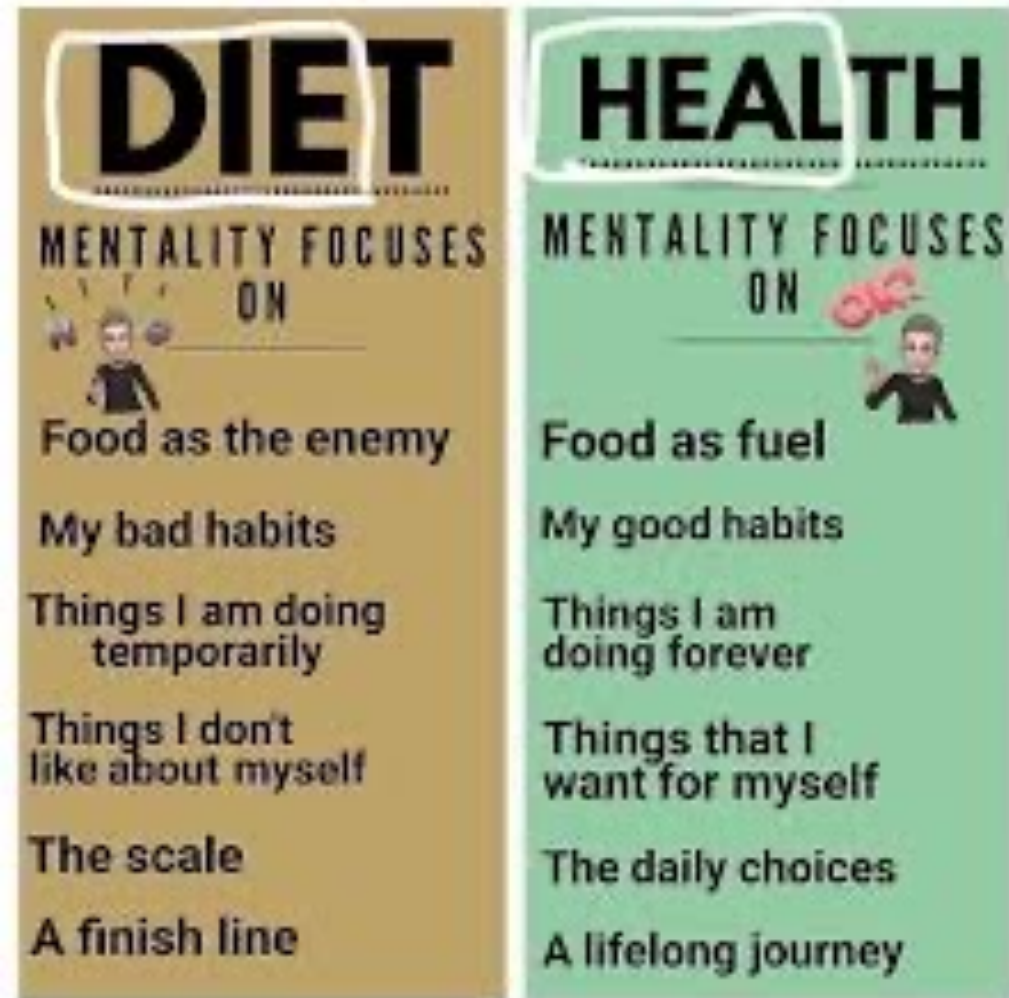


## Questions to Ponder?

- 1) Do you drink a minimum of 64 ozs. of water?
- 2) Are you getting 6-8 hours of sleep?
- 3) Do you spend time planning your meals?
- 4) Do you self sabotage?
- 5) Do you treat your body with tender loving care, or do you give your body leftovers?

# The Vicious Cycle

- ▶ Typically, a change is based on solving a problem or trying to discard an unwanted situation.
- ▶ The cycle- you feel bad or uncomfortable with the situation. In order to end the current emotional conflict, you take action.
- ▶ However, once the pressure has resided, the old pattern returns.
- ▶ Reducing the the discomfort reduces your motivation to act.





# Improving Your Health Will Require an Investment of Time

- ▶ Decide what you want to accomplish.
- ▶ Why is it important for you to accomplish what you desire?
- ▶ What tools will you need?
- ▶ What will success look like?
- ▶ What is the method of accountability?
- ▶ Set realistic goals.

“

"You didn't gain all your weight in one day; you won't lose it in one day. Be patient with yourself."



# My Body is Not Responding



- ▶ Not eating enough- Eating every 2-3 hrs small meals
- ▶ Not drinking enough water- Min. 64ozs. - 50% of bodyweight
- ▶ Sleep deprived - 6-8 hours of sleep
- ▶ Sodium Intake- less than 2,300 mg per day (1 teaspoon of table salt)
- ▶ Sugar Intake - Men - 36 grams & Women 25 grams
- ▶ Metabolic Syndrome
- ▶ Lack of Motion
- ▶ High Stress

# Make A Decision

- ▶ There are many programs and meal plans available.
- ▶ Do your research.
- ▶ Whatever you choose should be sustainable and not shock your body.
- ▶ Provide tools that you will use for life.
- ▶ Assist you with uncovering mindsets that don't serve your goal.
- ▶ Awaken you.





# A Few Benefits

- ▶ Slow down the aging process.
- ▶ Dramatically lower your risk of developing diabetes. If you have diabetes, arrest and even reverse its progression.
- ▶ Lower your risk for liver and gallbladder disease.
- ▶ Eliminate sleep apnea.
- ▶ Help you breathe better.
- ▶ Lower your risk for heart attack or stroke.

**A 10% reduction in your weight lowers your risk of disease by over 50%.**



## Contact Information

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## Sesión Informativa sobre Políticas e Investigación del Centro de la Capacidad de Vivienda Segura de NRCDV



NRCDV's Safe Housing Capacity  
Center Policy and Research Briefing

October 26 | 2:00-4:30pm ET





# Virtual Dance

*Party*

**CULTIVATING JOY FOR DVAM 2022**

**October 28, 2022**

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**4:00-5:00PM ET**

**3:00-4:00PM CT**

**2:00-3:00PM MT**

**1:00-2:00PM PT**



National Resource Center  
on Domestic Violence



DOMESTIC  
VIOLENCE  
AWARENESS  
PROJECT





# National Resource Center on Domestic Violence



## Conéctese con Nosotres:

## Connect with Us:

“This training was made possible by Grant Number #90EV042802 from the Administration on Children, Youth and Families, Family and Youth Services Bureau, U.S. Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the U.S. Department of Health and Human Services.”



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