

It's the Little Things: Life in the Seven Realms

Who am I?

My name is James. I am a husband, friend, father of 4 children, grandfather of 4 grandchildren. I am also a dreamer, an author, a teacher, a life-long student, a avid reader, a hiker, a swimmer, and football fan. I am a person who likes to make plans, appreciates the little things along the way, and works to achieve positive energy and balance in each realm of my life.

How do I boost my energy, feel good, and enhance my well-being?

Here are some of the little things that I do in each of the seven realms of my life to feel good.

Body—I love the feeling after...

- I do my yoga routine each morning and stretch the muscles that tighten up.
- I go for a brisk walk or run in the morning
- I warm up in the sauna and then cool down by jumping into Loon Lake
- I maintain good posture all day including driving
- I hit a string of three point shots playing basketball with my son
- I reach the golf green in regulation after a long iron golf shot

Lifestyle and Behaviors— I love the feeling after...

- I take a deep breath, slow down, and pay attention to the little things around me.
- I eat rich salad of lettuce, carrots, tomatoes, pine nuts, sunflower seeds, diced olives, goat cheese, dried cranberries, olive oil, and vinegar
- I relax to finish my glass of wine and eat a dessert of fresh blueberries or watermelon following a healthy meal
- I wake up and take a few moments to listen to the water fountain and birds outside of my bedroom window.
- I sometimes take a warm bath to relax before I head off to bed

Emotions and Feelings— I love the feeling after...

- I create stain glass windows to celebrate all kinds of events with my family and friends
- I watch my garden out back of my house grow and pick wonderfully delicious vegetables when they are ready
- I identify that I am in a bad mood and I do something creative to change it
- Creating a new software that supports self-management of patients with pain
- Creating the plot for a new mystery novel
- Writing a scientific paper from my recent research grant
- Writing a grant to continue my hobby of helping others
- Reviewing those things in my daily life that make me happy

Social and Relationships— I love the feeling after...

- My grandson runs up to me when he first sees me to give me a big hug
- Helping my patients sort out the reasons for their pain
- A patient of mine tells me that she has had no pain since the last visit.
- I find myself losing a game of cards with my kids despite sincerely trying to win

- A student tells me how important it is to see and care for the whole patient
- I show respect and appreciation for my children in little ways

Spirit and Beliefs– I love the feeling after...

- I feel passionate about my purpose of helping others solve their pain problem.
- I have an “Aha! moment” when I am exercising and identify the solution to a problem
- I am frazzled and take ten minutes to breath deeply and meditate to calm down
- Walk and talk with my wife to realize the best way to handle a situation
- Realizing at the end of a day that it was balanced between the 7 realms
- I daydream about how the next few years of my life will be like
- I assess what is important in life as I read about disasters in the newspaper

Mind and attitude– I love the feeling after...

- Reading a magazine article about a 95 year old track star who believes that positive attitude is most important factor in health and longevity.
- Reading a scientific paper that confirms the role of diet in developing chronic pain
- I developed each on-line training lesson in this course.
- I make an effort to continue to slowly learn Italian
- Learning how to use a new software application

Environment and Safety– I love the feeling after...

- I make a list for today and get them done
- I pick up the clutter in my home before my wife arrives from work
- I feel fortunate that I choose not to be a driver who is rushing through traffic
- I feel my teeth are clean as a whistle after I brush and floss carefully
- I plant and tend flowers in our garden to enjoy a splash of colors all summer long
- I notice the beautiful but hidden wild flowers when I hike through a forest
- Breath the scent of a fresh summer rain mist over my patio
- I stop in my car to let a group of rambunctious boys cross the street safely

This is my life in the seven realms