MINDSET: Making the Mental Switch

Now that we know how we got here, it’s take to make the MENTAL switch to embrace this new program in order to rectify the metabolic damage we have incurred. This is going to take some introspection on your part and thinking about how to “let go” of the old "do more" mindset and learn to embrace the more restorative activities.

Three NEW thought patterns to get acquainted with:

1) **Patience:**
   What’s the rush?? Remember, we got in trouble before because we wanted fast fat loss using an instant gratification mindset. Part of this new process is being aware of how patient you can be. We know you don’t like patience 😒 But it’s necessary to mend the metabolism. So start by taking as deep breath. Relax. Understand that there’s no deadline by which you need to be a certain size or body fat percentage. Let your body guide you. And instead of trying to get more and more exercise out of it despite how over-trained it is, give it a little TLC for once. It will work better for you in the long run!

2) **This is a DYNAMIC process:**
   Remember, metabolic damage is not a disease. It doesn’t have a black-and-white cure. It’s a process. For some, it can take weeks. For others, it might take years to rehab. And not all results and progress will be linear and predictable. In fact, count on it not being that way. The thing I think many of us liked about exercise in the past was its predictability: you exercise and you SEE progress. With metabolic rehab, there will be ups and down, backs and forth. This is normal. Really, the only expectation you can have for yourself through this process is to maintain awareness about how you are doing and where you are. And for heaven’s sake, throw yourself a bone! 😊

3) **Embrace gratitude:**
   It can be hard to feel grateful for something that sucks. But it really the only choice you have at this point to turn your mindset around. Putting your body through all that you have and pushing it, punishing it has left it battered and bruised up. There’s no judgment, it’s just what is. Now we are dealing with all of that. Good! Could you potentially see everything your metabolism has been through as a gift? If you looked really hard...have you learned some valuable lessons about what not to do? How you learned about your body and what it can take? What it is capable of? There’s always a silver lining no matter how tough a situation feels in the moment. Try to see this process as education for you. And when you do that, it is easier to be appreciative for the experience, no?