

A journey of self-discovery

Kellie Watt talks putting a focus on health and well-being in 2021

Being mentally healthy and living well is important to every single one of us. Understandably, 2020 was a struggle for many people: some of us had to adjust to working from home, some to working in the office, some to doing home schooling, and some to not being able to visit loved ones. Every one of us has had to adapt in one way or another to the "new norm."

After such an unsettling, unpredictable, and quite stressful year, I decided that in 2021 it was time to seriously focus more on my health and well-being (mind, body, and soul) and started making conscious lifestyle changes. Every year I reflect on my life and assess whether I am being the best version of myself. This includes whether my actions are in line with my words, whether I am living according to my values, and whether I am mentally, physically, and spiritually healthy. Since the beginning of this year, I have had a "fire in my tummy" to be fully committed to looking after myself and staying on this journey, which I like to call a "journey of self-discovery."



▲ Kellie Watt with her dog, Chino.

So, what have I been doing?

Mind

I am an avid reader. I mainly read autobiographies, spiritual, or leadership books. I started an online book club with some close friends based 1800 km (1118 miles) away in Melbourne, Australia. Our first book was *Women Who Run with the Wolves*. This is a fantastic read for those who are interested in learning about the inner life of women.

Body

In February, I kicked off my new lifestyle with a 21-day detox. This consisted of eating small portions of vegetables throughout the day and drinking fresh juice. I also wanted to get more out of my day, so I decided to start waking up one hour earlier every morning (3:30 am) to fit in a 30-minute meditation and prayer and 30 minutes of exercise (either going to the gym or taking my dogs for a walk). I also started yoga sessions 2-3 evenings per week via Skype, with an experienced yoga instructor based in India.



▲ Kellie's other dog, **Coffee**.

Soul

Having a spiritual life has become more important to me as I get older. My spiritual practice includes prayer, meditation, and reflective journaling. Earlier this year, I also attended two weekend retreats. One was held in the state of Victoria and the other at the Sunshine Coast Hinterland in Queensland; which the latter included a dive into a rock pool in freezing cold water to liven the blood cells (so they say). This was such an invigorating and enriching experience that words cannot fully describe it.

All these changes and experiences have had a remarkable impact on my life and have been the best

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– *Kellie Watt, regional manager for Human Resources in Australia, Japan, and Korea*

changes and enhancements I have made. Self-improvement definitely is a conscious day-to-day commitment and a life-long journey. I have noticed that I am more focused, have more energy and awareness, and am less tired (yes, getting up earlier actually helps you feel less tired). I have found that if I'm taking care of myself, I have more to offer to others. This is not only important in my personal life, but also in my role as an HR manager. Being mentally, physically, and spiritually healthy is extremely important to me, so I can help others, which is what I am passionate about.

What advice would I share?

If there is any advice I could give, it would be to encourage you to take a step back and look at your current habits, struggles, and areas where you think you could improve. It doesn't need to be a huge change, just small steps to start with. It is also important to be kind to yourself, as some days will be harder than others. You will feel better (trust me) and your family and friends may also benefit from it.

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What's on your mind?

Do you have a life philosophy or personal strategies for well-being or happiness that you want to share?

We want to hear about it! Send it to Angiogram@CookMedical.com.