

Ep #138: 6 Ways to Improve Your Well-Being



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Dr. Sherry Price

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You are listening to the *Drink Less Lifestyle* podcast with Dr. Sherry Price, episode number 138.

Welcome to *Drink Less Lifestyle*, a podcast for successful women who want to change their relationship with alcohol. If you want to drink less, feel healthier and start loving life again you're in the right place. Please remember that the information in this podcast does not constitute medical advice. Now, here's your host, Dr. Sherry Price.

Welcome my beautiful friend and welcome to another episode of the *Drink Less Lifestyle* podcast. And today I want to share with you some of the things that I've been mulling over and working on in my own life and then get into the podcast episode. So I've been thinking about drinking less and living that as a lifestyle. And I have done that for years now. And I'm just amazed, sometimes I have to pinch myself about how overdrinking used to be just such the gunk I used to live in. And now that I'm over that and overcome that, it feels really truly amazing.

And I'm so excited to help you walk this journey of drinking less. And I know many of you who listen to this podcast, I know you want to moderate your drinking. And some of you have achieved that and that is amazing. And then some of you are still working on that and that is also amazing. Because what I've been mulling over a lot is that a lot of people, when they drink less, they feel this void come into their life. I'm drinking less, I should be happy about it but I'm not feeling overly happy about it and something feels like it's missing from my life.

And we talk about that a lot in EpicYOU is how grieve when you're kind of leaving one identity and birthing a new identity. And so that's one aspect that goes into this. But I think a deeper aspect is when we age gracefully, of course, and when we age and when we realize that our bodies in our 40s and upwards cannot take what we have done to it in our 20s. I know our bodies can tolerate a lot in our 20s. We can hit it hard and really recuperate really in quick time, recovery is not an issue.

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It's just like you're down a few hours or one night and then you just bounce right back. And the body can tolerate that when you're young. But then as you age and you keep pounding it with loads of gobs of ultra processed food or loads of gobs of alcohol, the body just has a lower tolerance. And as I'm cleaning up my diet a lot, I'm now wearing a glucose monitor. And if you follow me on Instagram you will see pictures there. And really even though I don't have diabetes, I'm really just wanting to understand how my body functions in this phase of my life.

I'm really getting clear on how our hormones change during midlife, perimenopause, menopause. And I'm so excited to share all that information that I'm learning inside of my IF45 program with the ladies who are in there. And really diving into what is wellness. I mean we are growing older and what a blessing that is. And as we are doing this we want to age like a fine wine. We want to really make sure that we are taking optimal care of our health and really into wellness.

And so what I want to do on this podcast is really share a lot of pearls of what it means to moderate your drinking, that we've been covering. But also bringing into this wellness piece that I think many of us want. I think COVID was very traumatic for a lot of us. I talked about that on the last episode and the episode before that. And we really learned what makes a human tick. I think we have a deeper understanding that connection is very meaningful.

And overall we really want to uplevel our sense of well-being. And as I'm hearing from many of you, my beloved listeners, many of you write in, how much you have struggled with alcohol and now you've cut that back. And now you are working on your food or your sugar intake or your refined carbohydrates and many of you are reaching out with where you're at in that journey and asking questions. And so I wanted to do more of a deep dive because I know so many of you are getting benefits really how well-being is defined in the literature and the aspects that go into well-being.

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Now, I alluded to this in last week's podcast when we were talking about self-control, self-efficacy and how that is a big piece of well-being. And I want to take this time in this podcast to really go into some of the other aspects of well-being because that's very important. Especially as you're cutting back in one area of your life, when we cut back in one area, that means we're focusing less on it.

We're losing focus on the drinking area. So therefore a lot of the times I'll hear in EpicYOU, "What should I be focusing on? Because I hear you say over and over again what we focus on expands. And if I'm just thinking about alcohol and I'm just thinking of how I'm going to control it and how I'm not going to allow it and when I am going to allow it. And it's all about the alcohol that actually increases my desire." And rightfully so, even the Chinese proverb says, what we resist persists.

And we also know that whatever the mind focuses on will expand, meaning our desire for it will expand. If we just keep perseverating on something or just keep ruminating about something, we make the problem bigger. We make our desire bigger. And that is counterproductive to where we want to go. So as we're drinking less, what a lot of the women I work with really want to know is how can I feel okay? How can I feel still rewarded?

How can I still feel satisfied when I feel like I'm removing something or taking away something from my life? And that something is not just anything. It's something that's brought them a lot of joy. It's brought them a lot of fun. It's brought them a lot of memories. And so we get attached to what alcohol has done for us in our lives and how awesome sometimes it has been. And how it's created connection for many of us. And so when we feel like we do less of it we're going to get less of those benefits.

Now, I just want to tell you that's what your mind is fearing. That's just a concept in the mind that it fears because if you actually go through with it and drink less, the actual experience of it for many, many, many majority of my clients will find that their life is actually better, that their connections are actually better. That they feel more content. That there's really not actually

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anything missing and it really wasn't as hard as they thought it was, not as hard as the mind made it up to be.

Now, so to ease the mind into saying, "Okay, we're going to be drinking less." And that's not a problem because the only time it really becomes a problem is for our mind. So we have a split mind, a mind that says, "Yes, I want to do this." And then a mind says, "Maybe tomorrow." And what helps a lot of women is saying, "Let's not focus on the drinking less, let's just make your life better. Let's focus on your wellness. Let's focus on your health. Let's focus on things that are actually really important to you, at your core value level."

So I want to go over the six core dimensions that really constitute well-being and this is data I found while researching this topic. And so I want to break down those six core dimensions or those six core areas.

So the first is, and this can be hard for a lot of people, is self-acceptance. Now, when people hear self-acceptance, it can mean different things to different people like, yeah, I accept myself. Yeah, I know who I am. Yeah, I am okay with myself. Can be one way we define self-acceptance but it goes much beyond that. It goes actually way beyond just that surface level of, yeah, I'm okay with myself or yeah, I accept myself.

So when we think about self-acceptance, taking that definition a bit further it talks about how self-acceptance is the acknowledgement and acceptance of multiple aspects of self, including good and bad qualities. I really want you to understand that. Self-acceptance means you are accepting, not necessarily loving, not necessarily liking, but accepting that you have good and bad qualities, every human does. All humans have good and bad qualities. And I think a lot of us can accept the good qualities when we're giving, we're loving, we're kind.

But I think self-acceptance can be difficult for people when they feel that they have bad qualities. And this was a reason why I used to drink. I didn't like the bad qualities that I had. I had an anger problem. I had high expectations of others, including my daughter and how she was going to

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behave when I disciplined her or when I interacted with her or how she should behave around school and homework. And so yes, I can accept the good qualities that I had but I had a hard time with self-acceptance of the bad qualities.

And even today I will notice my brain gets very judgmental about things, gets judgmental about the way things are going, gets judgmental about how long things take, how traffic flow is going, how people can't seem to do the things I want them to do, my brain gets very judgmental. And I know that that's not a positive quality of mine. I know I wouldn't put that in the good bucket.

And then there is the part of me that grew up in Christianity and Catholicism that said, "You're a bad Christian or just a bad person. You can't do these things. You can't have patience. You can't have all the fruits of the spirit when you were acting this way." So there was a part of me I wasn't willing to be accepting of. I just kind of rejected that part of me. And then self-acceptance is also positive feelings about one's past. That could be very difficult for people, positive feelings about one's past.

Because I think a lot of people can interpret that and think, oh, my gosh, I'm so happy x, y and z happened to me even though it was catastrophizing, even though it was terrible, even though it was tragic. I don't go around saying, "I love that I used to be addicted to alcohol." No, I'm not saying it's that kind of positive feeling about my past. It's more of an appreciation. It's more of an acknowledgement. It's like I used to be an over-drinker.

And because I can talk about it and because it no longer shames me and because it no longer causes me to want to stick my head in the sand, I can appreciate what I learned from that experience. I can appreciate that my old self used to really want that because it found so much relief and so much joy. And I didn't understand how to get that in my life without going to alcohol.

But now my new version of myself accepts that that happened in my life and how I can use that not just for my good and my learning but also to

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help other people on their journey to say, “Yeah, that was a phase of my life. I was doing things that I was just doing what I knew how to do and how to manage and how to survive.” It was kind of like saying I was just doing the best with what I knew. And once I learned better I wanted to do better.

And so once I learned that alcohol was really preventing me from the version of me that I wanted to be, when it was really causing me a lot more shame, a lot more disconnection with myself and really just taking away my drive to do better and to parent better and to be better. I was like, “I think this is really getting in the way of what I really want.” And so while I'm not saying, “Yay, I'm so glad that happened to me”, I am saying, “Wow, I am so glad I learned from that so that I can move on.”

And so I have self-acceptance about where I've been. I'm not regretting it anymore. I'm not shameful of it anymore. If it came up in any circle that I'm a part of I wouldn't deny that side of me or that part of me or that time period in my life. I have accepted that that has happened and I have accepted that I wanted to move on and that I found tools to break that pattern. And I've also accepted that I'm somebody who can moderate their drinking. Now, not everybody accepts that part of my story, some people want to judge me for that good and bad.

And for me I know what I want and I'm very clear about it. And I've designed a way where I can be that woman, I can be that person. And so to help you on your journey of self-acceptance one thing I have really learned through this process is that you need radical honesty, radical honesty with yourself. This is what I did. This is what happened. This is what I am now and this is where I want to go. Because I think that radical honesty piece I have seen transform so many women's lives.

And notice what I did there, ladies. It's like here is where I was, here's where I am and here's where I want to go. So it's not like you're saying, “I'm self-accepting and I'm just here and I'm not going to change and things aren't going to get better.” I'm not saying that at all because if you believe that you will make that true. Thoughts become things. And all things come

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from thoughts. So we've got to start with the mindset, we have to start with the thoughts because that's where it all generates from.

And the beautiful thing about this part is that you are painting a picture for where your brain is now. And for a lot of people they feel stuck, they feel stagnant, they feel like they're not getting anywhere. But notice that the painting continues to where the painting wants to go. And I'll tell you, that's so helpful for the brain because the brain does not want to stay stuck in pain. If the brain feels stuck in pain it will want to drink or want to escape in some other way.

So we create this beautiful painting so the brain can get out of its own way and not create more pain even though the brain may see it's temporary numbing, that'll be good for now. That's good enough. No, we want to give a true solution. And so as I'm going through these core areas I want you to really notice where you may resonate with one of these, where it's time for you to take action on one of these. Where it's time for you maybe even just to take a moment and dig a little deeper.

It's like, am I not self-accepting? Where am I turning my back on myself? Where am I not accepting myself because I'm still hiding? And this is why I love my EpicYOU program so much is because we are always looking at where are you on this journey of self-acceptance. As you go through the EpicYOU program you are learning, am I struggling in this area or not?

Okay, let's move on to core dimension number two and that is positive relations with others. So in this it's defined as warm, satisfying, trusting relationships with others. So this can be love. This could be connection. This could be concern and welfare for friends, family. And it's really where you have the capacity for strong empathy, strong affection and even intimacy.

Now, in these positive relationships there is a give and take. I hear women will say, "Yes, I feel very loving but I'm always the one giving. I'm always the one doing. I'm always the one sacrificing. I'm always the one feeling like I'm giving 99%, maybe I get back 1%." But we want more balanced

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relationships with that. And sometimes it comes down to the person. It comes down to the individual because maybe they are not good at receiving.

Maybe they're good at giving, giving, giving, but how does that person feel when they receive love, when they receive kindness, when they receive a gift? Because as humans we are meant to give and receive. And I see this can be hard for some people. I work with a lot of teachers and healthcare workers and people who are strong givers. They love being involved. They love being connected with others. But when they go to these connection groups they're always giving, giving, giving. And while that's not a bad thing at all we just want to make sure that they're filling their cup up.

How are they receiving love? How are they receiving others' kindness, are they able to do that? And if not, what's blocking that? And once we find out what's blocking that we can just remove it. We can just eliminate it entirely because oftentimes it's just a self-limiting belief. And I love breaking through those for women especially when they feel like they've been carrying the burden for so long and they just really want relief.

Now, there are some relationships where the person on the other end may not want to give or maybe only have small capacity for giving for whatever reason. Maybe it's something that they went through in their childhood or adulthood. Maybe they're just built differently or whatever is going on for them. We have to also understand that component too because being in a relationship with somebody who can't give will be very tiring and you'll feel burnt out. And I am a wholehearted believer that not all relationships are meant to last.

Some relations come into our lives for a season and for a reason and they were valuable in that season or for that reason. But then their time has come due where it's time to let them go because if they are not serving us and they are just taking away from our bountiful beautiful life, maybe we should really evaluate that relationship again. And maybe there's a way to make it work and also be open to maybe there's not and that's okay. It

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doesn't mean you're wrong for choosing the relationship or being in the relationship or the other person is wrong.

We don't have to make anybody a villain and I oftentimes feel that that really takes the pressure off of people because they could feel bad for saying, "I'm giving up or this is no longer working and I can't seem to understand how to make it work." But I will tell you that humans are designed for love and connection, 100%. And that is on us to find these warm, satisfying, trusting relationships. That is on us to find those people, cultivate those relationships because that is a basic human biological and psychological need.

And that is why I love EpicYOU and the women in that program so much. We have a deep connection. It's such a deep connection that I consider it like a fellowship, like a sisterhood. We've got each other's back. We are there for one another. When we're going through tough times we lift each other up. And when we're going through celebrations we're celebrating for others. We are women with great concern for one another and that to me is so special. I adore the ladies inside of EpicYOU. We've really gotten to know each other, our families, what makes us all tick, where we like to shop, all the fun things.

And right now in the month of May we're celebrating each other's birthdays that are in this month. It is just so delightful to do life with these women. And so where does your love and your connection come from? Where do you feel seen, heard and not only that, understood and where you can talk about sensitive things and feel held and supported?

Alright, moving on to the third area of well-being and that is autonomy. Let me tell you, this one is a big one for me. Self-determination and independence, boy do I love my independence. That autonomy is the ability to resist social pressures, to think and act in particular ways. Now, that wasn't always how I would define myself. I would always go with the flow. But really when you're autonomous, you're able to act and resist social pressures, that you can act in a particular way and regulate your behavior from within, not needing the approval of others.

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And evaluate yourself based on your own personal standards. So this piece goes right along with what I talked about on last week's episode, which was that self-efficacy theory that we were talking about. And really it's how you evaluate yourself based on your own personal standards or your own values. And I know this is where most of the shame comes from if you have shame or embarrassment around drinking which many people who overdrink do.

We get so hard on ourselves and even though it may not be a ton of alcohol or maybe it's not even every night of the week, maybe it's a random binge here or there or it's on weekends or maybe it's just one or two drinks over. We get really hard on ourselves because we're evaluating ourselves based on our personal standards and we don't measure up to that. We let ourselves down.

And I will hear this a lot from women who are very social and they go out with others and then they don't pay attention to how much they're drinking. And all of a sudden they find that they drank way more than they wanted to and it really bothers them as it did bother me. And so really leveling up in that autonomy and how to have your own back whether you're at home alone, whether you're out with friends. But really to say, "Hey, I am here and I'm going to honor my word. And if I say I'm not drinking, I'm not drinking. And if I tell myself I'm going to have one and be done, that's what I do."

And I will tell you, when you step into your own autonomous self, it feels delightful because you are self-accepting, going back to core principle number one, you're accepting of what you want. And with this principle you are not being pressured into doing something just because others around you are doing it. Now, we have autonomy a lot of us in other areas, like we won't smoke when other people smoke. Or we don't do heroin when other people are doing heroin. We have that autonomy in many ways but learning that around alcohol or for many women they want to learn this around food or sugar or desserts.

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And learning this skill set really, really ramps up how you feel about yourself or your well-being. This one is so key.

Alright, the next one I find is pretty easy and I feel a lot of people in the overdrinking space have done this one and that is environmental mastery. So you master your environment. It's the ability to control the complex array of external activities and leverage opportunities. And the capacity to choose or create context that suits your needs and your values.

And so I find many women who I'm working with inside of EpicYOU, they've done this. They said, "I'm no longer allowing alcohol in the house", and they don't allow it in. Or if they do bring it in, they bring it in, in very small quantities. They don't buy a big bottle of wine. They buy a small bottle of wine or a half sized bottle of wine or even the single servings. Or this may look like I know when I'm out with friends, I'm going to alternate with starting with water. I'm going to have that first. That's always what I order first. I make sure I have a whole glass of water before I start drinking.

And then between each drink I make sure I drink a whole glass of water. So they're designing their environment or they don't choose to go out with certain friends on certain times or certain parts of the year. And so that's also controlling their environment. Or what restaurants they will go to or won't go to depending on how strong or weak they feel around alcohol. So I think a lot of times we've become really savvy on how to master our environment thinking that that will solely change the habit.

And oftentimes what I find, it's a good step in the right direction but it's not the only thing that's needed to change the overdrinking habit. And so when I say that a lot of women are relieved. They're like. "Good, because I thought I was failing. I thought that was all you needed to do." And it's not. It's part of it but it's not the only thing. But I even look at environmental mastery when it comes to food and what I keep in my pantry and what I don't keep in my pantry.

I also liken it to how I like to run my life in a very smooth, less decision making kind of way. So I don't like a lot of clutter in my closet. I don't like a

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lot of clutter in my house. I really like to be tidy. It just allows me to have more space and more peace in my life. I used to be this person who had post-it notes everywhere. And then I was like, wait, I felt overwhelmed by all the different colors of post-it notes and where all the post-it notes were. So I have one master to-do list and if it's not on there, it just doesn't get done.

I really do better in a simplified manner and just having systems in place that make things very easy for me really decreases that mental fatigue or that decision fatigue. And I have to say I really give myself an A++++ in this category. And if the women from the retreat are listening, they know when they came over to my house. I really live this standard out. And because I've mastered this so well in my life, I've created modules inside of EpicYOU on how to reduce emotional clutter, how to reduce mental clutter, how to reduce your physical clutter.

You follow that workbook and you will have the systems down in place that I institute in my life. I really enjoy living a drama free life, so less clutter and chaos in my life really goes a long way.

Alright, so number five is all about your purpose in life. This is so good. I love this one. It's your significance. What brings you significance in life. And how this is defined is the possession of goals, where are you at in terms of goal setting and goal achieving? And what's your sense of direction? What pulls you? What's your rudder? What are you guiding that boat towards, where's the rudder going? And it's that inset feeling that there is meaning to the present, there's meaning to the past, and there's meaning for the future.

And I really want to emphasize that last part because I work with women and I'll hear, "I had such meaning and purpose in my life when my kids needed me when they were small. And now that they're graduating or moving or moving out of the house or already out of the house, I don't feel meaning and the purpose anymore." And sure enough, their drinking starts to increase because they want to numb that feeling of what is my purpose.

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So I meet women in times of transition and they are looking for, help me because if I don't feel that I have purpose in my present or purpose for my future I'm worried I'm going to be so bored that I'm just going to want to drink more or I am so bored and that's what's happening. I'm just drinking the hours away. And it's not how I want to be spending my life.

And since, over the years of helping women I've seen this be a big barrier for them to get over in terms of drinking less. If they just drink less and don't find purpose, they're going to be pulled back to the bottle. They're going to be pulled back to drinking because they really haven't fulfilled this part of their need, their well-being. And so that's why I created a whole module on finding and living your purpose within EpicYOU.

Because we are all made for a purpose. We are all put on this Earth for a purpose and the purpose doesn't need to stay the same. My purpose now is way different than what I felt my purpose was in my 20s. I would even joke when my daughter was born, I said, "Okay, your number one, keep them alive and make sure they don't get killed, just basically keep them alive and fed." I would just say, "If my daughter makes it to her first year birthday I did something good."

Because those years were hard, they were taxing. They needed everything from you. Your kids need everything from you in that first year of life. But now she needs much less of me and I'm so thankful for that. I'm raising an independent adult. And so of course my purpose is going to shift over time. And for a lot of women I see that we want to be women being in service to others. That's where I am for my purpose right now. I want to be in service to others. I want to help women see that they don't need alcohol and that they actually have better lives with much less of it.

Whether they want to give it up completely or not is totally irrelevant. That'll be part of the goal, if they want to give it up, great, we'll get there. If they don't want to give it up and they want to learn to moderate, we'll get there too. But regardless of what goal they choose, it's how are they going to have a life that they love even more than the life that they are walking away from.

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And so I have a clearly defined purpose by going through the process that I created inside of EpicYOU. And so I walk you through that same process as well because this is a key need, key need for well-being. Because the last thing we want to do is just numb out of this amazing life. We want it to blossom and take on more life and give more life to others, but we can't do that if we keep drowning ourselves with alcohol.

We can't do that if we keep drowning ourselves with sugar and ultra processed food because it makes us crazy. It gives us anxiety, it gives us hangxiety, it gives us emotional roller-coasters, we're up, we're down, we're happy, we're crying, we're crazy. It's just not good for our psyche. Alcohol in large amounts is not good for our brain. Sugar and ultra processed food in large quantities, also not good for our brain and our body and we don't feel our best and we know that.

And so when I get to help women see this for themselves and embrace that life that they really truly want and they feel better and they feel more satisfied and they're connecting with their purpose. That's what I call epic. And that makes me on fire for them.

And then the last area of well-being is personal growth. And I just want you to sit back and think about this for a minute. When we aren't growing, when we aren't trying new things, when we're just going through the day same old, same old with no new challenges, nothing different, same foods, no diversity, no change, doesn't it get kind of old and boring?

I mean there were some days we'd wake up curing COVID in the early part of COVID where I'd be like, "I feel like it's groundhog day, what day is it? Is it Tuesday? Is it Sunday?" I don't know because I don't leave the house much. And there was this sense of like, oh, my gosh, how much longer are we in this? And I think we all felt that on some level because of ways what we expected to be wasn't happening. We had to pivot. We had to adapt.

And so for personal growth we need those feelings of continued development and that sense that you are growing and expanding, you are open to new experiences. You see potential in an area. You see

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improvement in yourself and in an area. And you're not just doing the same behavior that you don't want to be doing over and over and over again. And so personal growth is really getting that change that reflects greater self-knowledge and that you're more efficacious in your life, you're more effective.

And so for you, what does personal growth look like for you? What are your goals? What are you striving for? What do you want next in your life? I just celebrated a birthday this month. And I've already set out my goals for this year. I love personal growth. I want to continue to challenge myself. I want to continue to experience new things that I haven't tried yet that I maybe haven't been exposed to or haven't had interest up until now. For me, I am not interested in a stagnating life, in a life where I'm not growing, I'm not experiencing new things and I want to expand my knowledge in many different areas.

Right now, I am consumed with how food is medicine and how it affects our biology and how it affects our hormones and how I am learning to eat in a way that's fueling my energy, it's fueling my vitality and it's making me stronger and I'm burning fat. Nutrition was not an area that I have been exposed to in the past, not in pharmacy school because they always talk about pills and how pills can help and how a pill can cure all types of ailments. Yes, we talked about lifestyle modification but not into the level and the detail.

We talked about hormones, and how things that we eat can affect our cortisol, can increase or shut off melatonin and how all of that disrupts our normal circadian rhythm and our normal patterns of operating. That, quite frankly, set us up for grumpiness and anxiety and not to be operating as our best selves. And so as I'm learning all this great content and all this great information, I love sharing it with others in my community because personal growth is a value for me, it's a core value for me.

And I also want to hang around with others who that's a personal core value for themselves as well. So we can grow together. So we can bless each other with this great information. So we can cheer each other on. So

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we can learn together. Because the best part about knowing this list of these core values is to see how one can influence the other and how I can use my personal growth to also create positive relationships with others, to create connection, to create bonding opportunities and love with others.

And then how that ties into my purpose in life and how I'm learning to accept myself and where I am good and where I'm not so good because I don't like the word 'bad', not all the time. And even my good qualities can turn into bad qualities. So learning where that fine balance is for me, with the good qualities, with the bad qualities, with the not so good qualities. And knowing I have the opportunity to do that with other like-minded individuals is such a blessing in my life.

So as you hear these six core dimensions of well-being, I encourage you to look at one area that really stands out for you, that when you're listening to the information in this podcast that really resonates with you and dive a little deeper in that area. Look at how can I embrace that area a bit more? What questions do I need to be asking myself? What will help me make progress in that area? Because when I do I get more well-being on the other side. I get more satisfaction. I don't have to rely on alcohol or food to bring me that, where I can just get that for myself.

And if you want help in any of these areas I'd be happy to help you. I'd be honored to help you. It's a joy helping women identify these core areas so that they can live a life of well-being and well meaning. Because as that song goes, sometimes we all just need a little help from our friends. Alright, my friends, it's a delight to be with you. I love you and I will see you next week.

If you want to change your relationship with alcohol and with yourself then come check out EpicYOU. It's where you get individualized help mastering the tools so you And become a woman who And take it or leave it and be in control around alcohol in any situation. EpicYOU is the place for women who want to be healthy, confident and empowered to accomplish their goals and live their best life. Come join us over at epicyou.com/epicyou. That's epicyou.com/ E-P-I-C-Y-O-U. I can't wait to see you there.

[Drink Less Lifestyle](#) with Dr. Sherry Price