

# New Year's Gift 2021

*Because we could all use some gifts,  
health and happiness right about now*



ilona Varo is a Hungarian born psychotherapist practicing in Los Angeles. Her background in the beauty and entertainment industry, as well as the healing arts, informs her unique psychological approach.

ilona's practice focuses on women's issues which arise from adolescence through adulthood. She focuses on topics involving body image, disordered eating, self-hatred, self-sabotaging behaviors, anxiety, depression, adjustment disorders, trauma and more.

ilona is trained in EMDR and works with somatic modalities to help clients create peace and calm in their bodies. A connection and awareness to the mind-body is crucial in healing and transformation. Mind-Body awareness improves resiliency, stress management, healthy self-regulation, appropriate coping skills, joyful relationships, etc. It brings attention to the somatic experiences of mental health issues.

A lot of mental health behaviors are a result of individuals being detached from their bodies, at war with themselves, storing trauma, and the struggle to rationalize our biological responses. "It's not always logical, it's sometimes biological."

ilona helps provide clients with practical tools so that they can improve their awareness of behaviors/ thoughts/reactions which bring them distress. Practical tools and collaborative practices ensure that clients can learn to cope in healthier and more effective ways.

ilona is truly passionate about women's health, resiliency, and teaching effective/practical coping skills. She believes everyone is worthy of healing, and that it is possible to find peace in our mind/body experiences.

# Rituals For Daily Health & Happiness

## Step 1

### **Define “The Essence of Health” for you**

– make it tangible and define what makes health and happiness important and a priority for you.

*Ex. I would like to feel Peace, Calm, Strength, Focus, Energy, Joy, Connection, and Confidence on a daily basis. If I could cultivate these feelings regularly and with ease on the daily, then I could take different action and create different outcomes in my life. It's important for me to work on my emotional resiliency and daily habits. I am committed to creating change in various areas of my life and to healing parts of myself. I desire optimal health and happiness.*

## Step 2

### **Pick 1 Practice from the below list**

– implement daily for minimum a week.



1. Journaling – jot down thoughts, feelings, desires, goals, questions, judgments, whatever comes up for you in the here and now. This can be a simple list, rant, or narrative entry.
2. Walking – Get up and move, even (especially) if you don't feel like it. Make this movement mindful and connect to your body. Attune to your breath. Do whatever feels appropriate and supportive to your current physical health. Try to create a shift and improvement from your already routine way of walking.
3. Connection to the Body – do a body scan whenever convenient and check in with your sensations, thoughts and emotions. Label pleasant, unpleasant or neutral.
4. Mindful Breathing – follow along mindfully with your inhale and exhale patterns. See if you can alter or improve your breathing so that it is more pleasant to you in this moment.
5. Intuitive Eating – check in with your hunger/fullness cues prior to eating. Check in with cravings, thoughts, judgments that might come up in relation to food. Practice gentle compassion, support and acceptance with whatever may be present for you right now. Ask yourself what your healthy self needs!
6. Checking in with Emotions, Needs, Desires – Label what they are. Eliminate judgment, just acknowledge what is present here and now.
7. Write Down Goals – be sure to track your goals both short-term and long-term.
8. Set an Emotional Intention – decide and declare how you would like to feel this day. Remind yourself what your emotional goal is often throughout the day. Compare where you are versus where you would like to be with grace, support, and compassion.
9. Meditation – at some point in the day quiet your mind and connect to a higher state of peace or calm. Listen, be present, and release anything except for the present moment.
10. Forgiveness – practice moments of intentional forgiveness. Whether this applies to you, your younger self, or somebody in your life, gently practice releasing anything unpleasant that is present. Inhale Forgiveness and Exhale Suffering.

*Keep adding practices to your daily routine when you feel like your first practice is providing a benefit. The ultimate goal is to build up to practicing all of them.*

*All of these practices are designed to be nourishing, supportive, and cultivate wisdom/healing within.*

*As always, if something triggers past trauma, is chronically unpleasant, or dysregulates your nervous system, discontinue and seek outside support.*