



### The Pain of Urgent Needs

Have you ever spent days struggling with an urgent decision or need, bouncing around in the whirling currents of strong emotion, feeling devastated and exhausted – and then something changes and it's no longer a problem? Some of us have a tendency to rush into decisions. A relationship is faltering or the job isn't working out like we'd hoped and suddenly we feel a need to do something right now.

I find it interesting how often that sense of urgency arises. I believe it has more to do with the pace of our lives than the situation itself. The pace keeps quickening, so that we feel pulled by a rushing river of events. But our inner tempo has a different kind of flow. Our approach is more rich and meaningful when it has adequate time to fully ripen.

The practice for this is to consciously slow down. Instead of getting swept away by the illusion of urgency, try letting it just sit within you. Notice the feelings that are associated with it right here and now: does it make you angry, or sad, or frustrated? As you hang out with what is happening now, you may uncover layers of emotions and fears.

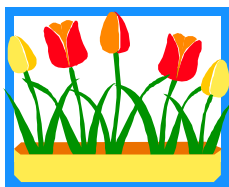
When you allow them time, solutions often spontaneously arise. As you sit with something, the next step becomes clear. You are more likely to feel strong and confident about it. When you rush a decision, it is hard to be sure. Even when the response is difficult, when you have that deep, inner knowing that this is being called for, you can do it with peace of mind. All this from slowing down.

If you find it difficult to slow down (as so many of us do), consider working with a partner. Find a family member, friend or coach who can remind you. By slowing down, you eliminate unnecessary pain—the pain that comes from forcing a move before it's ready. By slowing down, when you do move it is in alignment with your life. It feels right.

### Delighting the Senses

Spring is around the corner! There is a feeling of awakening in the air. Trees are budding; bright yellow daffodils are opening; new life is stirring. It is a time for personal growth and expansiveness. A tingling desire to manifest – to take what has been germinating inside of us through the winter and to let it take shape in the world.

The temptation is to get busy, to push forward in all directions at once. How, then, to let this flow naturally? Let your daily practices be both the anchor that keeps you grounded, and the playground that allows you to explore.



Create a daily structure that includes movement or activity – to keep you aligned, flexible and strong. Develop eating habits that allow you to enjoy the bounty of the earth with all its sensuous flavor, texture, juiciness and color. Experiment with daily awareness practices, such as meditation, journaling or just sitting. Give yourself the gift of being present in this moment.

For those of you who are local, Jeanne-Marie Manning and I are hosting a [workshop](#) on March 25 called [Delighting the Senses](#). It's happening in Santa Rosa and we will explore creating daily practices. Join us and delight *your* senses. Find out more about this at [www.kathynichols.net](http://www.kathynichols.net).

### Metabolism: fueling the fire

Metabolism refers to the way that the body uses energy (calories). A whopping 75% of our calories is used just to maintain basic body functions (breath, heart rate, waste removal, cell growth and repair, etc). So the best way to use up those calories you eat is to burn them with an increased metabolic rate. Since your metabolic rate operates 24 hours a day, its impact is significant!

The speed at which the body burns calories when at rest is called the Resting Metabolic Rate or RMR. Everyone's RMR is different and is partially determined by genetics. Some lucky people really do have a higher metabolic rate. Here are some ways that you can boost your RMR:

1. Regular exercise increases muscle, which burns more calories. High intensity exercise also increases your metabolic rate for several hours after you stop exercising.
2. Eat breakfast to wake up metabolism after a night's sleep.
3. Don't wait more than five hours between meals (except at night); skipping meals can slow your metabolism.
4. Get enough calories - when your calorie level is very low your body acts to conserve energy and drops your RMR.

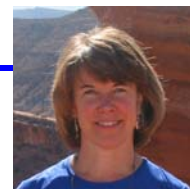
### Creating Health

*My new program, [Have Healthy Habits in 12 Weeks](#), is under way! This one-on-one work allows participants to create lives of health and wellbeing and to re-create a healthy relationship with their body. There is no need to deprive or push yourself. You do need to pay attention and listen. Learn more about this program on my website.*

### Kathy Nichols: Life Coach & Registered Dietitian

Health and Wellness Coaching and Nutrition Consulting. Discover the three core practices that contribute to your energy level and your state of well-being: Awareness, Eating to Sustain Energy, and Movement.

*Discover Wellness from the Inside Out!*



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Find copies of this and past newsletters on the website: [www.kathynichols.net](http://www.kathynichols.net)

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