

# The Shortcut Series: Wellness of the Body, Mind and Soul

# Who is Zelladu?

HI THERE! I'M STEPHANIE.

I AM A MASTER OF EXPERIENCE DESIGN.  
A STUDENT FOR LIFE. A WORLD TRAVELER.  
A LOVER OF PEOPLE. A THROWER OF PARTIES.


ONE NIGHT, ABOUT 20 YEARS AGO, I WAS ON THE  
PHONE WITH A FELLOW SERVER FROM THE OLIVE  
GARDEN. SHE AND I SPOKE ABOUT LIFE AND THE  
SECRET TO SUCCESS. AFTER ABOUT AN HOUR OF  
SPEAKING, WE LANDED ON THE MAGIC WORD OF  
BALANCE.

THE LIGHTBULB WENT ON AND THERE WAS NO  
TURNING BACK. NOW, MOST EVERYTHING I DO IN  
LIFE IS CENTERED ON BALANCING THE STRUGGLES,  
OPPORTUNITIES THAT I EXPERIENCE INTERNALLY  
AND EXTERNALLY. WE ALL HAVE THEM, BUT WHY  
NOT BE PROACTIVE IN HOW WE MANAGE THEM/

LET'S GET DOWN TO WELLNESS.

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# **THE WELLNESS CYCLE BODY, MIND AND SOUL**

# BALANCE

NOURISHING YOURSELF TO NOURISH YOUR GOALS

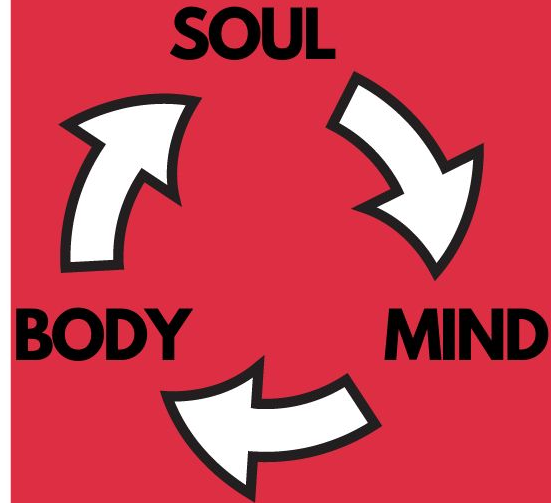
EVERYONE HAS THEIR OWN RECIPE TO SUCCESS WHEN IT COMES TO THE WELLNESS OF THEIR BODY, MIND AND SOUL. THE ELEMENT THAT IS CONSTANT BETWEEN US IS THAT WE ALL NEED DOSES OF EACH.

SOUL: WHERE WE RECHARGE OURSELVES, LETTING LOOSE, ENGAGING WITH OUR PASSIONS

MIND: WHERE WE SET OUR GOALS, OUR EXPECTATIONS AND OUR SELF-ESTEEM

BODY: WHAT WE USE TO ACCOMPLISH OUR GOALS. WE NEED TO KNOW HOW OUR BODIES FLOURISH, HOW TO TREAT THEM AND HOW TO PUT THEM TO THE BEST USE.

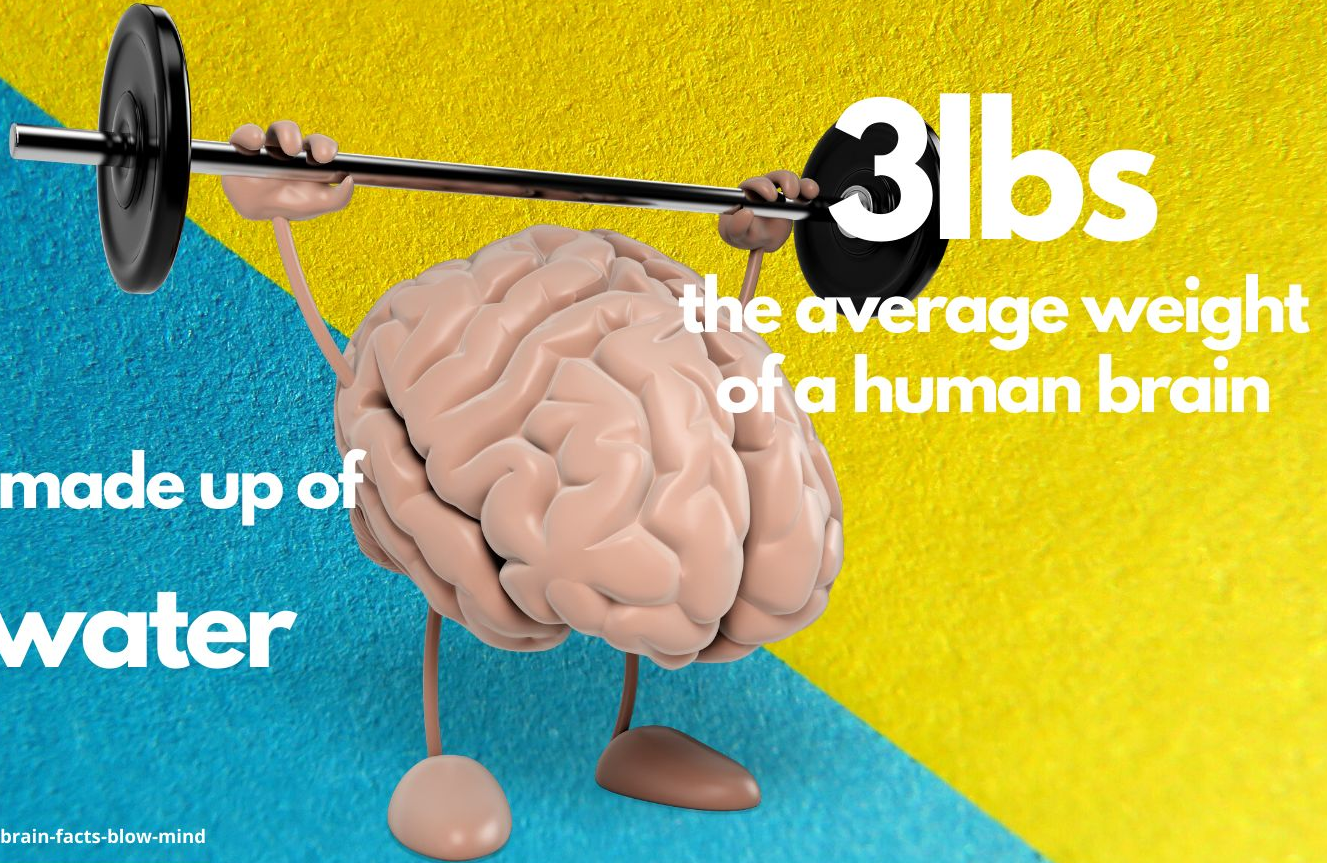
WE ONLY HAVE ONE. THERE IS ONLY ONE US.





# THE MIND

The brain is made up of  
**75% water**



<https://legacybox.com/blogs/analog/25-brain-facts-blow-mind>



THE MIND IS THE SET OF FACULTIES INCLUDING  
COGNITIVE ASPECTS SUCH AS CONSCIOUSNESS,  
IMAGINATION, PERCEPTION, THINKING, INTELLIGENCE,  
JUDGEMENT, LANGUAGE AND MEMORY, AS WELL AS  
NONCOGNITIVE ASPECTS SUCH AS EMOTION AND  
INSTINCT.

# A HEALTHY MIND

## CONSTRUCTIVE CRITICISM

THIS DAY AND AGE I'D BE SURPRISED TO HEAR ANYONE SAY THAT THEY DON'T HAVE A BUSY MIND.

THERE ARE SO MANY FACTORS THAT NATURALLY FIND A GEAR TO JUMP ON AND OFF WE GO ON OUR "MIND RIDES".

WE TALK TO OURSELVES MORE THAN WE TALK TO MANY OTHERS AND CAN DRIVE OURSELVES INTO INEFFICIENCY IF WE ALLOW OURSELVES TO CONTINUOUSLY GET DISTRACTED.

I CHALLENGE YOU TO VOCALIZE FOR PURPOSE.





# TIP #1

## FOR A HEALTHY MIND

1. RECORD AND REFLECT // SELF-ASSESSMENT  
BRAIN DUMPS ARE VERY HEALTHY. GETTING  
OUTSIDE OF YOUR OWN HEAD ALLOWS YOU TO LOOK  
INWARD IN A COMMITTED AND FINITE WAY.

ONCE THINGS ARE OUT, YOU CAN:

- PRIORITIZE - IF THERE IS TOO MUCH INSTEAD OF YOUR HEAD IT IS NEARLY IMPOSSIBLE TO MAKE PROGRESS, ELIMINATE THE THINGS YOU DON'T NEED TO THINK ABOUT EVER OR YET.
- RELEASE - LET GO OF THE ELEMENTS
- EMBRACE - DON'T BE CRITICAL OF YOUR REPORTING AS MUCH AS BEING CONSTRUCTIVE



# TIP #2

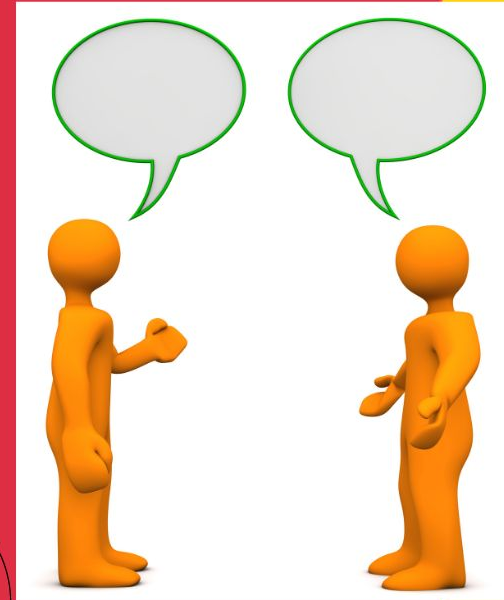
## FOR A HEALTHY MIND

2. TALK TO SOMEONE // PEER-ASSESSMENT  
TALK ABOUT HOW YOU ARE FEELING, WHAT IS BOTHERING YOU, WHAT ARE YOUR GOALS? LISTEN TO YOURSELF AND BE OPEN TO HEARING FROM OTHERS.

WHO TO TALK TO? SOME IDEAS...

- A PET: A ONE WAY STREET BUT A GREAT START
- A FAMILY MEMBER/FRIEND
- A "STRANGER"
- A PROFESSIONAL

DON'T GO IN EXPECTING ANSWERS RIGHT AWAY AND KNOW THAT YOU WILL NEED TO DISCOVER THE RIGHT MATCH FOR YOUR NEEDS. IF YOUR TALKING TO SOMEONE THAT DOESN'T VIBE WITH YOU, MOVE ON.



# TIP #3

## FOR A HEALTHY MIND

2. THE PRACTICE OF MINDFULNESS  
THANK YOU CHARLIE TO INTRODUCE ME TO "COME AS YOU ARE" BY EMILY NAGOSKI

MINDFULNESS IS THE PRACTICE OF BECOME AWARE OF YOUR THOUGHTS AND WORKING TO CONTROL THIS AWARENESS TO BE STEADY AND FOCUSED ON WHAT YOU WANT TO ACCOMPLISH AND ENJOY.

1. STEP 1: CLEAR YOUR MIND, HOLD YOUR MIND OPEN FOR AS LONG AS YOU CAN.....THEN THE THOUGHT CREEPS AND YOUR GOAL IS TO BECOME AWARE THAT YOU ARE HAVING A THOUGHT
2. STEP 2: RECOGNIZE YOUR THOUGHT HAS HAPPENED AND RESET
3. REPEAT AND OBTAIN AWARENESS, WORK TO GET GOOD AT IT, WHATEVER THAT MEANS TO YOU.



# CHALLENGE

WHAT DO YOU THINK?

THERE ARE MORE PEOPLE NOW  
THAT HAVE MENTAL HEALTH  
ISSUES THAN EVER BEFORE?

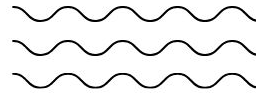
THERE ARE MORE OUTLETS FOR  
PEOPLE TO SAFELY SHARE THEIR  
MENTAL HEALTH CONDITION  
THAN EVER BEFORE?



# A GOODIE FOR YOU

THE EBB & FLOW TRACKER,

MAKE YOUR OWN COPY  
TODAY!



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[Read The Full Article by SoFi Learn Here](#)

Zelladu | Masterclass: Shortcuts\_ Wellness of the Body, Mind and Soul

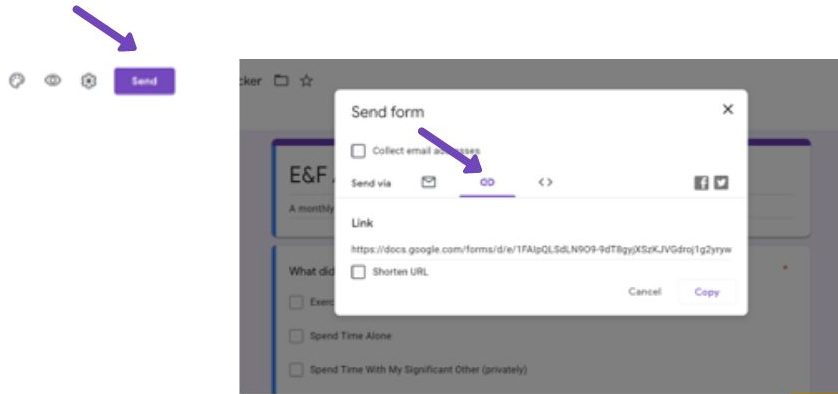
# A GOODIE FOR YOU

TO-DO'S & RECOMMENDATIONS:

- REFINE, RENAME



GO THROUGH THE QUIZ AND ADD IN ANYTHING THAT YOU NEED TO SEE TO MAKE IT WORK FOR YOU

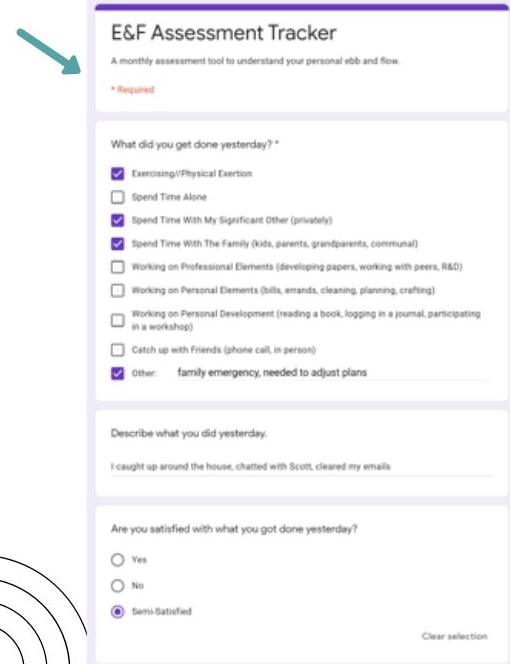
- EXPORT THE QUIZ TO "FORM"
- GET THE LINK

A screenshot of the 'E&F Assessment Tracker' form. The form title is 'E&F Assessment Tracker' with a subtitle 'A monthly assessment tool to understand your personal ebb and flow'. The first question is 'What did you get done yesterday?' with a list of checkboxes: 'Exercising/Physical Exertion', 'Spend Time Alone', 'Spend Time With My Significant Other (privately)', 'Spend Time With The Family (kids, parents, grandparents, communal)', 'Working on Professional Elements (developing papers, working with peers, R&D)', 'Working on Personal Elements (bills, errands, cleaning, planning, crafting)', 'Working on Personal Development (reading a book, logging in a journal, participating in a workshop)', 'Catch up with Friends (phone call, in person)', and 'Other...'. The second question is 'Describe what you did yesterday.' with a 'Long answer text' input field. The third question is 'Are you satisfied with what you got done yesterday?' with 'Yes' and 'No' radio buttons. A teal arrow points to the form title, another teal arrow points to the 'Describe what you did yesterday.' section, and a third teal arrow points to the 'Are you satisfied...' section. At the bottom, a browser tab is visible with the title 'Customizable\_E&F Assessment Tracker'.

# A GOODIE FOR YOU

## TO-DO'S & RECOMMENDATIONS:

- ADD IT TO YOUR CALENDAR WITH NOTIFICATION (NOT EARLY) BUT AT TIME, 
- PUT THE LINK INTO THE REMINDER AND CLICK AND GO! DO THIS FOR AT LEAST 3 MONTHS, REALLY TRY TO DO IT DAILY
- MISS A DAY? YOU CAN ALWAYS ADD IN MANUALLY IN YOUR RESPONSES 
- GO TO ZELLADU.COM TO READ YOUR ASSESSMENT



**E&F Assessment Tracker**  
A monthly assessment tool to understand your personal ebb and flow.

\* Required

What did you get done yesterday? \*

- Exercising/Physical Exertion
- Spend Time Alone
- Spend Time With My Significant Other (privately)
- Spend Time With The Family (kids, parents, grandparents, communal)
- Working on Professional Elements (developing papers, working with peers, R&D)
- Working on Personal Elements (bills, errands, cleaning, planning, crafting)
- Working on Personal Development (reading a book, logging in a journal, participating in a workshop)
- Catch up with Friends (phone call, in person)
- Other: family emergency, needed to adjust plans

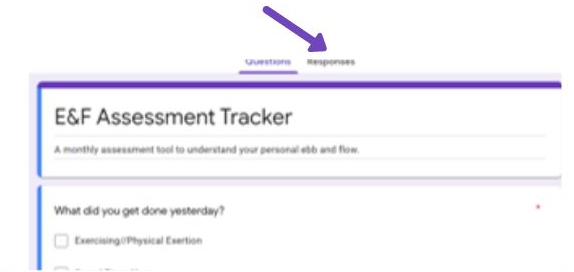
Describe what you did yesterday.

I caught up around the house, chatted with Scott, cleared my emails

Are you satisfied with what you got done yesterday?

- Yes
- No
- Semi-Satisfied

Clear selection



Questions **Responses**

**E&F Assessment Tracker**  
A monthly assessment tool to understand your personal ebb and flow.

What did you get done yesterday? \*

- Exercising/Physical Exertion





# THE BODY

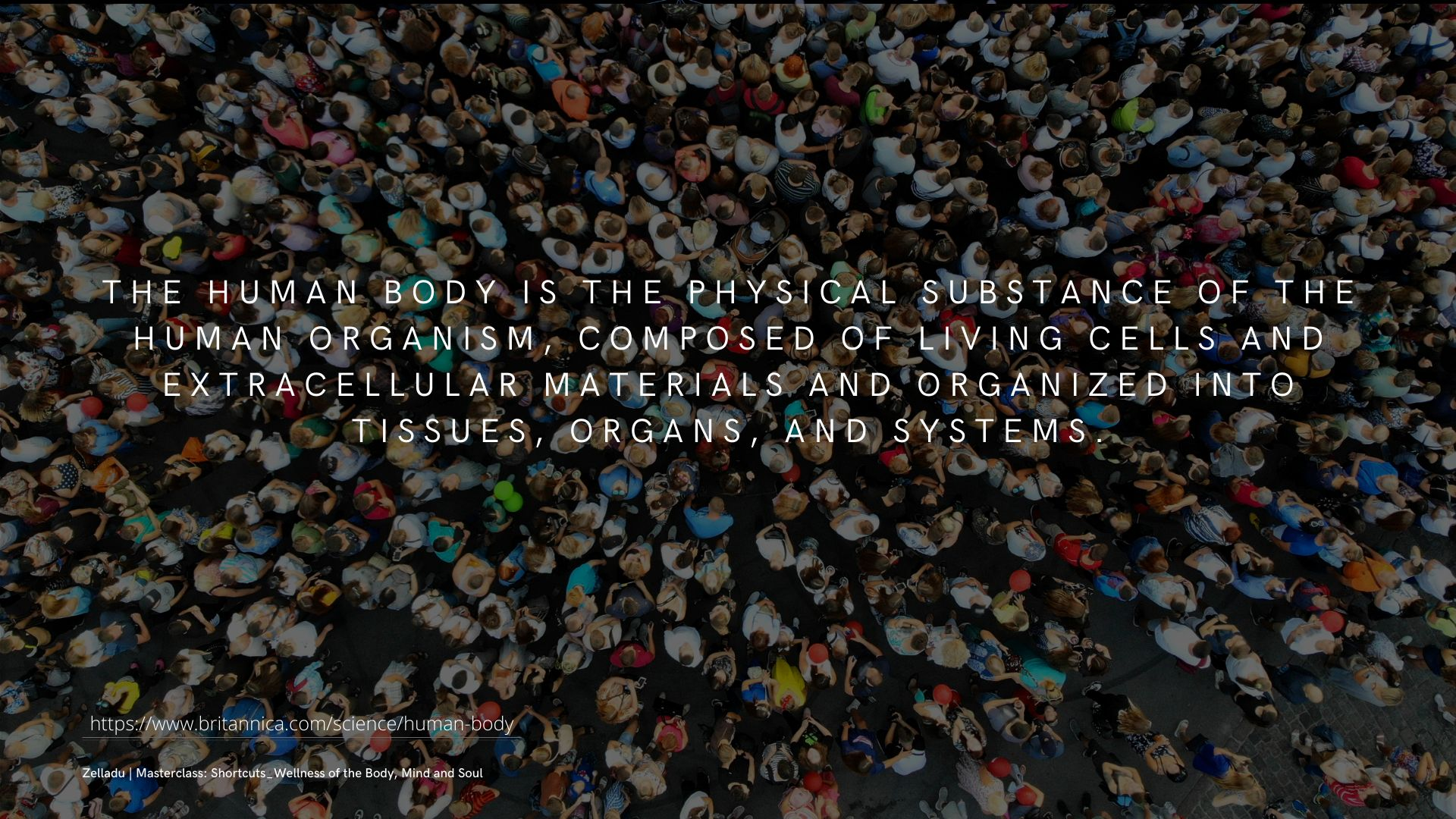


**Every second, your body produces 25 million new cells. That means in 15 seconds, you will have produced more cells than there are people in the United States.**



**Despite accounting for 2% of our body mass, the brain uses 20% of our oxygen and blood supply.**

<https://www.osgpc.com/amazing-facts-about-the-human-body/>

An aerial, high-angle photograph of a massive, dense crowd of people, likely at a festival or public event. The individuals are packed closely together, filling the entire frame. They are wearing a wide variety of colorful clothing, including t-shirts, tank tops, and shorts in shades of blue, red, yellow, and white. The overall scene is vibrant and chaotic. Overlaid on the center of the image is a block of white text in a clean, sans-serif font. In the bottom left corner, there is a URL and a page footer.

THE HUMAN BODY IS THE PHYSICAL SUBSTANCE OF THE  
HUMAN ORGANISM, COMPOSED OF LIVING CELLS AND  
EXTRACELLULAR MATERIALS AND ORGANIZED INTO  
TISSUES, ORGANS, AND SYSTEMS.

<https://www.britannica.com/science/human-body>

# A HEALTHY BODY

BALANCING WHAT GOES IN AND WHAT GOES OUT

OUR BODIES ARE A COMBINATION OF WHAT WE PUT IN AND WHAT WE PUT OUT, VERY LITERALLY MEANING THE FOOD & BEVERAGE THAT WE CONSUME AND THE WAY WE ARE KEEPING OURSELVES IN SHAPE.

EVERYONE HAS A DIFFERENT HEALTHY BUT WE ALL HAVE A HEALTHY.



# Tip #1

DO IT FOR YOU

KNOW WHAT WORKS FOR YOU. YOU NEED TO FIND A REGIME OF WHAT IS BEST PRACTICE FOR YOUR BODY WELLNESS.

WE HAVE TO MAINTAIN OURSELVES TO BEST ACHIEVE THE LARGER GOALS IN LIFE.

ASK HOW YOUR BODY WILL SUPPORT YOU!



# Maintenance

YOU WANT YOUR CAR TO RUN FOR A WHILE...WHAT DO YOU NEED TO DO TO KEEP IN TIP TOP SHAPE?



- Oil change
- New tires
- Spark plugs
- Cleaning
- Fluids
- Body work
- New brakes
- Waxing

# Maintenance

JUST LIKE THE CAR, YOU ARE THE IN IT FOR THE LONG HAUL. WHAT CAN YOU DO TO KEEP YOUR VEHICLE RUNNING?



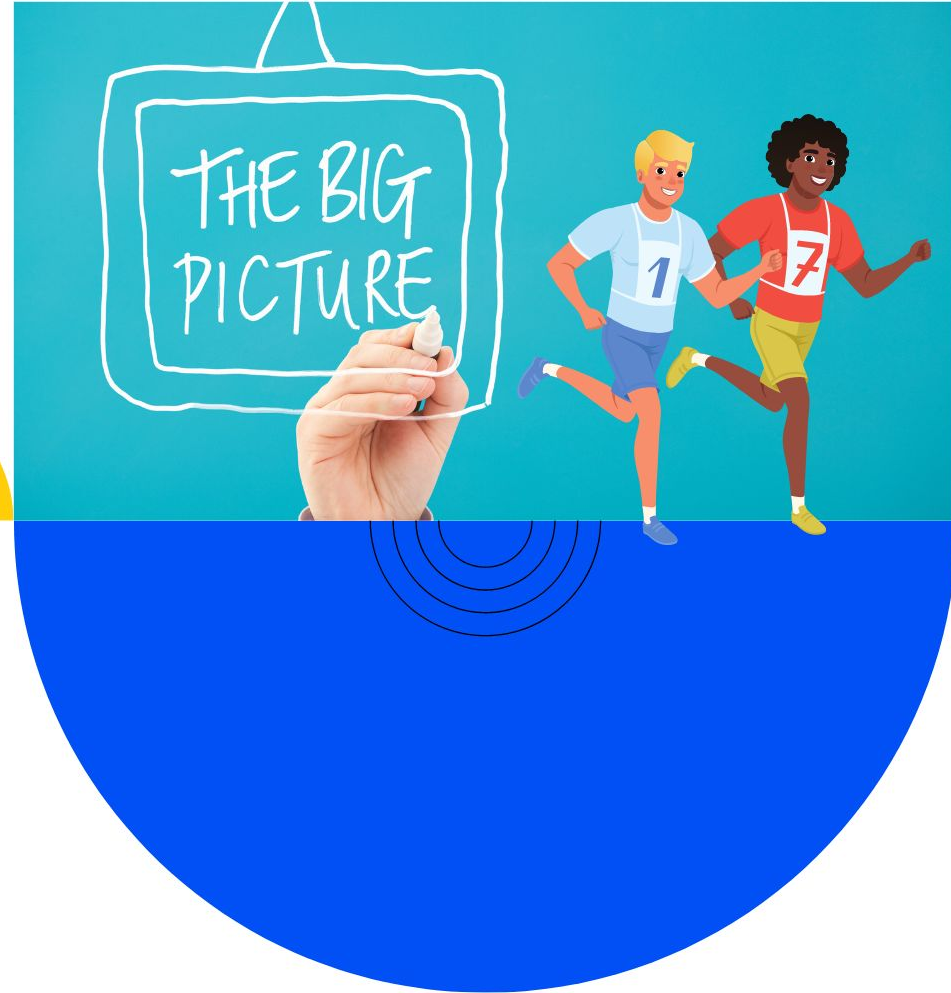
- Stretch
- Hydrate
- Organ Health (Heart, Lungs, Kidneys..)
- Muscle Health
- Body Balance
- Recovery and Reset
- Grooming
- Moisturize

# Tip #2

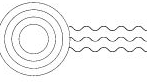
THINK ABOUT THE BIG PICTURE

DON'T FOCUS ON ACCELERATING BEFORE YOU ARE STANDING ON A GOOD FOUNDATION. ASSESS WHAT YOUR BODY HAS BEEN THROUGH AND KNOW THAT YOU COMPENSATE EVERY TIME WE ADJUST TO SOMETHING NEW.

STOP RACING TO THE SUPER IDEAL PERFECT HEALTH MOMENT.



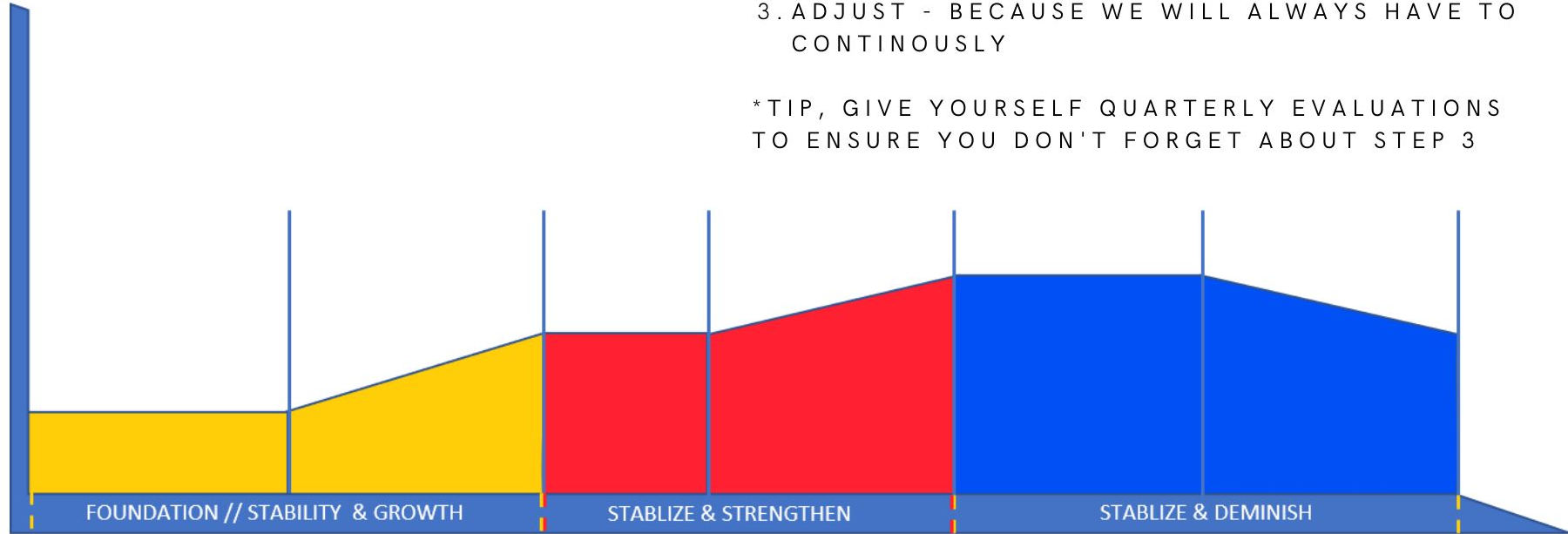
# The Long Run



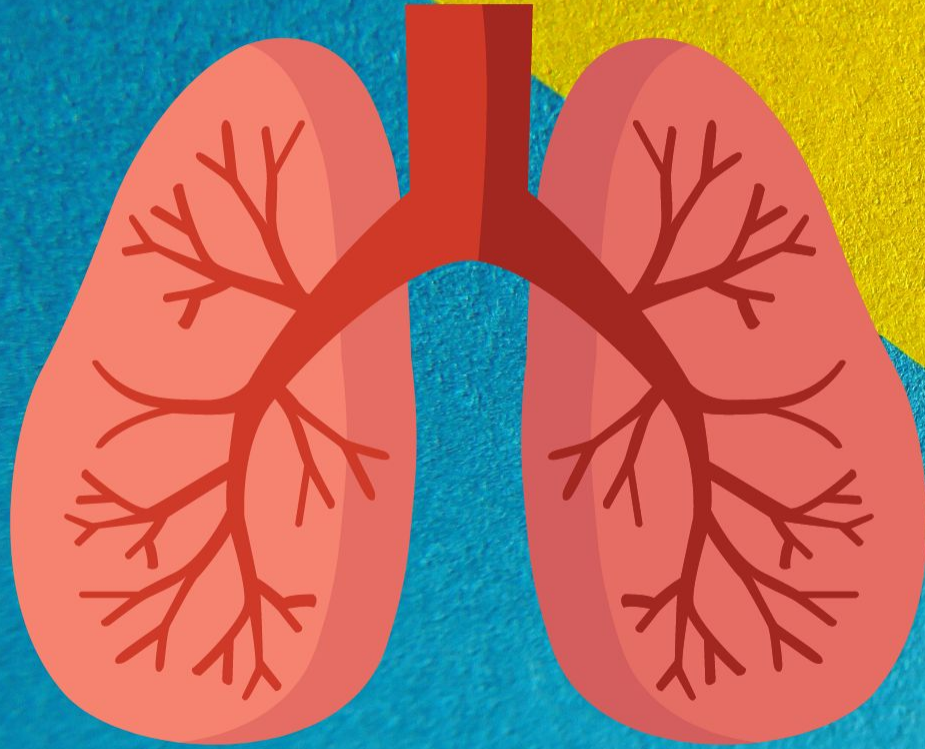
PREVENTIVE CARE IS WHERE IT IS AT

1. TRY SOMETHING OUT, START THE DISCOVERY OF WHAT WORKS FOR YOU
2. LEARN ABOUT WHAT WORKS FOR YOU
3. ADJUST - BECAUSE WE WILL ALWAYS HAVE TO CONTINUOUSLY

\*TIP, GIVE YOURSELF QUARTERLY EVALUATIONS TO ENSURE YOU DON'T FORGET ABOUT STEP 3







**SPOTLIGHT:** Your lungs provide oxygen and keep every other organ functioning by removing carbon dioxide from your body.

**Our lungs take in as much as 5000 gallons of air every 24 hours**

<https://resphealth.org/healthylungs/#:~:text=You%20may%20not%20think%20about,lungs%20and%20cause%20respiratory%20problems.>

# CHALLENGE

FIND 45 MINUTES A WEEK JUST  
FOR YOU  
TO FOCUS ON ONE ASPECT OF  
YOUR BODY HEALTH

STRETCHING

PULLING HEALTHY  
RECIPES

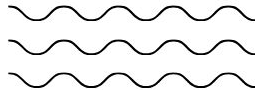
WALKING

MAKING MEALS  
FOR THE WEEK

BREATHING

A LONG EPSOM SALT  
BATH WITH A  
MOISTURISING  
FINISH

A FITNESS  
CLASS





# THE SOUL

**In his discussions of rational psychology Immanuel Kant (1724–1804) identified the soul as the "I" in the strictest sense and that the existence of inner experience can neither be proved nor disproved**

<https://www.speakingtree.in/allslides/shocking-facts-about-soul-no-one-knows/206780/>



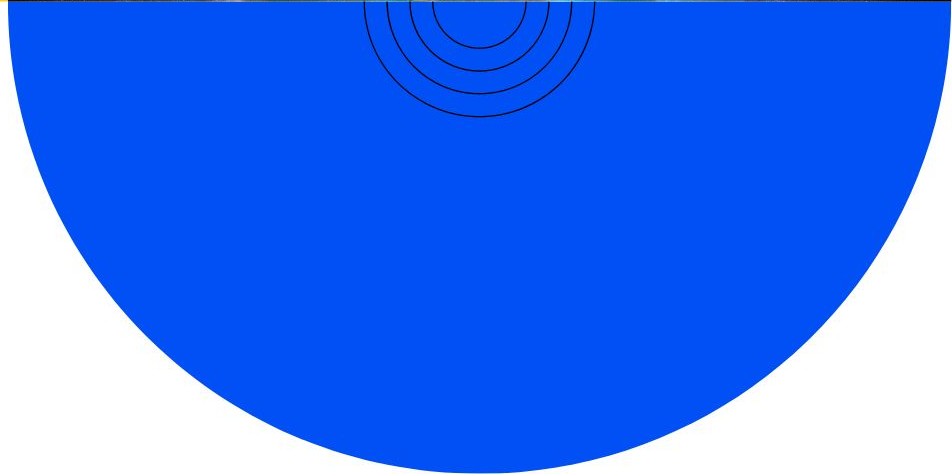
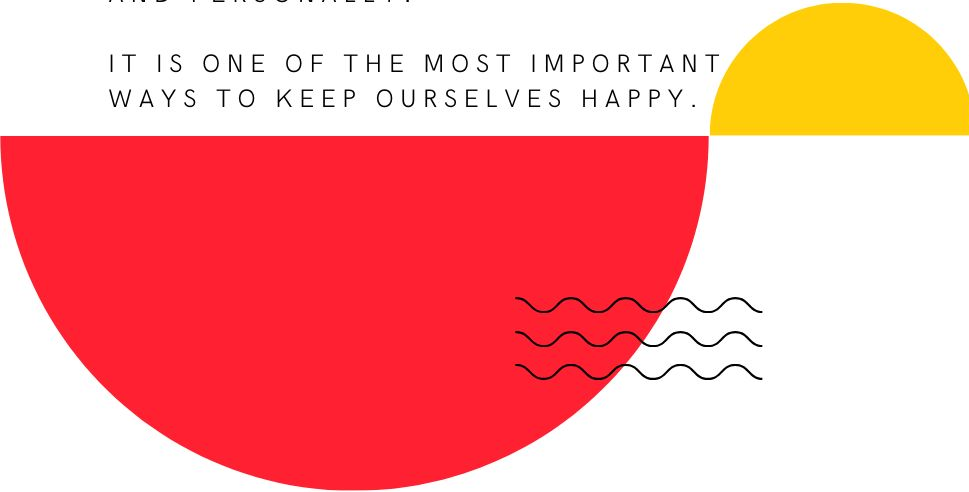
# A HEALTHY SOUL

REVITALIZE YOURSELF BY DOING WHAT YOU LOVE

IT'S TOUGH TO PUT YOUR FINGER ON WHAT WE CALL THE SOUL. I SOMETIMES IMAGINE THAT THE SOUL IS WHAT REMAINS AFTER WE LEAVE A ROOM. THE ESSENCE OF YOU. YOUR ENERGY.

EVERY SOUL NEEDS NOURISHMENT, UNIQUELY AND PERSONALLY.

IT IS ONE OF THE MOST IMPORTANT WAYS TO KEEP OURSELVES HAPPY.



IN MANY RELIGIOUS, PHILOSOPHICAL, AND MYTHOLOGICAL TRADITIONS, THE SOUL IS THE INCORPOREAL ESSENCE OF A LIVING BEING. DEPENDING ON THE PHILOSOPHICAL SYSTEM, A SOUL CAN EITHER BE MORTAL OR IMMORTAL.

<https://en.wikipedia.org/wiki/Soul>

# Tip #1

RECOGNIZE THE THINGS YOU LIKE TO DO

WE ALL HAVE OF OWN PREFERENCES.  
SOME OF US ARE DARE DEVILS, SOME ARE  
SOCIAL BUTTERFLIES, AND OTHER OF US  
PREFER STILLNESS AND SILENCE.

WHATEVER YOUR PASSION, IT IS  
IMPORTANT TO INFUSE YOURSELF WITH  
TIME DEDICATED TO ENJOYING THEM.

NOT SURE WHERE TO START?



# Tip #1

RECOGNIZE THE THINGS YOU LIKE TO DO

CHECK OUT THE [NOURISHING THE SOUL CHECKLIST](#) TO GET STARTED.

MAKE SURE YOU DEDICATE TIME EVERY MONTH TO DOING AT LEAST ONE SOUL-FILLED THING, AND MAKE SURE YOU APPRECIATE IT WHEN YOU DO!

What items on this list make you smile when you think about them? These are the items that likely nourish your soul! Make sure to take time (at least once a month) to energize yourself with a dose of something you love.

<input type="checkbox"/> Singing	<input type="checkbox"/> Painting	<input type="checkbox"/> Cooking
<input type="checkbox"/> Dancing	<input type="checkbox"/> Knitting	<input type="checkbox"/> Playing Board Games
<input type="checkbox"/> Eating Delicious Food	<input type="checkbox"/> Reading a Book	<input type="checkbox"/> Fix Things
<input type="checkbox"/> Meeting up with friends	<input type="checkbox"/> Writing	<input type="checkbox"/> Build Things
<input type="checkbox"/> Hosting parties	<input type="checkbox"/> Cleaning	<input type="checkbox"/> Decorate
<input type="checkbox"/> Talking with family	<input type="checkbox"/> Learning	<input type="checkbox"/> Organize/Rearrange
<input type="checkbox"/> Making new friends	<input type="checkbox"/> Meditating	<input type="checkbox"/> Design
<input type="checkbox"/> Baking	<input type="checkbox"/> Volunteering	<input type="checkbox"/> Drive
<input type="checkbox"/> Travel	<input type="checkbox"/> Playing Video Games	<input type="checkbox"/> Exercise
<input type="checkbox"/> Play with Animals	<input type="checkbox"/> Donate Time or Money	<input type="checkbox"/> Be a Mentor
<input type="checkbox"/> Listen to a Favorite Album	<input type="checkbox"/> Watch a Favorite Movie	<input type="checkbox"/> Community Service



# Tip #2

## NOURISH YOURSELF

DON'T DENY YOURSELF ACCESS TO THE THINGS THAT INFUSE YOU. WE OFTEN PUT THE THINGS THAT WOULD BENEFIT US GREATLY TO THE BOTTOM OF THE PILE BECAUSE WE DON'T PRIORITIZE OURSELVES.

THIS IS THE MARATHON AND WHEN IT COMES TO THE SOUL, IT IS BEST TO INTEGRATE BEST PRACTICES STRATEGICALLY.

KEEP IN MIND THAT NOURISHMENT MIGHT REQUIRE SMART CHOICES OVER WILD CHOICES (I LIKE A MIXTURE OF BOTH!)



# Tip #3

## MULTI-TASK

INTEGRATE YOUR SOULFILLED PASSIONS INTO THE MUNDANE THINGS YOU MAY NOT ENJOY DOING.

ON A LONG CAR RIDE?  
STOP TO WATCH THE SUNSET!

CLEANING THE TOILET?  
PUT ON SOME TUNES AND WHISTLE WHILE YOU WORK!

STUCK IN TRAFFIC?  
PUT ON A MINDFULNESS TRACK AND CHECK IN WITH YOURSELF.

In every job that  
must be done,  
There is an element of  
**FUN!**

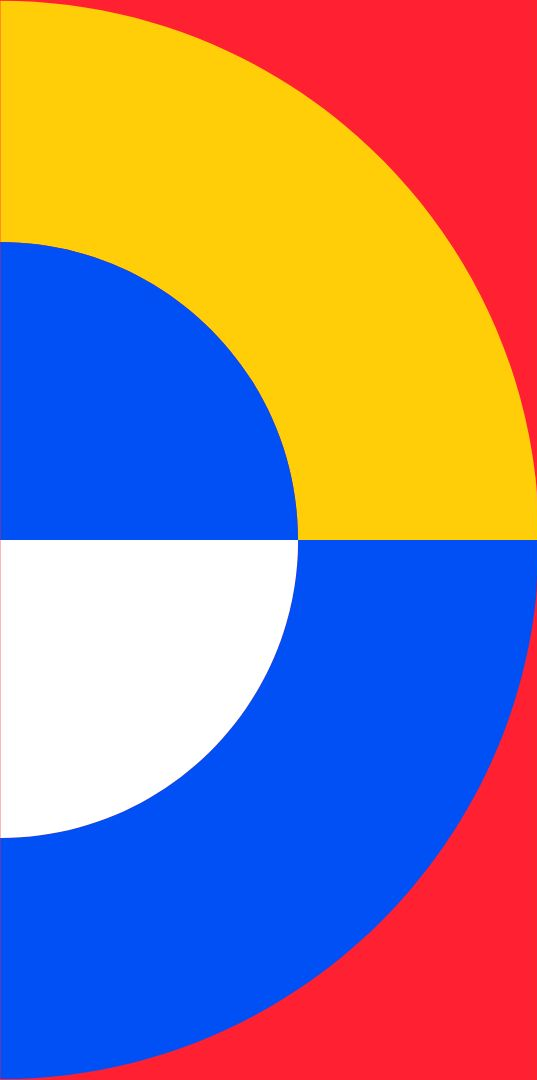
You find the fun aaaaand  
**SNAP!**



**The job's a game!!!**

**"YOU ARE YOUR  
OWN BEST  
DOCTOR "**

**- ZELLADU**



# Thanks for joining!

NOW LET'S GET TO WORK.

FOR MORE CONTENT ON HOW TO GET AHEAD  
FOLLOW ME:



@ZELLADU\_



ZELLADU.COM

