CHILD System-Gaining Inner Health for a Healthier Body

Going for the 3 Increases: Increase in Health, Increase in Happiness & Increase in Energy

Strategies for Success in Health Management

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CHIILD System

- CALM
- HEAL
- INFORM
- LIGHTEN
- DIRECT
Calm down

- Gain a healthy, rational & realistic outlook on what is happening to when you are depressed, lost, hopeless & ready to give up which could lead you to use your old unhealthy habits

Journal work:

- Identify situations in which you have felt abandoned, isolated, neglected or forgotten and you were ready to give up on yourself so you used your old unhealthy habits
Heal

- Through self-affirmation & self-direction tell yourself to carry on in life with your goals to achieve so you can use your goals as your road map to success for improved health management

**Journal work:**

- What can you do in situations to make yourself feel relaxed, calm & motivated to keep on trying without the use of your old unhealthy habits?
Inform

- Inform yourself about your positive attributes, competencies, skills & abilities to help you handle any crisis, challenge, or tribulation which comes your way.

Journal work:

- What messages do you need to give to yourself when you were feeling down, forgotten, neglected, or abandoned so you will not resort to using your old unhealthy habits to help you feel better about yourself?
Love

- Love yourself unconditionally so that you do not lose faith in yourself, so that you are strong enough to handle any disappointment, failure or setback, which comes your way.

Journal work:
- List your positive competencies, skills, abilities & attributes which you can rely upon as a shield from over use of your old unhealthy habits when you are feeling badly about yourself.
Direct

Direct your thinking & emotions so that you do not allow yourself in future to fall into self-pity or self-destructiveness so you can overcome any sense of loneliness, abandonment, or being forgotten which comes your way.

Journal work:

What thinking do you need to change so that you do not lose faith and trust in yourself and to keep your from resorting to use of your old unhealthy habits to make you feel better about yourself: