

EAST CORK NUTRITION

the
SOUL
FIT
workbook

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Hello!

Hi I'm Kara O'Donnell, a Nutritional therapist based in Midleton, Cork in Ireland. I am passionate about all things holistic health & womens empowerment. I help my clients to reach their full potential unlocking their innate healing and wisdom, through taking time for self care & tuning in to themselves.

Kara O'Donnell

About Soul Fit

In 2022, I started Soul Fit, a lovely small women's community, to bring like-minded women together, women who are focused on improving their health on all levels. Together in this group we embrace looking at all the pillars of health, in order to promote our overall well-

being to help us reach our full potential, physically, mentally, emotionally, spiritually. Through connection, understanding, relating, education, we come together to learn & support each other to make a beneficial changes to our health.

WHERE ARE YOU WITH YOUR HEALTH RIGHT NOW?

Quiz

Are you feeling happy in your skin?

- Not at all
- Yes
- Sometimes

Do you feel calm & at peace?

- Never
- Yes
- Sometimes

Do you get time alone?

- Rarely
- Weekly
- Daily

Do you tune into your intuition?

- I don't know
- I try to
- Always

Old Way vs New Way

Over the years we've all tried the usual health approaches, exercising, dieting, different fads, gyming, pushing ourselves. This is all about the physical body, what I've really learned is we need to look at all aspects of health to make really lasting change to our health. All the doing is very masculine energy, we need to get the balance back & embrace our Devine feminine energy also.

PHYSICAL

Exercising to lose weight or
work off food

Pushing ourselves very hard
with tough workouts

Exercising whether we feel
like it or not

Lack of rest, not honouring
our body's natural rythm

Dieting, low fat, caloric
restriction over quality of
foods

Lots of stress on the body
in many forms, strain on
nervous system,
inflammatory

HOLISTIC

Looking after all pillars of
health simultaneously

Nourishing the body with
organic whole foods, all
food groups

Moving in a nourishing way
honouring monthly cycle &
body's rhythms

Calming the mind & nervous
system, balancing
hormones

Making time for the
relationship with ourselves,
going within

Practicing self enquiry &
awareness, healing
emotionally

VS

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Every moment is an
opportunity to change
your perspective.



Physical

For so long we were focused simply on physical health like going to the gym, going on a diet looking only at the elements that impact the physical body. Of course this is super important, nourishing the body with good foods & moving the body have immense health benefits but it's looking solely at one element of much bigger picture.

When we look at our physical health in unison with all other pillars of health we can do it in a much more balanced healthy way. Often people exercise to excess, or in ways that don't suit their body, or people can take healthy eating regimes to the extreme which while they may work in the short term is not really healthy holistically.



Mental

For the last two decades a big push has been pushed on mental health and the importance of mental health awareness and letting people know that they're not alone which is great but we need to be clear about the root causes of mental health concerns. Mental health involves our brain, nervous system, endocrine system, which are all impacted by so much; food, environment, daily lifestyle choices, people we surround ourselves with, self talk, conditioning, so much.

Mental health so interwoven with our physical health. Exercise is well researched to benefit our mental health but if done in a balanced way, out in nature, not overly taxing on the nervous system then it's going to be more benefit. Equally foods our brain like beneficial fats & for our nervous system like B vitamins & magnesium but we don't want to be in such a strict eating regime that it's causing stress so simply eating a varied enjoyable diet of lots of live foods with a level of food freedom is really going to benefit our mental wellbeing.



Emotional

In more recent years we've heard more about emotional health, how pushing down emotions can manifest as physical symptoms or how it's important to deal with unresolved trauma. It's great to hear these topics becoming less taboo & being brought out more into the public domain. Mental health and emotional health are so interlinked, our biochemistry completely impacts our thoughts, our emotions as does our environment.

Emotional health is so connected again to our physical health, the impact of stress on the body on inflammation, hormones, weight, or emotional eating. So gaining greater emotional intelligence, allowing ourselves to feel, not being repressed, allowing ourselves to cry, laugh, love, accepting ourselves just as we are, so we can move through these emotions into a better space, this takes great pressure off our bodies reducing inflammation, balancing hormones, reducing stress, promoting health on a holistic level.



Spiritual

The pillar that I have found to be the most important of all is spiritual health. For a long time perceived as woo woo, there world is really opening up to the importance of spiritual health and us really living with love from our true spirit. A connection with the Devine, with ourselves, with each other, with nature has really been lost & is the key to us regaining true health.

After various phases of looking after my physical health dieting, exercising to excess, then looking after my mental health with therapy to combat panic attacks, after that looking after my emotional health with meditation breatwork & journalling, everything really clicked into place when I started to get to know me, really slowed down & took time to myself, tuning into my intuition and inner guidance as to the next right step for me. True wellness isn't about hours of yoga or pints of green smoothie it's about the relationship with ourselves, unleashing our true nature is really the key to true health.

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**DO
MORE
OF
WHAT
MAKES
YOU
HAPPY.**



True spirit v Personality



By putting a focus on quiet time that allows us to tune in & the things & people that truly light us up our spirit is kept up. Avoiding negativity & having good boundaries for ourselves is very important.

Connection, hugs, laughs, love are essential for our spiritual health and also healthy foods, things like processed foods & toxins block us up & dampen our vibration, opting for live foods really helps to avoid this. Good quality water is very important as is breathing properly, deep into the belly.



UNLEASH YOUR
TRUE SPIRIT

*with live foods, water, breath, nature,
sunlight, connection, fun & doing what
lights you up*

When we are born, we are pure beings with our spirit shining bright, full of curiosity and awe, learning all the time and full of love and joy. As we grow we tend to get imprinted with conditioning and opinions, learned behaviours or even traumas, which can all play a big role in dampening down our spirit & causing us to adopt a personality, more being who we think we should be, who our parents or society tell us to be or who we think we need to be to fit in with teachers or peers. Ideally our spirit would remain strong & out front with our personality floating around in the background, but what can happen is our personality can take over & our spirit blocked up.

Our spirit is lifted by anything that makes us feel joy, love, excitement, anything that lights us up & makes us feel alive!

When we don't prioritise our true spirit, we are out of alignment which can drain our energy.

Self care



Simple daily habits like a nice morning or evening routine can have such a huge impact on us. A big part of this is slowing down to tune in to feel into what are the self care practices that are right for us. By calming our emotions & stress we have a better chance of going for nourishing choice over those that sooth us through instant gratification.

Self-care, the care of one's own self, absolutely essential, but other people or society might have us believe that it's lazy or selfish. But looking after our body, mind & spirit is the key to us feeling really good, vibrant & healthy. Often we prioritise everything else in our lives from our family, to our job, to our friends and commitments, but what happens when we get sick very quickly we see what is the most important thing, our health.

Why do we wait to get sick? Why not care for ourselves just a little bit of every day. We are the most important person in our life. We are so good at looking after everybody else & sometimes that's easier if we have any feelings of unworthiness or low self esteem.

Self expression

There are so many parts to the relationship with ourself; self awareness, responsibility for ourselves & our behaviours, and self expression. Many of us have been repressed in some way, or have learned behaviours that tell us expressing ourselves, being openly our true selves, is in some way bad. So dropping this conditioning & unlearning what we think is right or wrong is a good place to start. And becoming freer & more accepting of ourselves & knowing we are just perfect & there's no right or wrong & we can do anything we want in this life as long as we're not hurting anyone else.

If we are unaccustomed to expressing ourselves freely it can feel quite uncomfortable, I certainly have majorly had to feel the fear & do it anyway at times, really step outside the comfort zone but it's always worth it & is so liberating.

Again some quiet introspection can reveal what ways we might like to express ourselves be that writing, singing, speaking freely, dancing. But also I think having the self awareness to notice when you feel a little uncomfortable & being open to the possibility of not letting that stopping you. If you feel inclined to just go for it sometimes, say what you want to say, sing at the top of your voice, dance like nobody's watching !



Boundaries



The reality is the more we are our authentic selves people will either catch up or fall away. It's a lot about trusting, everything is working out perfectly for us just not always in the ways we might expect. I think it's about being clear about what it is we want & what we are ok with & then being ok with whatever way it pans out, knowing it's working out in our favour. Just don't be afraid to put you first, you matter & you deserve to be prioritised!

Having boundaries is a big part of our self care & can often be the most difficult to implement but also often the most liberating. We do so much for others, get stuck in the habit of people pleasing, put others needs before our own, over extend ourselves, and can get stuck in an energetic contract with people where they come to expect this from us. It can be a difficult pattern to break. Building on that relationship with ourselves allows us to know what really suits us, that we don't have to say yes to everything & everyone, that we can say no & don't have to make an excuse, that people can take advantage if we don't stand up for ourselves. Upholding boundaries is so important for us but also shows the other party to respect us & our time. It can come as a real shock if we are declaring a boundary for the first time but we very quickly see the benefits & others don't take long to catch on:

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Tuning in to you

Just remember you have everything you need right there within you. We have an amazing innate healing ability and divine wisdom that we can tap into when we slow down and tune in. We know exactly what we need at any moment. When we can take time to ourselves, to go within on a daily basis, we can be guided in what feels really good for our body and even what is the next right step for us in life.

Life is so stressful these days, busyness is seen as successful & we can be made to feel it's lazy to take a break. But our beautiful body is built for peace, for ease, our nervous system wants to feel safe & when all this is as it should be then you'll find everything just flows. Life gets a whole lot easier in every department.

Trust yourself.



Tools

Implementing these beneficial tools into your daily routine consistently can bring great health benefits on all levels. Start with just a few mins to instil the habit, then you can increase the amount of time or add more habits as you go.



MEDITATION

People often tell me they find it difficult to meditate. I always say start very small even with just one minute of a meditation that suits you, that may be sitting in silence, listening to a guided meditation, simply gazing at a candle or focusing on the breath. The main thing is to take that time every day & build up the minutes as you get comfortable. Remember it's a practice!

AFFIRMATIONS

Affirmations are such a powerful way to put positive messages into your mind. Sure beats negative thoughts, nasty self talking or worrying! I usually put these on when I'm brushing my teeth or in the shower or driving. Done consistently these really make a huge difference!

GRATITUDE

Gratitude is the most amazing practice! It has been shown that when we are being grateful it is physically not possible to be stressed. A lovely practice is to write down 10 things you're grateful for, 3 people you send love to (especially challenging people in your life) & then sit in silence for 5 mins.

Tools

Stacking habits is a great way to make tools like this a part of your daily life as opposed to being a chore you have to do. I find it helpful to add them to existing routines e.g. adding relaxing movement to my going to bed routine or listening to something while doing my skin care routine, health boosting multi-tasking at its best.



MEAL PLANNING

Organisation is key when it comes to healthy eating. Knowing what the week ahead might look like, having the shopping in, maybe doing some meal prep. Having a good variety of organic vegetables & nice varied protein sources in fridge & store cupboard makes things easier.



HEALTHY MOVEMENT

It's so important that exercise is approached in a healthy balanced way. Looking at it as movement can make it easier. For too many years I forced myself to do tough workouts & runs doing more damage than good. Really tuning in to what suits your today is very important.



CONNECTION

Making sure you have some connection in your day is essential for health. These days we can easily pass a day not meeting others or chatting or having a hug, but our nervous system thrives on all of this. Love, hugs, touch causes oxytocin to be released in the body with great health benefits.

Daily Checklist

Rather than trying to fit in big tasks & changes that can be hard to maintain, it can be great to include small manageable habits into your normal daily routine. Add one at a time & as you get used to doing each one, stack another.

- Short meditation
- Healthy meal plan
- Gentle movement
- Nature walk
- Gratitude list
- Connection



Reflect on what would need to happen for you to fit in more small self care practices during your day

SELF CARE

Weekly Planner

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Client Testimonials



‘Joining Soul Fit has been one of the most positive decisions I have made in relation to my own health & well-being. Kara provides a comprehensive lifestyle & nutrition guide that is not enforced upon you. It takes away guilt and disappointment, if you have a small setback due to holidays. She has a wonderfully friendly personality & is very approachable. She uses gentle encouragement mixed with fun in her women’s health support group. Kara encourages really healthy & sustainable eating. If you are struggling with health issues or weight problems I cannot recommend Kara highly enough.’

-
Karen

‘I have been part of Kara's soul Fit group of amazing ladies, for a few months now and I love it. Kara is SO knowledgeable around food and nutrition and is always sharing tips and recipes with us. We meet online every second week and it is definitely one of the highlights of my week plus there is always a recording if you can't make it.’

If anyone is looking for a way to boost their health and wellness in 2024 I highly recommend working with Kara, she is an amazing nutritionist and coach.’

-
Maria

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Thank-you!

I'm so excited to continue working with you, please reach out to learn more.

SOUL FIT is a continuously running women's community, where we meet every second week for check ins & education & use our what's app group in between.

THRIVE with Kara is a 6 or 12 week fully supported one to one health program with meet ups every 2 weeks & constant support in between to help you reach your goals.



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