



RENALDIET HEADQUARTERS PODCAST

CHRONIC KIDNEY DISEASE
& DIETARY INFORMATION

RENALDIETHQ.COM

This is our weekly talk about how you can succeed with a kidney diet, brought to you by RenalDietHQ.com, a website whose mission is to be the most valued resource on kidney disease that people can use to improve their health.

Hi, this is Mathea Ford with the Renal Diet Headquarters podcast, and this week we are recording podcast number 18 for release on April 23, 2014.

This month we are talking about stress, I want to talk about a different thing related to stress this week. You can find all the information at <http://www.renaldietHQ.com/018> and I want to thank all my listeners and let you know how much I appreciate your patronage and I hope you are all having a great spring. We had some beautiful spring days then some days where it got really cold. It is starting to be severe weather season here in Oklahoma so I hope everyone everywhere is remaining safe wherever you are.

This week I am going to talk about something related to stress which you may not have thought about, it is called motivation. The way motivation is related to stress in my opinion is how it is created in your mind. If you are motivated to do something that is a different kind of stress then if you are not motivated to do something but you still have to do it. So like I said, today we are going to talk about that.

But first of all I want to tell you all the things we are going to talk about today. #1) I am going to go over the caregiver product again. It will probably be the last time I am going to tell you it is almost done because I am really close and I am getting the covers done and then it will be really done. #2) I am going to talk about finding the source of your motivation and how to visualize your motivation and how to improve it. #3) I am going to talk about some motivation techniques. So that is what we are going to go over today. Like I said before, I really think stress is related to motivation in some ways.

#1) The Caregiver product. You can find it at www.renaldietHQ.com/go/caregiver it is still at \$47. If you are in the United States you get the caregiver product physical copy, it will be in a binder and you also get the digital product. If you are in another country, I

will have a different price so you can purchase a digital only copy because I won't be able to ship it to you. I might be able to ship to Canada, I am not sure. So, if you remember what is in that, it has all kinds of stuff on living with chronic kidney disease, what is going to happen, how to be a better caregiver and how to do some special things like aromatherapy, reflexology and craniosacral therapy. If you want to pick that up you can go on over to that webpage. The people that I have had read some parts of it so far have given me very good reviews so I hope you are looking forward to that.

The other thing I wanted to remind you about is you can always send me suggestions on things you want to learn about on the podcast to podcast@renaldietHQ.com and I will see what I can do to respond to those. I don't want to belabor the chronic kidney disease caregiver product because I know I am a little late with it. I am hoping April 30th is a date I plan to have it released by. Like I said I am going to get the covers done and then all I have to do is assemble it and it is ready to go. So I am so excited and I hope it was worth the wait!!

#2) Finding the source of you motivation. You know what needs to be done; it is obvious when you look at yourself or what is around you. You have work assigned, whether it is by you job or yourself, you know where to get started, but you don't have any motivation to get started and get off of square one. You can't get something finished unless you start, and you need some motivation to be successful. So where is the source of finding that motivation? Where can you turn for the inspiration that will propel you forward? We are all different and we are motivated by different things.

Some people are motivated by the visualization of completing a task and reaching that goal. So if you want to exercise and you see yourself as losing weight, and you can visualize how it is going to feel when you can get those jeans on that are a little tight right now and then they are lose. You might do really well with that. Or how good you might feel when you are able to give your grandkid that very nicely done blanket that you made for them.

Just this week, I love to sew, and I am in a group of people who do a little birthday club, so you mail birthday gifts to each person and my birthday is not until November, but I had done a lap pad for somebody and I had embroidered it with their name and some other stuff. I finished it this weekend and it felt so good to finish that, and I probably would have finished it a lot sooner, but with everything else I was a little late with it, but it was a very good product when I was finished and it just looked so very neat, and I though, I just really hope when she opens it and sees that it is embroidered with her name and some little things she says she likes, that it will be something that she really appreciates.

You really can see yourself actually getting to those goals and that can help you travel down the road to success. Visualize that completion.

Don't lose sight of your ultimate goal. I am reminded of when I learned to drive a motorcycle and they taught us that, when you are driving a motorcycle and you are going into a curve (which is also true in a car, but not nearly as important), even a sharp curve, you look at where you are going, not straight ahead of you, because if you look straight ahead of you, that is where you are going to go, but if you are looking past the curve and not watching the curve but looking where it is going to end, almost like a rainbow, you look at the end, you will naturally turn and drive toward that, and they makes you more successful in that curve.

Don't lose sight of that goal where you are going. You are going to get what you deliver and what you deserve soon and you keep pushing forward with that renewed motivation and that reduces your stress because you know what you are doing. Yes you may have a little bit of stress because you have things to do, but you know you are going to finish it and you know that it is going to be successful. You believe that and your motivation becomes easy. Being prepared fuels motivation for people as well.

Motivation without the skills to achieve your goals is not enough and if you know you are lacking something to move forward, motivation is hard to summon. Motivation is fueled by the knowledge and followed closely by persistence. So you know for motivation, you are motivated to do something but the reason you are motivated is because you know you can do it. Whether it involves a little bit more learning or a few other things, or if it involves a lot more learning you still know you can do it.

You can change your environment to be more motivated. New surroundings often give you a renewed outlook on your life. It can be something simple, like putting a new plant in your home or office, hanging a picture, changing the curtains, doing something a little different. I love to put up a new picture. That really can motivate you to just feel a little happier in that room when you change things around a little.

Another way, which I have talked about in the past to reduce your stress, but it also motivates you, is to surround yourself with positive people. When you are around positive and successful friends, their attitude rubs off on you. So if you are in the clinic and all you ever hear is negativity, then you need to talk to some different people. There are people out there who are doing the things you are trying to do, like being more successful with your diet. They can help you, but when you talk to only people who are convinced that everything is wrong and nothing is their fault, then that is hard to get motivated and that increases your stress. Your friend's attitude rubs off on you absolutely, you absorb that energy, and like I said negative people, or drab and depressing surroundings, you absorb that energy as well.

Other methods to find the source of your motivation are to reevaluate your tasks and make certain that you are working toward your goal. Brainstorm and look for new information. You can do this by taking a break, go for a walk, exercise, and work in the yard, just change things up; you can even relax with an inspirational book. Use your brains in different ways to stimulate it. That stimulation goes toward motivation. Have you ever noticed that when you are in the shower you have really great ideas? That is because you are not focused on that problem or issue you have been having. You're thinking about other stuff and letting your brain relax, and all the sudden your subconscious pops out that really good idea and gives you some good things you can do, so you can have the motivation to do it.

Sometimes, the best type of motivation can be to do something for others, when you want to do for other people, like in this caregiver example, as a caregiver for others you are able to give selflessly and you are able to do a little more because you are pushing and you know you need to help somebody. You find that motivation within yourself to help another person. Many times the way to achieve a goal is to assist others in reaching theirs. Seek to serve and you will become energized and motivated when people rely on you. Disappoint them and you disappoint yourself so you don't let that happen. Some find a motivational source by talking to people or reading aloud to themselves. Keep an inspirational book handy at all times and when you actually hear the positive affirmations they become more affective. So you can read positive affirmations and that will help you to be more motivated. Things like, I am doing well with my kidney diet, I have a lot of energy, I am calm and relaxed when I am resting, just say those positive affirmations to yourself.

Motivation comes from many different sources and you must find what works for you, but I tried to give you some good ideas. You need to believe in yourself and anticipate the good will happen in your life and don't fear bad things, just understand that you can do the things it takes to overcome those bad things. Sometimes we think they are bad and they turn out to be actually probably a good thing for us.

So I wanted to go over finding the source of your motivation and then I also want to take a minute here before I go to the next part to talk about motivation techniques. I wanted to ask you to, I would like you to email me the answer to this question and I truly am asking you to please email me at podcast@renaldietHQ.com. Email me the three things that you couldn't live without. I would prefer if they were related to kidney disease, but like three things you couldn't live without. So if it is your glucometer and some book you read and some sort of mechanism for tracking your meals or something. Just let me know what it is that you can't live without and what you might do to improve them. That is really important to me and I would really appreciate you taking a moment to do that. If you email me, you might be surprised at what you get in response.

#3) Motivation Techniques. We are going to talk about motivation techniques because even though you find your motivation you may need a little something extra. If you were to climb to the top of the mountain and finally reached that all knowing person who holds the secret to life and you were granted one question, what would it be? Some would ask about the secret to great wealth, others would seek to learn how to live a long and healthy life without aging, a select few might want to know how to motivate themselves and others. If you had a chance to ask any question, I am not sure you would ask about motivating yourself, but you might ask if it is really important to you and you like to help people.

If we acquire the skills to motivate ourselves and others, then we have the basic skills to acquire almost everything else that a good life requires. If we could be motivated, and we can help other people to be motivated, then we have everything we need to help other people to have a good life. It might be disappointing when the old man at the top of the mountain answers simply “To know thyself and be kind”. These are wise words and hold much truth but it is a pretty broad answer. I couldn’t imagine climbing that far just to hear that.

To motivate or be motivated requires learning and dedication. Motivation is a skill that can be easily learned if you possess dedication. We use motivation daily at home and at work. Subconsciously we are striving to motivate ourselves and those we come in contact with. Sometimes you have to motivate yourself to not hit the snooze button in the morning and sometimes you have to motivate yourself to do your work. We use our innate motivation skills to acquire the results we seek. We use these skills on our spouse, coworkers, our friends and every day to get our way. It is a delicate balance between communication and persuasion. Maybe the sage knew what he was talking about when he advised to know yourself and be kind to others. It has long been said that we attract more flies with honey than vinegar.

Offering rewards is often used as a motivational tool. If you dangle a reward on a stick, whether in front of you or someone else it can be quite an incentive. The greater the reward usually the more productive you get. Not many people toiled for the sheer love of working anymore.

It is really funny because, my dad was a salesman for a lot of his life and one thing he would tell me is that he sold, I can’t remember the product, but he would come home and they would have quarterly sales challenges or whatever, and he would come home and sit with my mom and they would figure out what prize she wanted, then he would go out and try to win that prize for her. That way they were working on something together, but they were both motivated knowing they were going to win. It was things like a washer and dryer, I don’t know if that would have been my top choice, but I think back when mom and dad were looking at that stuff it probably was a big deal. It is really

interesting just to think about that motivation my dad had and my mom knew what he was doing, he was working for the family and that was a good thing.

Okay, back on track. Offering a reward is one, set a deadline, not only do people bulk at working for nothing but they must have a deadline or it will never get done, and I agree with that from personal experience. Would you pay taxes if you were allowed to pay them at your own discretion? Many still won't begin a project until the deadline looms near. You are more likely to complete a project if you impose a deadline.

Set goals, setting goals lets you know where you are going. It is hard to hit a moving target and your goal helps your focus on where you want to be and at a certain time. Use both short and long term goals to help you with motivation. The short time goals can be steps to reach the long term objective. Each time you satisfy a short term goal you will feel your inter motivation swell.

Expect the best and settle for nothing less. If you are doing the task for someone else, or if they are doing the task for you, insist on the best results, or at the very least demand improvement over the last time. Pride should motivate you to do your very best.

Enjoy your work by making it fun and stimulating. Work that is fun does not seem like work at all. Like it is not work at all to sit here and record this podcast for you, because I really enjoy talking to you every week. I even went out tonight and I had to mow the lawn first before I was able to do this podcast and I was like, Oh, I wish I could do my podcast first.

Stay stimulated by doing various projects that take you a step closer to your major goal and stay happy and productive and you will stay motivated.

Those are my tips for motivation techniques. I just want you to know that I really feel that motivation is an important part of stress because if you are not motivated to do something, you delay doing it which just causes stress. So I encourage you to find the motivation and find the things behind it. If you are a caregiver for someone, helping them to get better, helping them to see what part of their life they can improve, not that everything is wrong, but finding the positive and that will be very helpful.

If you have enjoyed this podcast I would like ask you to share it with someone and let them know about it, so they can learn more about it. Show them the podcast on Stitcher or iTunes, I have links to both of those on the website at www.renaldietHQ.com/018.

I thank you very much for your listening every week. Again, write me that email with the three things you couldn't live without, especially if they are related to kidney disease, but if they are not, I still want to know, and what you would do to fix them.

I look forward to talking to you again next week. Thank you very much!!

You've been listening to the Renal Diet Headquarters podcast. Head on over to the website at www.RenalDietHQ.com/go/email to sign up for our email list and get exciting updates every week about what is happening. Thanks and we will talk to you again next week!!