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# QUICKSTART GUIDE

## to Mind-Body Wellness

4 Ways to Shift from  
Illness to Wellness IMMEDIATELY



## 4 Ways to Shift from Illness to Wellness IMMEDIATELY:

Our words have a profound impact on our bodies. Every cell in our body listens to what we say and believe, influencing our overall health. Negative words can reinforce illness, while positive words can promote healing, and we can see this shift when we observe cells under a microscope!

### The Placebo and Nocebo Effects:

The Placebo Effect occurs when a person experiences a real improvement in their condition after receiving a treatment with no therapeutic value, simply because they believe it's effective.

Conversely, the Nocebo Effect happens when negative expectations lead to worse outcomes in one's health. Research shows the Nocebo Effect can be damaging, making it crucial to speak in ways that promote health.

We can use research on the Placebo and Nocebo effects to harness health. Below are exercises to tangibly implement the Placebo Effect in your own life. In the process, you will discover how the Nocebo Effect could have been impacting you for years. Through these exercises, you can begin today to avoid the Nocebo Effect and amplify the Placebo Effect on a daily basis.

In other words, these exercises signal your body to initiate healing pathways and harness wellness.

# 1

## Exercise 1: The Words My Cells Hear

List 5 things you regularly say about yourself, your body, or your illness:

Examples:

- "I'm exhausted."
- "I'm so tired of being sick and tired."
- "I am too weak."
- "I have a bad back."
- "My arthritis."

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Notice how these statements focus on **illness**. Your body hears these words, and the structure of your cells changes accordingly, making it harder for them to function optimally. You can't afford to keep saying these things! So what do you do about it? Try the next exercise to find out!

## 2

### Exercise 2: Transforming Language to Promote Health

Take the 5 statements from Exercise 1 and replace them with phrases that focus on wellness:  
Examples:

- Instead of “my bad back,” say “my beautiful back,” “my back is healing,” “my back is communicating a lot lately,” or “my back loves extra TLC.”
- Instead of “my MS (insert other diagnosis),” say “the diagnosis.”
- Instead of “I am exhausted,” say “I look forward to having more energy.”

Try rewriting the phrases from Exercise 1 on the lines below using language that promotes health and wellness.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## 3

### Exercise 3: Beliefs About Symptoms

It's natural to develop beliefs about our symptoms and bodies after a long time of living with illness. An example of this is, “I always get sick after vacation.” Research indicates that these thoughts can lead to actual illness which happens because of the Nocebo Effect.

In this exercise you will begin to develop awareness of your beliefs around symptoms and illness. Becoming aware of these beliefs is the first step to developing new, healthier ones.

Examples:

- “I can't have the career I want while I'm sick.”
- “My body doesn't want me to do anything.”
- “Heat is bad for me.”
- “I always get sick after vacation.”

List your beliefs about illness and your body:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

# 4

## Exercise 4: Creating New Beliefs

Take the statements from Exercise 3 and write alternatives that avoid the Nocebo Effect – in other words, statements that do not assume a negative outcome. Instead, find a more positive or more true statement.

- “Maybe I’ll feel fine after the vacation.”
- “Many people have fulfilling careers even while living with illness.”
- “My contribution to society is valuable because of who I am, not how much I do.”
- “My body is processing a lot from years of stress and seems to need a break today.”
- “I will skip that 1-hour hike because it’s hot out, and I love honoring my body and feeling good.”

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### SUMMARY OF EXERCISES

You’ve practiced transforming negative phrases, words, and beliefs into positive ones. There might be dozens more to work on. Continue to be aware of your self-talk and thought patterns that could contribute to the Nocebo Effect. By consistently doing these exercises, you can harness the power of the Placebo Effect to promote **wellness**.

Along with the practice of changing your language to promote wellness, I want to gift you with some affirmations that activate **health**.

- “My body has everything it needs to heal.”
- “My body is strong and powerful, and I trust it.”
- “I look forward to my vibrant, healthy future.”
- “It is safe to be healthy.”

These are super powerful affirmations for the body, and saying them regularly and putting them up around your home is a great gift you can give yourself!

## YOUR HEALTHY FUTURE

The mind-body connection is dynamic and multi-layered. To accelerate overall health, it's essential to address all aspects of the mind-body connection to activate the body's natural healing switch. The steps in this guide are powerful first steps. To further explore these concepts, calm the "fight or flight" response, and learn more hands-on practices to hack the mind-body connection, book a call or join the course. I believe all of us can live in EASE, our body's natural state. After all, **your body wants a life of health and vitality just as much as you do!**

*I hope you find these exercises enlightening, and I invite you to dive into the world of self-healing. If you're interested in discussing your circumstances further, book a call by emailing: [hello@kaleyz.com](mailto:hello@kaleyz.com)*

*Cheers to your wellness!*

*In health,*

*Kaley*

