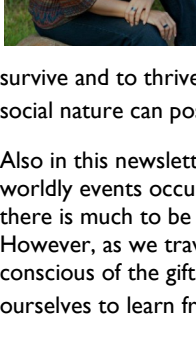




## Spring.... On the Fast Track



May is well upon us and I can't help but note how fast time is flying! It's hard to believe that June is right around the corner— schools are letting out for the summer, strawberry season is in full swing, suntan lotion is showing up in every aisle we pass in the stores. And although the 'show must go on' for many, this is also a time in which we often slow down and spend more time with family and friends.

This month's newsletter will highlight Social Wellness as my continuing explanation of the *Soul Health Model* unfolds. Because we are "pack animals", we need others to survive and to thrive. This 'branch' of health will be explored to give a better understanding of how our social nature can positively or negatively effect our overall health.

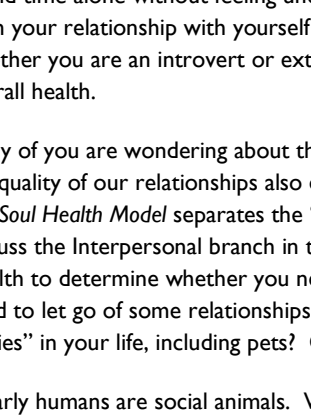
Also in this newsletter is a discussion about remaining conscious through uncertainty. With all of the worldly events occurring around us— wars, an unstable economy, the various events of mother nature— there is much to be uncertain about. Perhaps the only certainty is that there is nothing that is fully certain. However, as we travel through our lives we can become more comfortable with uncertainty by remaining conscious of the gifts within. There is much to be learned from the "in-between" times if only we allow ourselves to learn from these unsettling occasions.

A brief discussion on "Conscious Evolution" is also included in this newsletter. As we travel through the difficult times we are inevitably learning and growing along the way. By adopting a more conscious approach to these changes, we can facilitate the process of our own evolution.

As life continues to throw us curveballs, we can either receive the full impact, simply duck and weave, or sit back and observe our own evolution unfolding in front of us. You choose.  
I hope May brings you much joy and sunshine!

In shared light,  
*K. Kelly*

## Social Health: Soul to Soul Relationships



Who are the key people in your life? Do you have enough of them? Too many of them? Do you have the 'right' type of them?

Research clearly indicates a correlation between the number of people we have in our lives and the quality of life we experience. Studies regarding loneliness show increased numbers of both physical and emotional health problems for those who are lonely and for those who live over 50 miles from their closest relative.. But what about the other 'warm bodies' in our lives? What kind of impact to they have on our health?

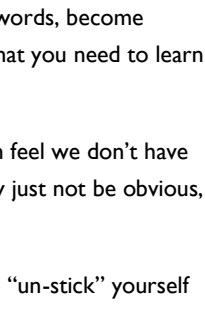
In my *Soul Health Model*, the "Social" branch of health pertains to all of the 'warm bodies' we have in our life. In other words, I include all of the people that we come into contact with on a regular basis. This may include family, friends, coworkers, neighbors, clergy, grocery store clerks, doctors, mail carriers, restaurant owners and so on. And for many, pets and other animals play a key role in a person's overall Social Health, often to a bigger extent than the people that surround us.

Let's face it, without others around us, we would not survive, let alone thrive. What makes the world go around is our connection to others. However, it is important to remember that some intentional time alone also helps us to feel balanced and recharged. Having a good relationship with yourself allows you to spend time alone without feeling uneasy. People who respect this need for your time alone help to honor both your relationship with yourself and the relationship you have with this person. Regardless of whether you are an introvert or extrovert, our soul to soul connections all play an important role in your overall health.

Many of you are wondering about the unhealthy relationships that also effect your *Soul Health*. Certainly the quality of our relationships also deeply impacts our perception of health. As you may have noticed, the *Soul Health Model* separates the 'Social' branch from the 'Interpersonal' branch of health. I plan to discuss the Interpersonal branch in the next issue, but for now I encourage you to assess your Social Health to determine whether you need to expand your network beyond your current level. Or, do you need to let go of some relationships that aren't adding to your health? Do you have enough "warm bodies" in your life, including pets? Or too many? Take a look to balance this important branch of health.

Clearly humans are social animals. What can you do to enhance your own Social Health?

## Remaining "Conscious" Despite Uncertainty



How comfortable are you in times of uncertainty? How do you usually react to the world and respond to others?

Uncertainty is certainly unsettling! The unknown looms and we, as humans, tend to feel very uneasy, anxious, and worried. However, it is often in these times of "dis-ease" that we grow the most. These "in-between" times can be the most fruitful part of our individual journey if we are able to remain conscious of both our discomfort in the process, but also with how we come to identify our next steps.

Although our times of uncertainty can create a great deal of discomfort, to me, it is actually a good sign of pending growth when people feel "stuck". In reality, we would not be experiencing our discomfort if there wasn't something that we were suppose to be considering more consciously. In essence, our "stuckness" is a catalyst to change, and without this discomfort we would likely remain mired in our human rut without any thought of how things are going, or how they could be better.

In reality, we don't change unless we are tired enough of ourselves or our situations. So, sometimes a little uncertainty may be just what we need to instill a bit more discernment into our everyday lives. However, it is when we allow ourselves to become unconscious, or mired that we remain in our rut. Change takes conscious action. And sometimes the very act of consciousness is the "action" that allows us to become more comfortable with our uncertainty.

How can you become more comfortable with uncertainty? Try the following:

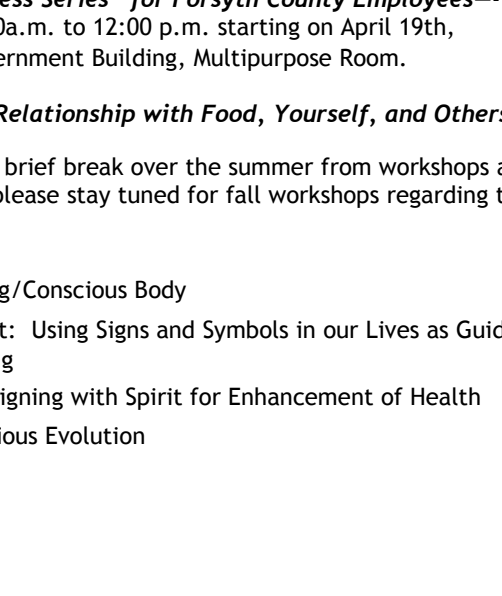
- Try "observing" your uncertainty rather than getting absorbed in it. In other words, become conscious of your reactions—the way out of your uncertainty might just be that you need to learn to respond *rather* than *react* to everyday situations.
- Become conscious of all of the possible options. When under stress, we often feel we don't have other options to turn to. The truth is, there are ALWAYS options. They may just not be obvious, or they may just not be what we want to hear.
- Notice your resistance to change. Becoming conscious of this will help you to "un-stick" yourself and provide more comfort in your uncertainty.
- Know when to "stop". In other words, sometimes our "in-between" times are simply messages that we need to slow down for a while, take stock in our lives, then move forward in a more conscious and intentional way.

Although our times of uncertainty can create a great deal of discomfort and stress, we can "decide" to do these times differently by remaining conscious of each step of the way.

## What is Conscious Evolution?

I was recently asked by a viewer of my blog to define what I meant by "consciousness". This provided a good exercise for me in more clearly defining the term as it evolves along with our consciousness in these challenging times. However, another term I use frequently in both my writing and my therapy practice is "conscious evolution". I thought I'd take the time to explore this more here as well.

In my work as a therapist it is not enough for me to simply help people heal; instead, I strive to help clients to state of conscious healing to the highest we have experienced and using this can much more where we were prior to the event. In doing so, we can also take an "observers" view when new challenging experiences arise, rather than becoming mired in the emotion of the situation. This allows us to immediately extract key information from the situation so that we can respond in the healthiest—and most evolved way possible. Otherwise, we simply revert back to old patterns of reacting to the world around us and fail to advance in our lives.



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Consciousness is an active process. And although evolution may appear to happen naturally over time, we, as humans, can apply a level of consciousness to our daily lives that no other species in the world can. As mentioned in previous newsletters, scientists claim that the human body has evolved about as much as it is going to. But our potential for expanding our consciousness is infinite.

The most frequently asked question to clients in my work is "what did you learn from that?" This question goes a long way in facilitating your conscious evolution. For just one day, ask yourself this question as many times with as many events and/or reactions you can. You will be surprised with how much more conscious you feel by the end of the day.

## "Thumbs Up" Of The Month



This month's book is "Comfortable with Uncertainty: 108 Teachings on Cultivating Fearlessness and Compassion by my favorite Buddhist author, Pema Chodron. I obviously borrowed some words for my article listed above, but only because this book has been such a wonderful tool in both my own life and for others.

One of my favorite things about this book is that each teaching is short and sweet, but full of depth. Each chapter is basically an invitation to the Buddhist tradition to create a loving-kindness approach to life for yourself and toward others during times of transition and uncertainty. You could easily use each chapter as a daily affirmation or meditation to help ground you in the midst of change.

This book is also offered in both electronic and audio versions. Definitely worth the investment!

## Event Schedule

**"Weight and Wellness Series" for Forsyth County Employees**— Tuesdays from 11:00a.m. to 12:00 p.m. starting on April 19th, Forsyth County Government Building, Multipurpose Room.

**May 24—"Relationship with Food, Yourself, and Others"**

\*\*\* I will be taking a brief break over the summer from workshops and classes. However, please stay tuned for fall workshops regarding the following:

- Conscious Eating/Conscious Body
- Signs from Spirit: Using Signs and Symbols in our Lives as Guides to Radiant Living
- Soul Health: Aligning with Spirit for Enhancement of Health
- Tools for Conscious Evolution



## About The Author:

Katherine T. Kelly, Ph.D., M.S.P.H. is a licensed psychologist in her own psychotherapy and consulting practice in Winston-Salem, North Carolina. With 20+ years of direct clinical experience, Dr. Kelly doesn't just believe in helping others to heal; instead, her mission is to help them to *evolve*. Using her own integrative framework - the "*Soul Health Model*"-- Dr. Kelly approaches her work with clients from a "psycho-spiritual" perspective. She provides a uniquely progressive, yet down-to-earth approach to healing and is well-known in both the therapeutic and medical communities. She thrives as she helps clients to reach what she calls '*consciousness evolution*' through a variety of self-designed methods. Dr. Kelly has authored several academic publications and is an ongoing contributor to local health and wellness magazines.



Join Dr. Kelly for ongoing discussions about conscious evolution on:

Facebook: [www.facebook.com/pages/Dr-Katherine-T-Kelly/](http://www.facebook.com/pages/Dr-Katherine-T-Kelly/)

Twitter: <http://twitter.com/DrTKKelly/>

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## Sneak Preview of the next issue.....

- Always.... More on Conscious Evolution
- Soul Health: Focus on Interpersonal Wellness
- Conscious Eating: Eliminating Emotional Eating
- Updates on the book, upcoming workshops, talks, etc.

If you have topics that you would like to hear more about in future issues, please email me at :  
[evolve@drkatherinetkelly.com](mailto:evolve@drkatherinetkelly.com)  
As always— have a wonderfully conscious month!



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