

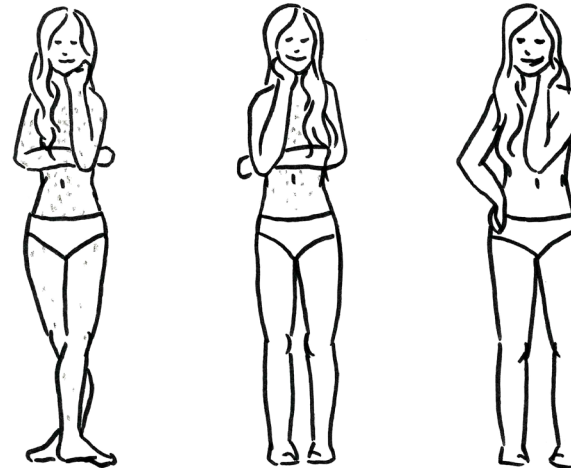
Better health

Behavioral changes towards healing teeth, better digestion, good sleep, strong core muscles and treating autoimmune disease. Keep up energy to implement permaculture projects & find the balance.

Hildur Dagbjört Arnardóttir
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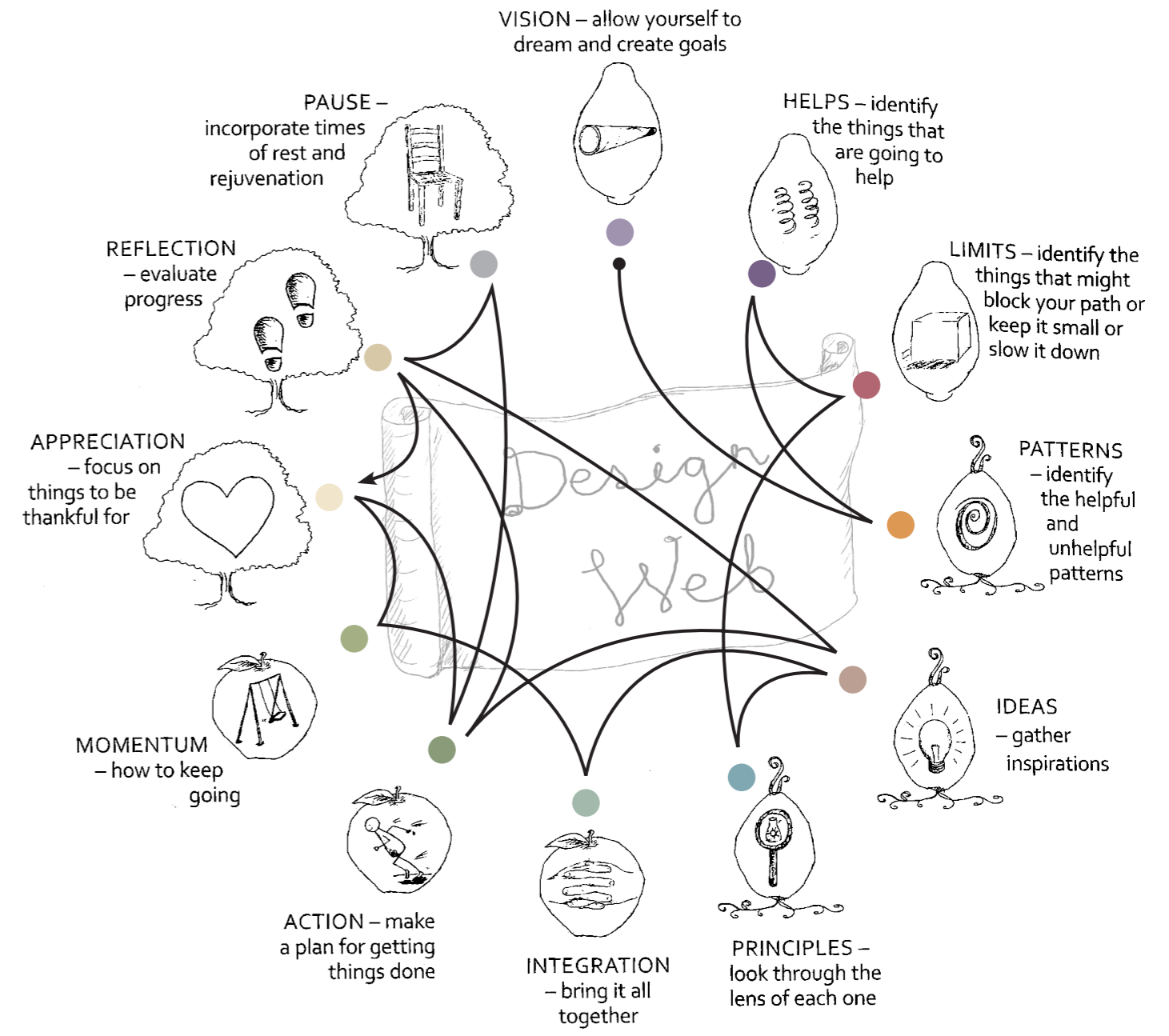
The Diploma in Applied Permaculture Design
Permaculture Association

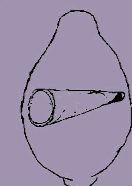
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Vision.....	4
<i>Ethics</i>	5
Patterns.....	6
Helps.....	8
Limits.....	10
Principles.....	12
<i>Holmgren</i>	12
<i>Mollison</i>	13
Ideas.....	14
<i>Mindmap</i>	15
Integration.....	16
<i>SMART goals</i>	16
Momentum.....	18
<i>Incremental design</i>	18
Appreciation.....	20
<i>kefir instructions</i>	20
<i>bonebroth instructions</i>	21
Action.....	22
<i>Health diary</i>	22
Pause.....	26
Reflection.....	28
<i>Smart goals progression</i>	28
Ideas.....	30
<i>Thinking in systems</i>	31
Action.....	32
<i>Health diary adjustments</i>	32
Reflections.....	34
Appreciation.....	20
<i>Ethics indicators</i>	20

Design method Lobbys designweb





"Looking at how this personal design should increase Earth Care, Fair Share and People Care showed me that working on personal level can still have a big effect on the bigger community around me."

Future Hildur talking...

... about teeth

I had tooth and gum problems for several years. I didn't know that I needed another kind of diet to absorb maximum nutrition to provide for myself, breast feeding and babies while in the womb. That resulted in lack of nutrition and following tooth problems. At first I struggled with changing my diet, never managing to keep my diet completely for longer than several months. Now I am past that unstable and uncomfortable transition zone and have found comfort and stability in my new routines and I have found ways to keep to my diet without effort.

... about sleep

I spent many years struggling with time, I always planned to do way more than I could in the timespan of each day. My to-do list was endless, and I never even managed to keep oversight. There was a lot to be done and I managed to implement a lot of good projects, but it was a chaos. Always extinguishing fires instead of working after a plan and it was so stressful. I was always tired in the morning and always searching for ways to be more effective in the first hours of the day. I even had insomnia in periods. The obvious solution to sleep a lot more wasn't seen as a possibility. It took time and adjustments but now I have found better routines, I made time to sleep more and I feel much better. I wake up when the alarm rings, feel alert and awake in the morning, I haven't had insomnia in ages and my memory is improving.

... about strength

My body feels strong all year long, core strength practise are a part of my routine. I have known about weaknesses in my back since I was a teenager but that's not a problem and will not be in the future since I keep the muscles strong and they support my back. I won't have the back problems that I have observed my mom suffering from since I was a child. I get even stronger in the summertime when I use my body very actively while growing vegetables for my community.

... about digestion

Isn't this something everyone is struggling with most of the time? I had some kind of stomach problems in intervals throughout my life and usually I didn't know why. But it got worse through the years and I also started to see some patterns. That helped me to start trial-and-error change of my diet to find what works for my system and what doesn't. I thought that if I would find out what to change then the problem would be solved. Little did I know that I still had a lot of transition to do. It's difficult to withhold from food that is so strongly a part of the culture, celebration and social situations. It turned out that the food I needed was not common and I also needed quite a lot of time to prepare this kind of food. Now this food preparation and sourcing is a part of who I am, and I do it without thinking. My stomach is newer bloated now, I don't have gas, loose stomach or stomach pain. It is such a relief.

Ethics

My thought patterns have often lead to: "I should rather be using my energy for the greater good than for my personal gain" and it is true in some ways. You often gain a lot from giving and sharing with the community instead of focusing mostly on yourself. Being self-centred and thinking short term is in my view one of the main problems we face today. But there needs to be a balance.

- There has been a change in Ísafjörður after I moved here. The CSA, Meeting Place For Sustainability, community composting system ...
- When my energy reserves become full I will again have enough energy to continue growing food and empowering people to change their habits.

Indicators:

Am I raising my energy levels enough to run the CSA, hold regular sustainability events and teach?

Fair share

- There is no equality in the way I only give energy to others while having trouble fulfilling my primary needs such as sleep and nourishing food.
- Giving away surplus in the form of educating and sharing my sustainable ways.

Indicators:

*Is there balance between giving energy to community improvements and fulfilling my needs?
Am I giving away the surplus of knowledge about sustainable ways?*

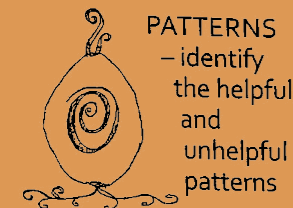
Earth care

People care

- Meeting my basic needs in sustainable, just and non-polluting ways.
- Be a good role model for mental and physical health for my students in the folk-highschool. Teach the good ways to care for yourself, build confidence and community.

Indicators:

*Are my basic needs met in sustainable ways?
Have I found good ways to keep good mental and physical health that I can share with my students?*

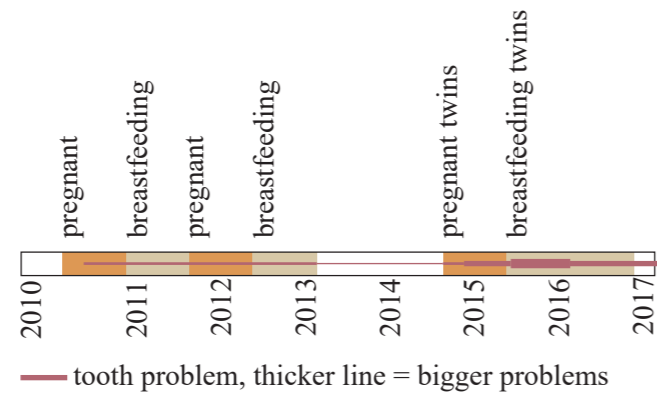


"Erosion is usually associated with natural resources such as soil, but it is gradual destruction, reduction or weakening of anything. ...something that has been useful becoming less useful."

Looby Macnamara, p35

Teeth

My tooth problems started with my first pregnancy, inflamed gums and receding gum line. My dentist told me it was normal for pregnant women. It got worse with each pregnancy. It seemed like my teeth were falling apart really quickly. While looking for natural remedies against toothache at the time I was breastfeeding my twins, I stumbled upon the book *Cure Tooth Decay*. It sounded to good to be true but still - it made sense. I was lacking the nutrition needed to maintain my teeth. Looking at the patterns it becomes clear that my kids have been taking a lot of nutrition from me the last years.



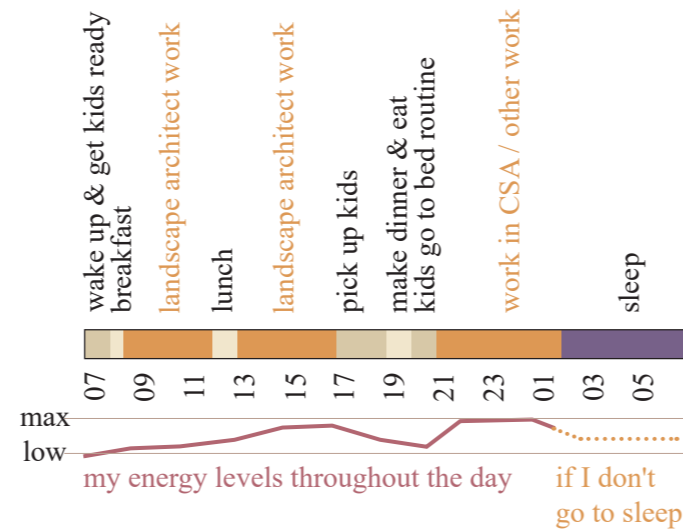
Considering the new information about unsprouted grains causing that we don't take up fat soluble vitamins (grains were a part of most meals) then it was clear why I didn't manage to fill up my reservoirs. My teeth were getting worse and worse because they were lacking building materials and I wasn't filling up the reservoirs.

I changed my eating habits drastically and the toothache went away in days, but I had to continue eating well otherwise my teeth got worse fast.

Sleep

Usually I fall asleep when my head hits the pillow, but the last week I have had insomnia. Falling asleep is not something I can count on these days. My usual sleeping pattern is a spiral of erosion. I usually don't allow myself to sleep as much as I need because I am so caught up in being effective and getting everything done. There don't seem to be enough hours in a 24 hour day - so I end up stealing hours that should go to sleeping. 4-5 hours of sleep is quite common.

Below is a worst-case scenario workday routine for spring + early summer: busy season for the CSA and my landscape architect work.

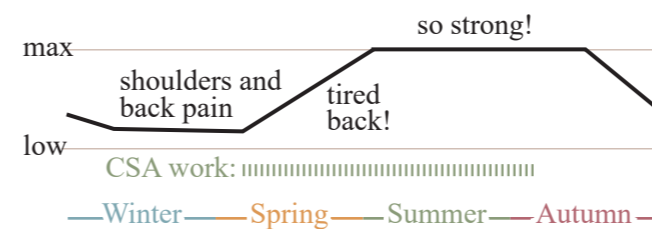


The spiral of erosion can be seen in the fact that I am having trouble keeping awake and focused before lunch and my memory is not as good as it was before.

Strength

I have a desk job so I don't get much exercise during my work day but I walk or bike everywhere I go. That helps a lot. My lifestyle is pretty active, but core strength is what I need more of to keep my body strong, I mainly use my feet to travel. In the summer half of the year I get plenty of exercise in the form of labor during vegetable growing for the CSA. My body responds to these seasonal changes.

my core strength throughout the year:



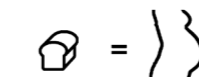
There are clear waves in my core strength, and it is closely linked to the parts of the year when I have gardening as a part of my work, that gives me a lot of strength. It also means that my body has a rough start each spring when it has to quickly work up these muscles again.

Digestion

I have had problems with the digestion in the past. Intolerance to milk when I was a teenager. Recently I have had bloated abdomen quite a lot and loose stomach in periods. These patterns have I found already:



Coffee really upsets my system if I haven't eaten a lot before I intake it. Coffee before lunch usually results with a fast trip to the toilet and nutrients from a good breakfast will be lost. Coffee before breakfast results in shaking and difficulties concentrating. Later in the day it doesn't trouble me.



After I stopped eating grains and sugar due to tooth problems, I could see that if I "cheated" and ate grains f.exe oatmeal for breakfast or bread with the soup, my abdomen would swell up a lot quite fast.



I barely ever drink just water, sometimes with meals but I usually just forget it. Not a lot of liquids at all.



In stressful times it becomes harder to keep to my diet, suddenly I will be eating cakes when they are handed to me. Even though it will hurt afterwards. It just becomes to hard to withstand the social pressure and finding time to make the food that I need.

Collective patterns

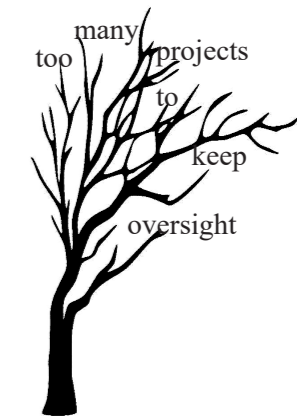
The last years have been abundant, a lot of positive changes, personal work, growing family and great possibilities to change the village where I live to a more sustainable place.

spiral of apathy...



...slowly eroding me

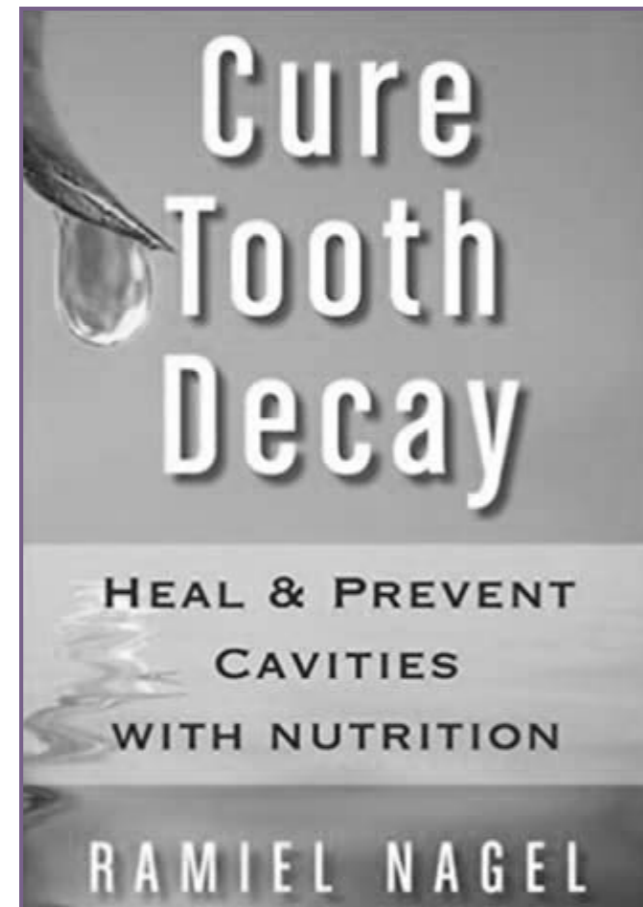
I have been pushing myself really hard physically and mentally to use all these possibilities and withstand any obstacle on my way through positive changes. But it has taken its toll on me, this slowly eroding spiral has caught up with me. The last months I have really felt like I was eroding away an important part of myself as my enthusiasm and zest were vanishing. I wasn't able to



be effective anymore. I have been overcommitting, branching out too much so that I lose oversight and can't manage everything. My capacity is long overreached. I might have to prune away or pause some of the commitments that I have been caught up with.

Teeth

- The book *Cure Tooth Decay*
- I am familiar with a lot of food for tooth healing.
- Know how to sprout and have borrowed sprouting trays
- I have already removed from my diet the food that would interfere the most with me teeth healing
- I know from past experience that changing your diet really does improve the health of your teeth



Sleep

- The internet holds a lot of information and advices on how to sleep better and stop insomnia
- Books in the library
- I am used to changing my habits and even though this one seems difficult I am sure I will get through the behavioral change eventually.



Everyone in the family likes sprouts, big sprouting trays that layer up is a good way to get more sprouts without taking over the entire kitchen.

The book that changed the way I see food. Now eating is my way of healing. Intension in every bite. What we eat is connected to everything else in our body and it is a good starting point if something is going wrong. Problems with teeth and gums are one of the first signs of nutrient deficiency.

Digestion

- I have kefir (dormant) in my fridge waiting for me to get my groove again
- Took a lacto-fermenting course and have been practicing making all kinds of sauerkraut and pickles
- I have in periods managed to remove most of the candida-feeding foods from my diet
- Better digestion also helps with tooth health because then I can intake a lot more nutrition to build up my teeth (and other less visible parts of my body)
- The book *Gut: The Inside Story of Our Body's Most Underrated Organ*

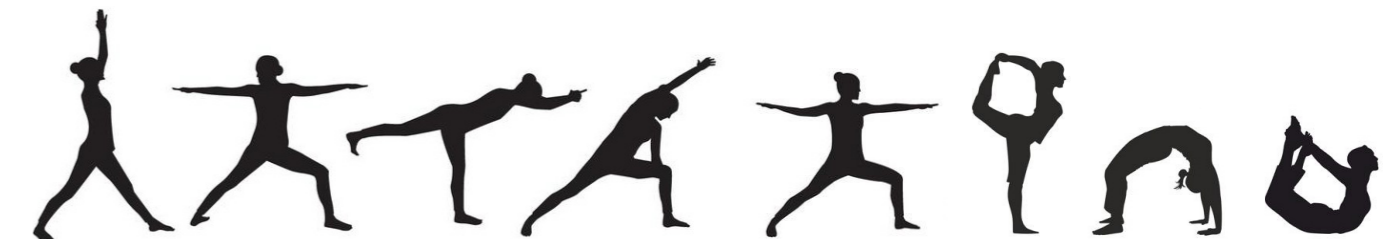


It's quite easy to lacto-ferment vegetables, either as pickles or different kinds of sauerkraut. I recommend being creative and trying different variations and spices.

This book is mind-blowing. A lot of information about digestion that gives you real understanding about how it all works and why it has such a big effect on all parts of our system. It's also funny and entertaining to read.

Strength

- Experience in back getting better if I focus on working up core strength
- I know some yoga - that's more fun than many other kinds of core practice
- I have recently started doing yoga regularly
- There's a yoga company in the village
- Easy to find yoga instructions and ideas
 - youtube
 - books in library
- There is a weird chair at work that gives the possibility to work your core muscles while sitting by the desk.



Giulia Enders



GUT

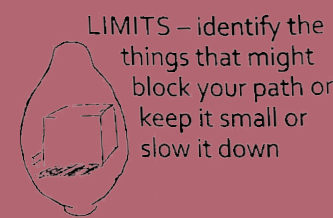
the inside story
of our body's most
under-rated organ

THE INTERNATIONAL BESTSELLER



SCRIBE





LIMITS – identify the things that might block your path or keep it small or slow it down

"I already know a lot about what I should be doing, the problem is that I am not doing it"

Teeth

I don't like the taste of meat and would prefer not to eat meat. It's also because of ethical reasons, it's not easy finding meat from animals that you know was raised in a just and ethical way.

Trouble finding and getting the food I should eat more of. Especially since I live a zero-waste lifestyle and it is already troublesome to get hold of food without packaging.

When it is dinnertime the food that is made has to be something the whole family would like to eat, I can't be cooking for me separately - that would be too much work.

I am not always the one cooking - it's even more difficult to get other people cooking food that fits my tooth healing diet.

The food has to be something that everyone in the family will eat. Tooth building material that's also tasty enough for everyone, that's a challenge!



Sleep

The day-routines of the school kids and kindergarten don't allow for a lot of flexibility regarding sleeping hours.

The normal setup of the society is for A types that have more energy in the morning, not for the B type that has more energy and are more creative in the night.

I am definitely a B person, It's hard for me to slow down and go to bed when I am in my most energetic and creative time. But I still have to get up at 7 to help my kids get ready for school. When I have the possibility I am more than up for staying up late and then sleeping until noon. In that kind of routine I sleep better and wake up alert, even without an alarm!

My routines are not only decided on by my work or preferences but intertwined with family life. I love the free time when kids are in bed don't want to go to bed.



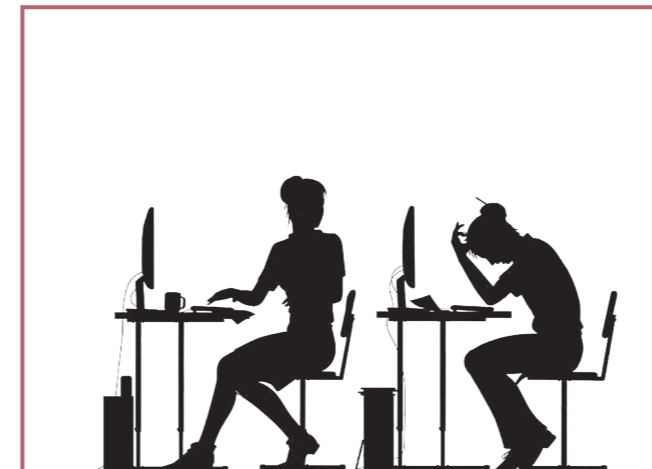
10

Strength

I am not used to having exercise as a part of my daily routine. I have always been active but I did not practice sports in my childhood nor later. The only time in my life that I did regular exercises was when I was a teenager and found out about the weakness in my back and that I needed strong musculature. And then when I was pregnant and at home with my first two kids, then it was also about the social aspect. To meet other people and get out of the house.

I tend to sit by the computer a lot when I am working at the office, same position for a long time \ without engaging the core muscles at all.

Wintertime is sitting time. At the office, sitting in all kind of weird positions but non of them are helpful in keeping my back strong.



Digestion

I have been really stressed recently and started to "cheat" a lot from my diet. I have been bloated most of the time, with stomachpain and gas, even on days when I keep to my grain and sugarless diet. It is likely that the flora of the gut bacteria has been interrupted by my diet changes and candida become too dominant.

It is a lot of work to cook and prepare good food for all meals. I would prefer to eat in the canteen or in a café in the lunch on workdays but there's almost always some grains or sugar in those meals.

All the work it takes to make the food I need for better digestion and teeth. No wonder I am tempted to at least get lunch from the nice vegetarian café nearby.



Other

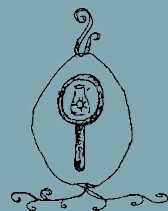
There's a lot to do personally, in projects and work. It will be hard to make enough time for these changes, finding new solutions and routines.

I already have a lot to remember and my memory is not that good. It's likely that I will simply forget to do all the things that I have to do regarding all these different behavioral changes.

My memory is bad. It doesn't help when there are countless things to keep track of. How to fit this into my busy schedule and how can I remember to do it?



11



PRINCIPLES –
look through the
lens of each one

Holmgren principles



Observe & interact

- I have already been trying out different things for a long time and learning from the experience.



Catch and store energy

- I have to be better at preparing and stocking up with good nutritious food so that there's always something there to eat that is good for me.



Obtain a yield

- I will gain more energy, healthy teeth and less worries about them. Strong body that is not aching.



Apply self-regulation & accept feedback

- Check stomach and teeth regularly and keep a record to see if anything changes or if I need to adjust the plan.
- Notice if my body is showing some signs and document them so that I can see the patterns.



Produce no waste

- I must stop drinking coffee before lunch, otherwise the good energy from the breakfast will be a waste.



Design from pattern to details

- Find the routines first for how to integrate the behavioral changes, then go into details regarding what has to be done.



Integrate rather than segregate

- Do more people want to participate in the food making or diet? My kids would gain from learning to appreciate nutritious foods like sauerkraut, kefir, bone broth... Are some of my friends on a similar diet or want to f.ex. heal their teeth?
- Doing yoga with my kids at home, as a fun thing to do with them.
- Attending regular yoga classes in the yoga studio in town.



Use small & slow solutions

- Find the small but effective ways to do as much good as possible without being overwhelmed.
- Integrate slowly, allow the transition to take time.

12

Mollison principles

The problem is the solution

- My tooth health is a great indicator on if I am getting enough nutrition and if I am eating the right food. I both get long term feedback in the form of tooth decay and short term feedback in the form of sensitive teeth, hurt, red or swollen gums. It really helps me f.ex. to not want sweet chocolate when my tooth hurts straight after I take the first bites, then it is just not worth it.
- Same with my swollen abdomen, such a clear indicator, I can't miss seeing that sign.

Make the least change for the greatest possible effect

- Find the solutions that are "low hanging fruit" (little effort for big effect)
- Can I stack some functions/actions to make better use of my time and effort?

Elements perform many functions and every function is supported by many elements

- Find actions that will help me towards more than one of the goals.
- Find many ways to attain each of the actions I want to be doing. f.ex. for C vitamin have some frozen berries, dried goji berries and a powder. For fat soluble vitamins have fish oil, fermented fish oil, eat oil rich fish, bone broth, fish-soup with fish head broth, eat liver.

Understand and use succession and evolution

- What kind of food is natural for humans?
- The food that I have found helpful for my health is possibly more in line of natural evolution of the human body?
- Humans have changed their diet too fast, we haven't evolved to digest the food that is considered "normal" in today's society.

Work with nature rather than against it

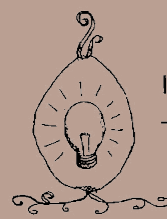
- My research until now points towards that our natural state is eating a lot of vegetables and occasional meat and organs. Remember that with that kind of diet I am behaving naturally.
- I shouldn't be ashamed for not participating in social eating that is unnatural and unhealthy.
- Avoiding sugar and grains works with me in keeping the diet, less blood sugar drop > less cravings for quick energy from carbohydrates. Because there won't be as much drop in blood sugar levels.

13



Use & value diversity

- This will be boring and hard to withhold if I am always eating the same food and doing the same things. Find variation.
- Sometimes yoga with kids, other times take a class, other times do another activity that strengthens the back.
- Find ways to make a lot of different kind of food and exciting new spices to get some variation.



IDEAS
- gather
inspirations



Yoga and outside?
It doesn't get better.

That's my lovely
town Isafjörður in
the background.



Out when it's bright,
that's around lunchtime.
In the winter we have
lack of sunlight.



Fermented
cod liver oil



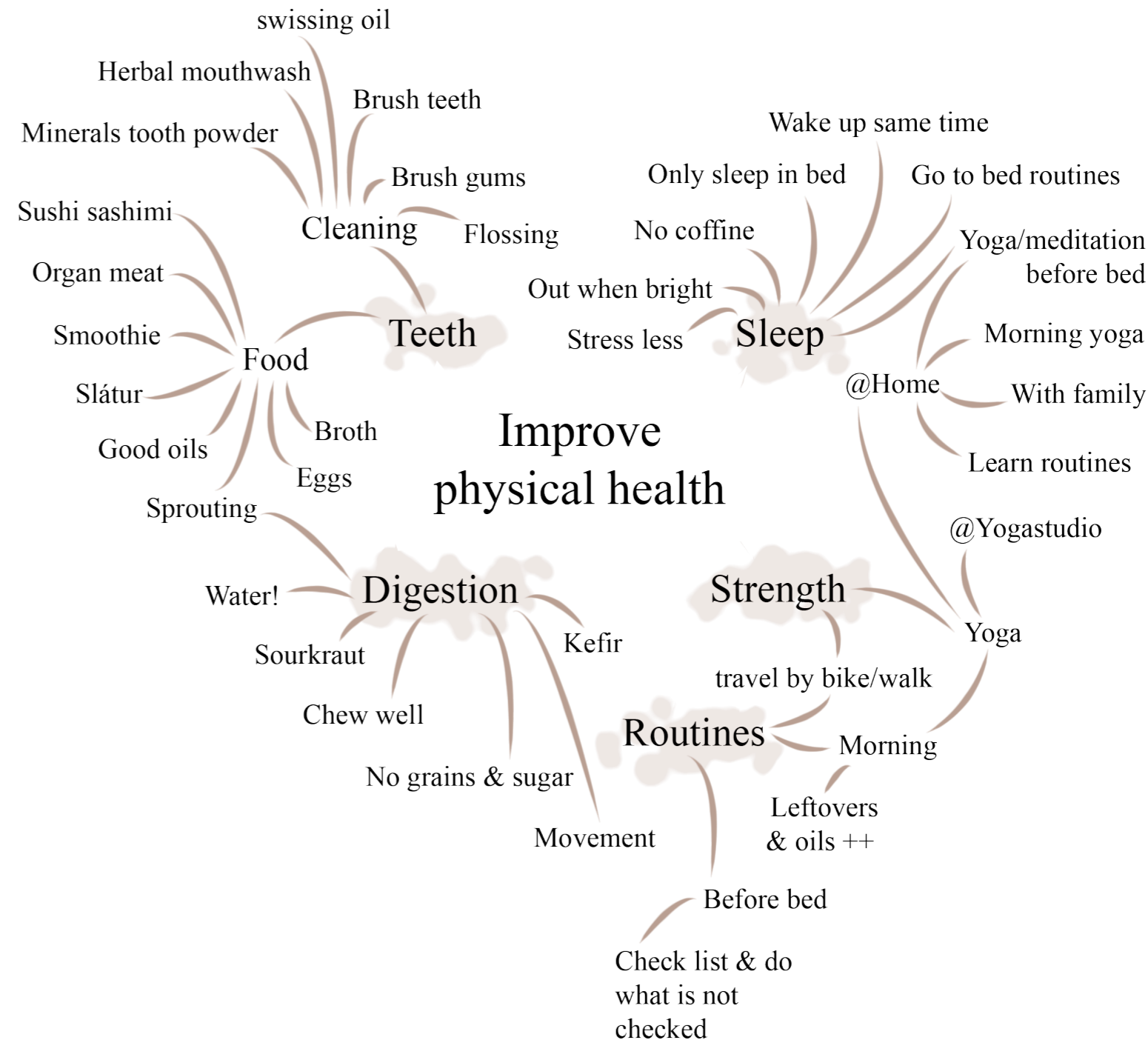
Goji berries
for a lot of
vitamin C



bone + vegetable broth
is the key to getting more
nutrition



Sprout it!



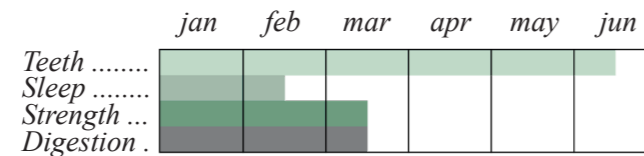


SMART goals

Next step is making the goals clear. Specific, Measurable, Agreed upon, Realistic, Time-bound.

It's now the beginning of January. I can sense a lot of urgency regarding getting results, all these problems will increase fast if I don't manage to pull the strings and get this situation under control.

I will set the strictest time limits that I can imagine possible to get these results.



1# Teeth

By June 2019:

- see that tooth health has reversed
 - gums pink
 - teeth not sensitive to cold
 - tooth decay areas healing or at least have not gotten bigger

I have experience in changing my diet to help the teeth heal and I know that this takes time. The teeth will stop hurting quite fast, but healing tooth decay or infected gums is a slower process.



2# Sleep

By February 2019:

- fall asleep within half an hour
- wake up when the alarm rings
- find a sleep routine where I feel awake in the morning.

I will not be functioning if the insomnia continues any longer, that's why I decided to have a short timespan for this goal. I will have to focus on the cause and the solution for this problem as fast as possible. There's a big motivation there also since this much lack of sleep interrupts everything.



3# Strength

By Mars 2019:

- no sore muscles in back.
- have less than 1 day a week with back pain.
- made a plan for exercises to follow the next months.

There's not as much stress finishing this goal but since I have already been doing yoga for a month now I think it will be less of an effort to get to the level where my core is strong and then also ready for the workout in the CSA in the spring.



4# Digestion

By Mars 2019:

- bloated or hurting stomach not happening more than a few times per month.

When I follow the tooth diet that usually also does great things for my digestion, at least when I make sure I eat a lot of vegetables also. My stomach problems are a bit mystical, sometimes my stomach becomes bloated without me knowing what caused it that time, that's why I don't dare to have a higher goal.



Incremental design

Incremental design means that you adjust along the way. Making small changes, watching closely how it is working, making adaptations, then again watching closely how it is working and make more adaptations until the system is finely tuned. That is the main design tool in this project. My attitude needs to follow this tool, aim for patience, and be prepared for that not everything will work immediately. My solutions will be adjusted many times before I will find the actions that will work for the long run.

Seeing progress

Tooth-diagram where I can document how my teeth and gums look and then hopefully see the progress by documenting again later.

Diary where I can see how well I have been following the new routines. It might get me to sharpen up if there hasn't been much action and also working as a reminder for all the actions. Getting motivation from seeing black on white when I have been doing well even though there might not be visible change yet on my body.

Fit into everyday routines

The new routines have to get time and space in my everyday life. Edges between activities are a rich opportunity to make little extra space for the new action. Before bed routine, morning routine or connected to meals? It's also easier to remember when it is connected to another activity.

Easy to remember

I am going to have trouble remembering to do these activities. Having a checklist to help me remember the things I decide to do is really important.

Having plan B is a strong act. The routine of checking the boxes in the checklist before bed gives the possibility to quickly do some of the things that I forgot that day. Like doing quick before-bed-yoga, taking fish oil or drinking that extra glass of water.

Not too much at once

It will be hard finding balance where I get enough impact from the actions taken but still not overwhelming me with too many and time-consuming activities.

Aiming for that sweet spot is still worth a shot. Since this is an incremental design I can always adapt the methods and reduce the activities if needed later.

example of how incremental design is helping



APPRECIATION
– focus on
things to be
thankful for



Already doing well

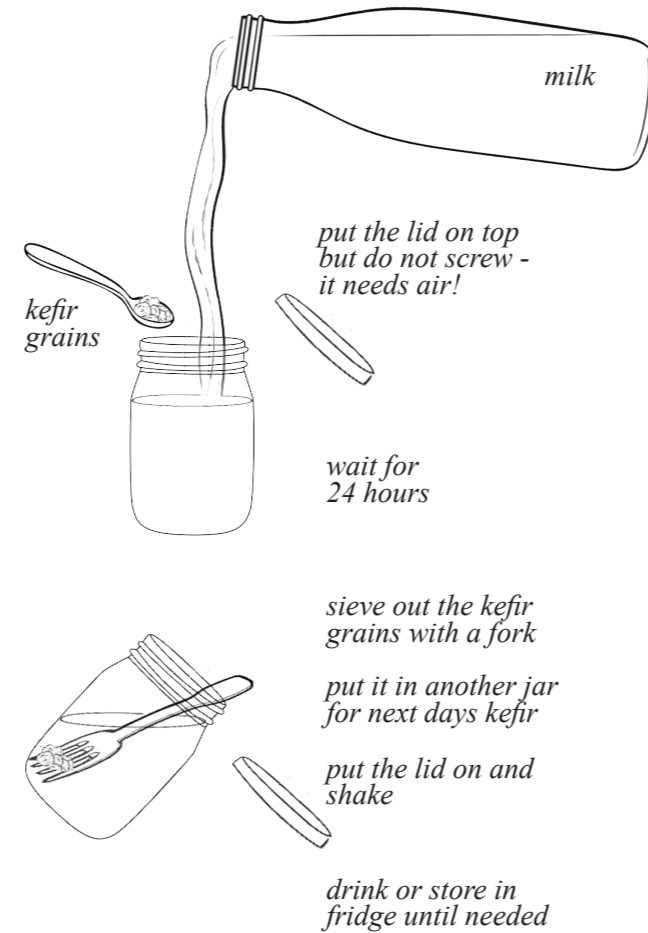
I am used to making behavioral changes. Changing all the time. I would not recommend anyone that is not used to making behavioral changes to implement so many changes at once but I am convinced that if I find a good way to keep track of everything that I need to do I'll manage to do these behavioral changes.

Last month

In December I was shocked by the fact that my teeth were getting worse so fast. Since then I have been strict on not eating grains or sugar. My stomach has almost not been bloated at all, and it looks like the candida has come to a balance. I have felt enough motivation to start both sprouting and making kefir again. Sprouts and kefir have now become a part of my diet again.

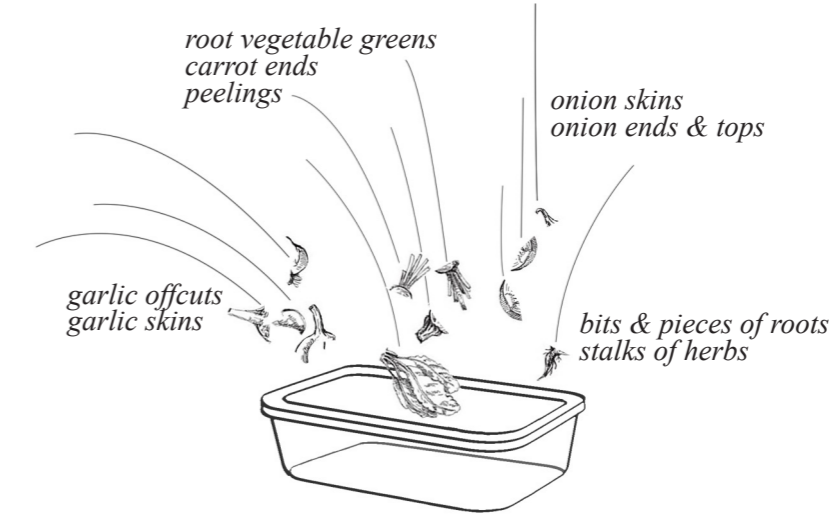
Since the new year's turkey I have been making bone broth and finding ways to integrate that into my cooking and the whole family have been eating soups with that healthy nutritious food. I have felt the urge to integrate even more of the nutritious healthy things into the food I prepare for my kids.

Each day through December I have been practicing yoga and I have learned a few routines that I can quickly do when I have space in my schedule. My back has been tired and some backpain also, but I can feel it getting stronger. My kids have also been participating in the yoga, they get inspired to join in when I am practicing yoga when they are at home and awake.



My way of making kefir. I drink it as it is, use it for making yoghurt sauces to have with dinner, put it in a smoothie. Whatever you would use yoghurt for.

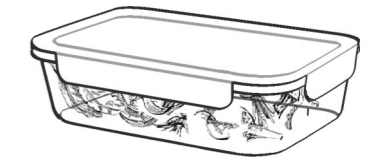
My way of making bone broth. I make soups and casseroles with the broth as a base and even just drink it warm with some spices added.



Into the freezer

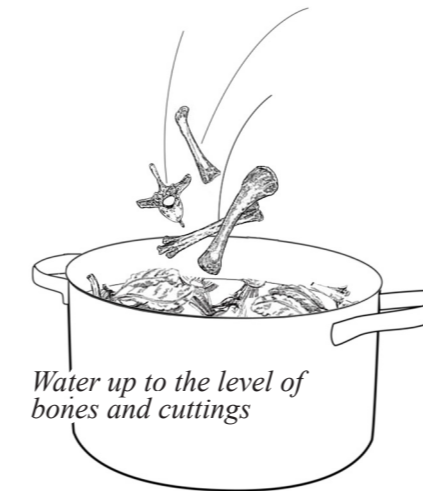
Fetch the container from the freezer each time you cut vegetables and add ant offcuts

I collect around two boxes before I start making broth.

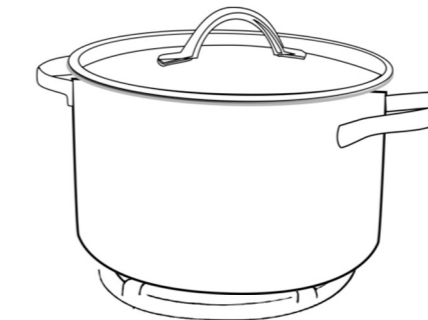


Start a broth whenever you get a hold of bones or fish heads & fishbones

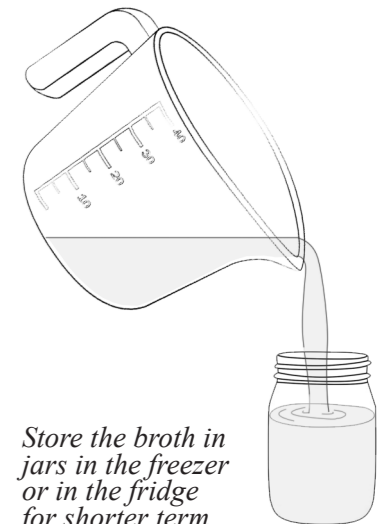
Any ratio bone vs. vegetable cuttings is fine, it will just have varying taste



Simmer for around 24 hours on low heat on a stove or in a slow cooker



Sieve & compost the cooked bones and vegetable cuttings



Store the broth in jars in the freezer or in the fridge for shorter term



ACTION – make a plan for getting things done

Health diary

I need oversight and to remember all the different behaviors that I want to incorporate into my lifestyle. A health diary where I follow up my progress and get oversight is my first plan. I need to see which actions I have been taken and how consistent I have been on doing them over long term.

Quick to fill out

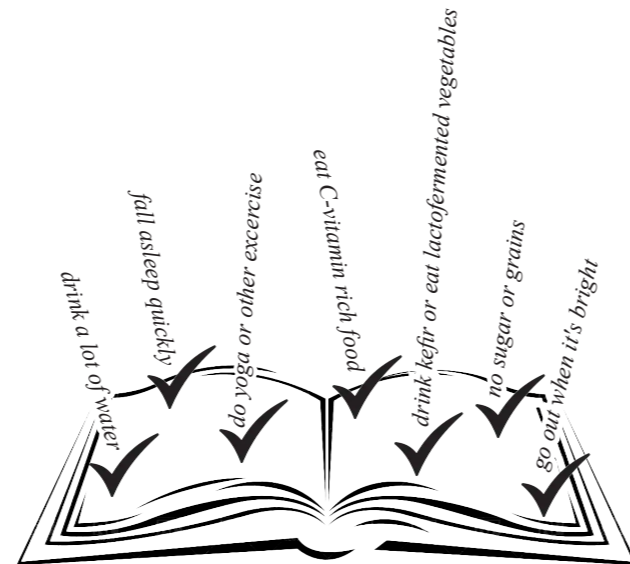
It needs to be quick to fill out but still give me all the information I need to follow up on my progress. Having a checklist for most of the actions I am going to document will make it faster.

Set up

Each day should be separate and have boxes to check for each action.

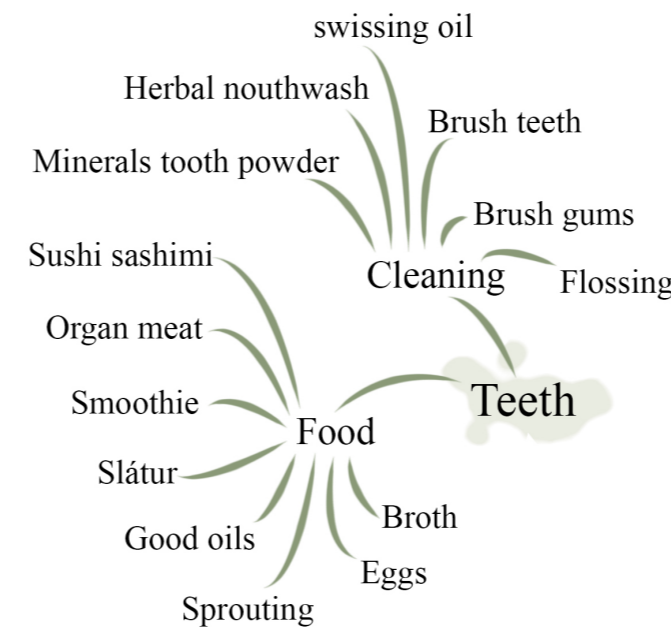
I will also need some writing space for each day. I'm also going to write down everything I eat and drink to be able to trace back to what I have been eating, if I get some kind of a reaction or if I am not getting the results I was hoping for even though all the boxes are checked. If there's some space left then that could be used to write any comments about the week.

Using only one A4 page for registering each week is the aim. In that kind of a setup each weekday has the possibility for 12 boxes to check. By looking through the idea diagram I can find ideas that fit into the health diary and then figure out how to register it.



How much to do each day?

I have already made an idea diagram over everything that I can think of that would improve my health regarding my areas of focus: teeth, sleep, strength and digestion. Some of the actions in the diagram are already a part of my habits. They will be easy to continue and do not have to be monitored in the health diary. I tried to minimize what to register so that it will fit into the 12 boxes and fill them with actions that I am struggling to fit into my life.



Teeth

The teeth are a urgent issue to deal with, if this situation isn't reversed there will be more damage accumulated and even harder to reverse it. Therefore, I put more emphasis on getting these boxes checked and even order things online that might help.

organ meat / bonebroth

These two are crammed into one box, they both serve the function of giving more of densely nutrient rich food. I have the possibility of underlining which one.

unpasteurized milk

Unpasteurized milk is recommended by Weston Price and I did make go through the trouble of getting unpasteurized milk the last time I was strict on my tooth-diet but I have to find a better system for that.

no sugar & grains

This has been going well since the start of December but it is a constant social struggle to not participate in the food related events and has a big impact on both my teeth and digestion so that has to be monitored.

clean teeth well

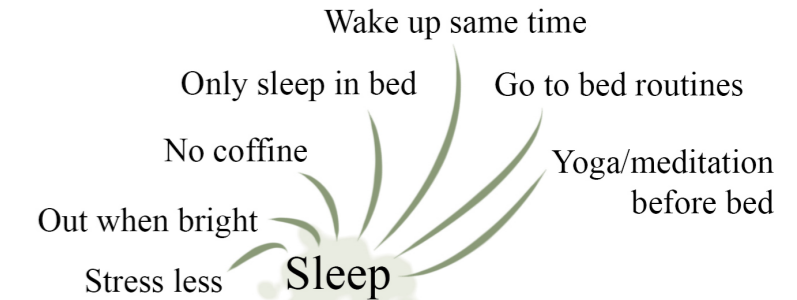
Tooth-cleaning is not as easy as it sounds since I don't have an exact method that I know is good for my teeth. There's been different toothpaste/powder recommended and different toothbrushes, mouthwashes and oil pulling. This also takes a lot of time! This box is needed to remind me of finding a good routine, instead of just doing routine brushing.

c-vitamin rich food

C-vitamin is one of the main things to consider when you have gum-problems like me, it all started with the gums. Frozen berries are one of the things I have available to get more C-vitamin.

ferm. codliver & butter oil

I have been taking cold pressed cod liver oil every now and then but not near enough. Weston Price recommended high vitamin cod liver oil and butter oil from grass-fed. I am going to order a combined fermented cod liver oil and butter oil and see if that will help boost the fat-soluble vitamins. The local cod liver oil should be enough for maintaining health when I have managed to turn the tooth-decay situation.



Sleep

Since I already have insomnia problems these days, I don't want to focus too much on how many hours of sleep. Being able to fall asleep and keeping good sleeping routines is the main focus here.

fall asleep quickly

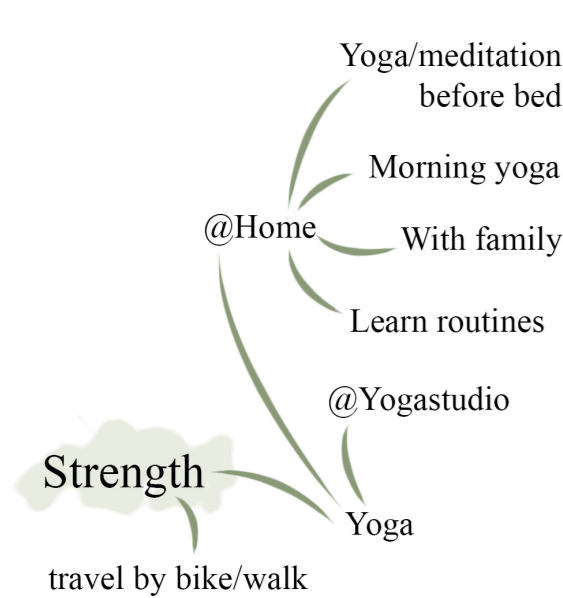
This is just to register and get an overview. Which days do I have trouble falling asleep and can I see any patterns around that? Is it connected to caffeine intake, exercise or if I was outside in the daylight.

wake up when alarm rings

It is hard to be active and fully awake in the morning after little night sleep, but it is still important to keep the part of the sleeping routine that I do have control over, that is when I wake up. It is a bad habit to snooze the alarm clock when you could have gotten longer sleep and just stood up because of one alarm when it is absolutely time to wake up.

out when it's bright

Daylight in your eyes is proven to help fall asleep and get better sleep. Here in the Westfjords of Iceland we don't get any direct sunlight for over 2 months in the winter and in the darkest time there is daylight only for a short period around lunch. Many don't even get any daylight for a long time since they are at work during that time. It's likely that this is a part of my problem and getting more light might help a lot.

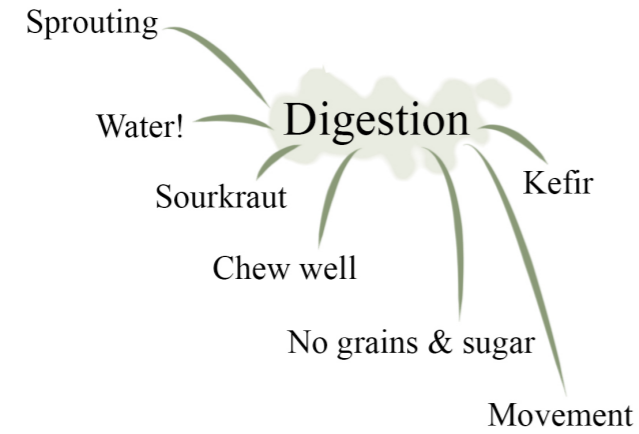


Strength

Core training is needed to strengthen my back and shoulders.

yoga / other exercise

I have started doing daily yoga and that has already helped a lot. I would like to continue doing yoga to get stronger and eliminate back pain.



Digestion

It is important to keep the digestion running well, for the whole body and for better nutrition intake to reverse my tooth problems. The grain- and sugar free diet is important for my digestion but that box has been covered in the tooth section of the diary.

water 3x

Enough water is important both for digestion and other functions in the body. I used a calculator found on the internet to find out that I should be drinking at least 1,5 liters water each day, tea and other drinks are not included in this amount. My habits have been drinking little or no water at all. This needs to change

kefir / ferm.vegetables

Get more good bacteria in the gut by eating fermented vegetables and drinking kefir. I have been making my own fermented vegetables and kefir, but the kefir sometimes ends up in the fridge taking a break because attending to it each day takes time. Checking this box will help me to hold out this routine and continue making good sauerkraut and ferment veggies.

Week 3 date. 14-20jan

Mánudagur

- | | | |
|---|--|--------|
| <input type="checkbox"/> water 3x | <input type="checkbox"/> organ meat / bonebroth | meals: |
| <input type="checkbox"/> kefir / ferm.vegetables | <input type="checkbox"/> unpasturized milk | |
| <input type="checkbox"/> yoga / other exercise | <input type="checkbox"/> no sugar & grains | |
| <input type="checkbox"/> fall asleep quickly | <input type="checkbox"/> clean teeth well | |
| <input type="checkbox"/> wake up when alarm rings | <input type="checkbox"/> c-vitamin rich food | |
| <input type="checkbox"/> out when it's bright | <input type="checkbox"/> ferm. codliver & butter oil | |

Þriðjudagur

- | | | |
|---|--|--------|
| <input type="checkbox"/> water 3x | <input type="checkbox"/> organ meat / bonebroth | meals: |
| <input type="checkbox"/> kefir / ferm.vegetables | <input type="checkbox"/> unpasturized milk | |
| <input type="checkbox"/> yoga / other exercise | <input type="checkbox"/> no sugar & grains | |
| <input type="checkbox"/> fall asleep quickly | <input type="checkbox"/> clean teeth well | |
| <input type="checkbox"/> wake up when alarm rings | <input type="checkbox"/> c-vitamin rich food | |
| <input type="checkbox"/> out when it's bright | <input type="checkbox"/> ferm. codliver & butter oil | |

Miðvikudagur

- | | | |
|---|--|--------|
| <input type="checkbox"/> water 3x | <input type="checkbox"/> organ meat / bonebroth | meals: |
| <input type="checkbox"/> kefir / ferm.vegetables | <input type="checkbox"/> unpasturized milk | |
| <input type="checkbox"/> yoga / other exercise | <input type="checkbox"/> no sugar & grains | |
| <input type="checkbox"/> fall asleep quickly | <input type="checkbox"/> clean teeth well | |
| <input type="checkbox"/> wake up when alarm rings | <input type="checkbox"/> c-vitamin rich food | |
| <input type="checkbox"/> out when it's bright | <input type="checkbox"/> ferm. codliver & butter oil | |

Fimmtudagur

- | | | |
|---|--|--------|
| <input type="checkbox"/> water 3x | <input type="checkbox"/> organ meat / bonebroth | meals: |
| <input type="checkbox"/> kefir / ferm.vegetables | <input type="checkbox"/> unpasturized milk | |
| <input type="checkbox"/> yoga / other exercise | <input type="checkbox"/> no sugar & grains | |
| <input type="checkbox"/> fall asleep quickly | <input type="checkbox"/> clean teeth well | |
| <input type="checkbox"/> wake up when alarm rings | <input type="checkbox"/> c-vitamin rich food | |
| <input type="checkbox"/> out when it's bright | <input type="checkbox"/> ferm. codliver & butter oil | |

Þrestudagur

- | | | |
|---|--|--------|
| <input type="checkbox"/> water 3x | <input type="checkbox"/> organ meat / bonebroth | meals: |
| <input type="checkbox"/> kefir / ferm.vegetables | <input type="checkbox"/> unpasturized milk | |
| <input type="checkbox"/> yoga / other exercise | <input type="checkbox"/> no sugar & grains | |
| <input type="checkbox"/> fall asleep quickly | <input type="checkbox"/> clean teeth well | |
| <input type="checkbox"/> wake up when alarm rings | <input type="checkbox"/> c-vitamin rich food | |
| <input type="checkbox"/> out when it's bright | <input type="checkbox"/> ferm. codliver & butter oil | |

Laugardagur

- | | | |
|---|--|--------|
| <input type="checkbox"/> water 3x | <input type="checkbox"/> organ meat / bonebroth | meals: |
| <input type="checkbox"/> kefir / ferm.vegetables | <input type="checkbox"/> unpasturized milk | |
| <input type="checkbox"/> yoga / other exercise | <input type="checkbox"/> no sugar & grains | |
| <input type="checkbox"/> fall asleep quickly | <input type="checkbox"/> clean teeth well | |
| <input type="checkbox"/> wake up when alarm rings | <input type="checkbox"/> c-vitamin rich food | |
| <input type="checkbox"/> out when it's bright | <input type="checkbox"/> ferm. codliver & butter oil | |

Sunnudagur

- | | | |
|---|--|--------|
| <input type="checkbox"/> water 3x | <input type="checkbox"/> organ meat / bonebroth | meals: |
| <input type="checkbox"/> kefir / ferm.vegetables | <input type="checkbox"/> unpasturized milk | |
| <input type="checkbox"/> yoga / other exercise | <input type="checkbox"/> no sugar & grains | |
| <input type="checkbox"/> fall asleep quickly | <input type="checkbox"/> clean teeth well | |
| <input type="checkbox"/> wake up when alarm rings | <input type="checkbox"/> c-vitamin rich food | |
| <input type="checkbox"/> out when it's bright | <input type="checkbox"/> ferm. codliver & butter oil | |

Þfir vikuna:

Rest from the strict program

5.3.2019

I started out well after making the health diary. It really helped to have oversight and a reminder for what to do each day.

Then I went to Flateyri to teach a two-week course about environmental issues. It was tough, I didn't sleep enough and there was a lot of stress. I even got the flu and had relationship difficulties on top of that. At that time, I started to lose the focus on my strict health program.

I still kept to most of the behavioral changes, but I didn't manage to cross off on the health diary or keep oversight for how I was doing.

It's alright to pause when needed and not being too hard on yourself. Just remember to get started again when the time is right, instead of giving up. I have not given up on this project.

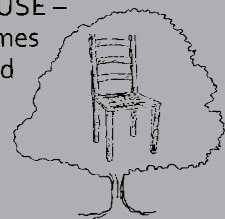
As the sun is turning back to the town and giving more daylight each day, I feel my energy level rising. The spring is a busy time, a lot of projects upcoming and a lot of optimism.

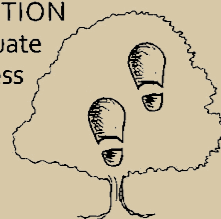
The sun finally showing over the mountains and long needed direct sunlight reaching down to the town of Isafjörður, where I live. Here we have no direct sunlight between 21st of November to 21st of January



Pause

PAUSE –
incorporate times
of rest and
rejuvenation





Smart goals progression

5.3.2019

Teeth

By June 2019:

- see that tooth health has reversed
 - gums pink
 - teeth not sensitive to cold
 - toothdecay areas healing or at least have not gotten bigger

Sleep

By February:

- ✓ fall asleep within half an hour
- wake up when the alarm rings
- find a sleep routine where I feel awake in the morning.

Strength

By Mars:

- ✓ no sore muscles in back.
- ✓ Have less than 1day a week with back pain.
- Made a plan for exercises to follow the next months.

Digestion

By Mars:

- ✓ bloated or hurting stomach not happening more than a few times per month.

It is now Mars, some of the goals have been delayed by the pause. But when I look at them closer, I see that I have made progress, some parts of the goals have been reached already but others need additional tweaking or planning to be easier to reach.

By looking into each goal I can find what is stopping me and make plans for how to get past that hinder.

Teeth

Health diary check:

- organ meat / bonebroth often
- unpasteurized milk have not reached out to farmer
- no sugar & grains always
- clean teeth well unsure which method
- c-vitamin rich food need for more
- ferm. codliver & butter oil often

Even though I haven't seen any change yet I have gotten a lot of good habits in place. I also have more tools to reach the day-to-day goals. F.exe. having liver-capsules to help out with the organ meat consumption when needed. Fermented cod liver & butter oil to provide extra amount of these important fat-soluble vitamins.

Finding ways to get unpasteurized milk hasn't been prioritized and is more complicated. I am not going to focus on that point for now.

I have many means of cleaning my teeth; toothbrush, chewing stick, herbal mouthwash, herbal tooth-and gum powder, silk-floss, oil-pulling. The trouble is that it takes a lot of time and I haven't found time to fit everything into my schedule. The flossing has ended up as a "every-other-day" but I can see that my

gums hurt when I don't floss. Making sure I clean everything stuck between the teeth seems important.

There's need for a better source of C-vitamin rich food since I haven't been doing well getting this part each day, ordering the C-vitamin rich camu-camu powder might be a good solution.

plan for tooth-routine

- fermented cod liver & butter oil before breakfast
- order camu camu powder and mix that with kefir each morning
- toothbrush / chewing stick + floss / oil pulling each night. Extra gum powder or mouthwash every now and then (f.exe while reading)

Sleep

Health diary check:

- fall asleep quickly always
- wake up when alarm rings at least 30min snooze
- out when it's bright often

The insomnia is not a problem anymore. I am back to falling asleep almost instantly when I hit the pillow. What I did to reverse it (some of this must have helped):

- be outside ca. half an hour when it is bright
- following my bad habits of going too late to bed
 - my body is used to it - change is hard
- making sure I don't get cold (double duvet)
- no tea or coffee
- If I haven't fallen asleep in a few minutes
 - meditation to calm my mind
 - if not asleep after 20 min > living room & read
 - try again when feeling tired

My troubles with waking up when the alarm rings and to find a sleep routine where I feel awake in the morning is both connected to the fact that I don't sleep much. It's hard to go to bed early when I am so active and finally have time for myself after the kids have gone to bed. This is the time where I get things done or have good conversations with people. So it would be good to find the sweet-spot where I am fully awake in the morning without going too early to bed.

Even though it feels early for me to start cleaning teeth before 23:30 that is needed if I want to be in bed at 24 and get a 7hours sleep.

One of the things that could be stopping me is habits, maybe I have gotten used to being tired before lunch. I can think of a list of things that have helped me in the past to get fully awake and am going to focus on them in the nearest future and see if that helps.

Plan for more/better sleep

- Start cleaning teeth and checking boxes in health diary between 23 and 23:30 > in bed before 24
- Out when it's bright (try to catch sunlight) - 20min
- Wake-up-properly routine in the morning:
 - take on clothes right away (don't get cold)
 - (help kids get ready for school)
 - good breakfast with someone (social)
 - get to work before 9

Strength

Health diary check:

- yoga / other exercise at first, but not anymore

My back is generally not an issue these days so the yoga in December and beginning of January helped a lot. But finding time for yoga each day was too much

to continue with for a long time. I need to find a more flexible routine so that I will continue to build up strength for the summers hard work. It's hard to find a day and a time that will work each week - and to remember it, but I will try to connect it to other things to make them easier to remember.

Plan for exercise

- Wednesday night when my partner is on rescue team meeting
- Short yoga in the morning on Mondays
- Possibility for extra exercise on Saturday or Sunday with kids

Digestion

- water 3x ca. half of the amount
- kefir / ferm.vegetables often

Health diary check:

My stomach is doing well these days, as long as I keep away from grains (that is both for the teeth and stomach) and don't drink coffee/tea before lunch then everything goes smooth.

I could be better at drinking water though and there has been less kefir and fermented vegetables recently, I count on that turning now that I have made a new batch of sauerkraut that will soon be ready.

Make sure that I don't fail

Checking the boxes in the health diary before bed each night has helped a lot, and then I have a last chance to get done what hasn't been fulfilled throughout the day. Having this as a diploma project also helps a lot, the pressure of other people seeing my progression in the end gives extra motivation.

Internal landscape showing on the outside

A new signal from my body has led me back to the drawing board, seeking new ideas. Over the last week I started noticing red dots spreading over my whole body. It started at the abdomen and has spread from there all the way to my hands and feet. At first, I was really worried and stressed trying to find out what was causing this rash. But when I noticed how much my head was itching, I started wondering if it was psoriasis. It was psoriasis guttate. Likely caused by stress and too little sleep.

Research about this autoimmune disease reminded me that the physical and mental health are intertwined and some of my physical symptoms will have to be addressed through mental changes. To get inspiration for what kind of mental work I should do I read some chapters in Looby Macnamara's book *People and Permaculture*. The chapter *Our Inner Landscape* states the importance of zone 00:

"It is tempting to see all that is going on in the world and want to try to save the planet, save humanity and generally put our energy into work outside of ourselves. There's plenty to be done, there is no denying it, and it can seem selfish to spend time caring for ourselves. (...) Whatever the justification the end result is that when we put ourselves last (or second) the time comes when our bodies or minds will scream for attention with resentment, illness and burnout. Giving all our time to others and seldom to ourselves is ultimately not personally sustainable."

I should be aiming for a regenerative design where I become more abundant and successful over time. But instead I have expanded my ability to ignore my

basic needs and take on more work even when my days are overfilled with stress. My memory has also been getting worse for a long time and I am seeing now how much worse it has become. I must turn this evolution around.

Beliefs

The way I look at myself can limit my progress. I will reframe my beliefs so that they serve me instead of limit me.

- current belief: I don't sleep enough
- new belief: I am looking for ways to get more sleep
- current belief: I have bad memory
- new belief: I am working on getting my memory to a better shape

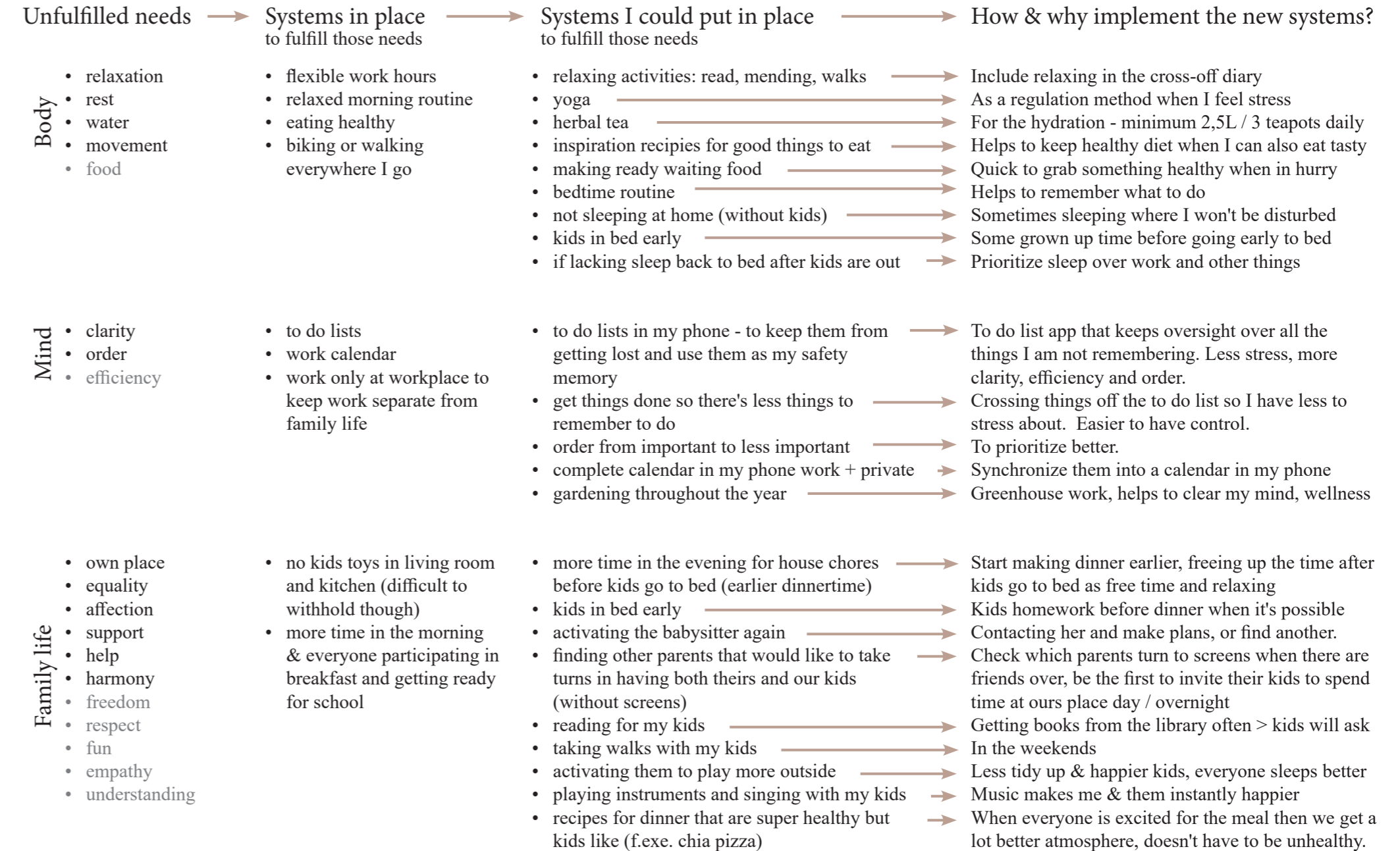
A positive way to look at the situation. As in Mollison's principle "The problem is the solution"

- new belief: Getting dots on my body is great, it is a really great visual reminder that I have to slow down, reduce stressful experiences in my life, give time to more self-care and relaxation and herbal tea drinking. It also reminds me to eat well, especially the important fats that I was having trouble including in my diet.

As Aranya states in *Permaculture Design* "invest as much as 80% of our time and energy in establishing it, so we only need 20% to maintain it."

- new belief: it's understandable that it takes time to change my behavior because of the 80/20% rule.

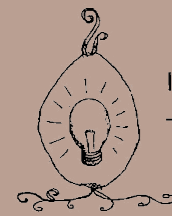
Thinking in systems



"Seek blessing in disguise from the problem. If I were to think of this as a great thing that was happening to me, what would that be like?"

Looby Macnamara, p35

Ideas



IDEAS
- gather
inspirations



ACTION – make a plan for getting things done

Health diary adjustments

The diary will be updated so that I also have space to register my work regarding healing psoriasis. I have seen how much it helps me to register and use the health diary as a reminder of the things I want to be doing and seeing patterns of behavior emerge. I carved out some space for the new systems that are suited for daily registration.

Teeth

My teeth are in a lot better shape now, although it's still important to track if I am managing to withhold the new habits. The box for unpasteurized milk is swapped for "good fat" since that is also an important factor in recovering from the psoriasis.

- | | |
|---|--|
| <input type="checkbox"/> organ meat / bonebroth | <input type="checkbox"/> clean teeth well |
| <input type="checkbox"/> good fat | <input type="checkbox"/> c-vitamin rich food |
| <input type="checkbox"/> no sugar & grains | <input type="checkbox"/> codliver |

Sleep

I do not have problems with insomnia anymore and have a strong toolbox for finding ways to fall asleep when I find myself in that kind of a situation. Now the focus is on sleeping more and calming down. Calming activities can be f.exe. reading, doing calming yoga, lighting a candle and looking at it, watching the smoke from a scent, taking a walk alone, gardening, mindfulness while brewing tea...

- | | |
|--|---|
| <input type="checkbox"/> fall asleep quickly | <input type="checkbox"/> sleep 7,5hrs _____ |
| <input type="checkbox"/> calming activity | |

Strength

My back is in good shape now, but I am still going to continue to register whether I do yoga since that also helps to reduce stress.

- yoga / other exercise

Digestion

I still keep the boxes for digestion, the water is especially important regarding the psoriasis. By shifting focus from water to tea I think it will be a lot easier to keep to the goal of drinking 2,5 l. I can easily envision myself as a person that's always brewing tea.

I will not be writing everything I eat since I have seen the patterns regarding my eating habits and want to free time to record things about mental wellbeing instead.

- | | |
|---|--|
| <input type="checkbox"/> herbal tea / water 2,5 l | <input type="checkbox"/> kefir / ferm.vegetables |
|---|--|

Wellbeing

I want to start recording my mental progress also. Quick way to get an overview for how I am doing is circling around a smiley that fits the mood for that part of the day. Checking if I have been working actively on limiting stress and reducing the long to-do list. I will also add the activity of registering three things I am grateful for that day. That is proven to be a powerful way to enhance positiveness and wellbeing. Noticing the things I am grateful for will also be a motivation to do more of these pleasant things.

- | | |
|---|---------------|
| <input type="checkbox"/> stress less | ☺ ☹ ☹ morning |
| <input type="checkbox"/> to-do-list reduction | ☺ ☹ ☹ day |
| <input type="checkbox"/> thankful 3x | ☺ ☹ ☹ late |

Week 41 date. 7-13okt

Måndagur

- | | | |
|---|---|---|
| <input type="checkbox"/> herbal tea / water 2,5 l | <input type="checkbox"/> organ meat / bonebroth | <input type="checkbox"/> stress less |
| <input type="checkbox"/> kefir / ferm.vegetables | <input type="checkbox"/> good fat | <input type="checkbox"/> to-do-list reduction |
| <input type="checkbox"/> yoga / other exercise | <input type="checkbox"/> no sugar & grains | <input type="checkbox"/> thankful 3x |
| <input type="checkbox"/> fall asleep quickly | <input type="checkbox"/> clean teeth well | ☺ ☹ ☹ morning |
| <input type="checkbox"/> calming activity | <input type="checkbox"/> c-vitamin rich food | ☺ ☹ ☹ day |
| <input type="checkbox"/> sleep 7,5hrs _____ | <input type="checkbox"/> codliver | ☺ ☹ ☹ late |

Þriðjudagur

- | | | |
|---|---|---|
| <input type="checkbox"/> herbal tea / water 2,5 l | <input type="checkbox"/> organ meat / bonebroth | <input type="checkbox"/> stress less |
| <input type="checkbox"/> kefir / ferm.vegetables | <input type="checkbox"/> good fat | <input type="checkbox"/> to-do-list reduction |
| <input type="checkbox"/> yoga / other exercise | <input type="checkbox"/> no sugar & grains | <input type="checkbox"/> thankful 3x |
| <input type="checkbox"/> fall asleep quickly | <input type="checkbox"/> clean teeth well | ☺ ☹ ☹ morning |
| <input type="checkbox"/> calming activity | <input type="checkbox"/> c-vitamin rich food | ☺ ☹ ☹ day |
| <input type="checkbox"/> sleep 7,5hrs _____ | <input type="checkbox"/> codliver | ☺ ☹ ☹ late |

Miðvikudagur

- | | | |
|---|---|---|
| <input type="checkbox"/> herbal tea / water 2,5 l | <input type="checkbox"/> organ meat / bonebroth | <input type="checkbox"/> stress less |
| <input type="checkbox"/> kefir / ferm.vegetables | <input type="checkbox"/> good fat | <input type="checkbox"/> to-do-list reduction |
| <input type="checkbox"/> yoga / other exercise | <input type="checkbox"/> no sugar & grains | <input type="checkbox"/> thankful 3x |
| <input type="checkbox"/> fall asleep quickly | <input type="checkbox"/> clean teeth well | ☺ ☹ ☹ morning |
| <input type="checkbox"/> calming activity | <input type="checkbox"/> c-vitamin rich food | ☺ ☹ ☹ day |
| <input type="checkbox"/> sleep 7,5hrs _____ | <input type="checkbox"/> codliver | ☺ ☹ ☹ late |

Fimmtudagur

- | | | |
|---|---|---|
| <input type="checkbox"/> herbal tea / water 2,5 l | <input type="checkbox"/> organ meat / bonebroth | <input type="checkbox"/> stress less |
| <input type="checkbox"/> kefir / ferm.vegetables | <input type="checkbox"/> good fat | <input type="checkbox"/> to-do-list reduction |
| <input type="checkbox"/> yoga / other exercise | <input type="checkbox"/> no sugar & grains | <input type="checkbox"/> thankful 3x |
| <input type="checkbox"/> fall asleep quickly | <input type="checkbox"/> clean teeth well | ☺ ☹ ☹ morning |
| <input type="checkbox"/> calming activity | <input type="checkbox"/> c-vitamin rich food | ☺ ☹ ☹ day |
| <input type="checkbox"/> sleep 7,5hrs _____ | <input type="checkbox"/> codliver | ☺ ☹ ☹ late |

Föstudagur

- | | | |
|---|---|---|
| <input type="checkbox"/> herbal tea / water 2,5 l | <input type="checkbox"/> organ meat / bonebroth | <input type="checkbox"/> stress less |
| <input type="checkbox"/> kefir / ferm.vegetables | <input type="checkbox"/> good fat | <input type="checkbox"/> to-do-list reduction |
| <input type="checkbox"/> yoga / other exercise | <input type="checkbox"/> no sugar & grains | <input type="checkbox"/> thankful 3x |
| <input type="checkbox"/> fall asleep quickly | <input type="checkbox"/> clean teeth well | ☺ ☹ ☹ morning |
| <input type="checkbox"/> calming activity | <input type="checkbox"/> c-vitamin rich food | ☺ ☹ ☹ day |
| <input type="checkbox"/> sleep 7,5hrs _____ | <input type="checkbox"/> codliver | ☺ ☹ ☹ late |

Saugardagur

- | | | |
|---|---|---|
| <input type="checkbox"/> herbal tea / water 2,5 l | <input type="checkbox"/> organ meat / bonebroth | <input type="checkbox"/> stress less |
| <input type="checkbox"/> kefir / ferm.vegetables | <input type="checkbox"/> good fat | <input type="checkbox"/> to-do-list reduction |
| <input type="checkbox"/> yoga / other exercise | <input type="checkbox"/> no sugar & grains | <input type="checkbox"/> thankful 3x |
| <input type="checkbox"/> fall asleep quickly | <input type="checkbox"/> clean teeth well | ☺ ☹ ☹ morning |
| <input type="checkbox"/> calming activity | <input type="checkbox"/> c-vitamin rich food | ☺ ☹ ☹ day |
| <input type="checkbox"/> sleep 7,5hrs _____ | <input type="checkbox"/> codliver | ☺ ☹ ☹ late |

Sunnudagur

- | | | |
|---|---|---|
| <input type="checkbox"/> herbal tea / water 2,5 l | <input type="checkbox"/> organ meat / bonebroth | <input type="checkbox"/> stress less |
| <input type="checkbox"/> kefir / ferm.vegetables | <input type="checkbox"/> good fat | <input type="checkbox"/> to-do-list reduction |
| <input type="checkbox"/> yoga / other exercise | <input type="checkbox"/> no sugar & grains | <input type="checkbox"/> thankful 3x |
| <input type="checkbox"/> fall asleep quickly | <input type="checkbox"/> clean teeth well | ☺ ☹ ☹ morning |
| <input type="checkbox"/> calming activity | <input type="checkbox"/> c-vitamin rich food | ☺ ☹ ☹ day |
| <input type="checkbox"/> sleep 7,5hrs _____ | <input type="checkbox"/> codliver | ☺ ☹ ☹ late |

Þfir vikuna:



Smart goals progression

05.12.2019

Teeth

By June 2019:

- ✓ see that tooth health has reversed
 - gums pink
 - teeth not sensitive to cold
 - tooth decay areas healing or at least have not gotten bigger

Sleep

By February:

- ✓ fall asleep within half an hour
- ✓ wake up when the alarm rings
- ✓ find a sleep routine where I feel awake in the morning.

Strength

By Mars:

- ✓ no sore muscles in back.
- ✓ Have less than 1 day a week with back pain.
- ✓ Made a plan for exercises to follow the next months.

Digestion

By Mars:

- ✓ bloated or hurting stomach not happening more than a few times per month.

Wellbeing

As soon as possible:

- ✓ no dots

Not timebound. I couldn't know how fast or if these actions would work. Needed to be extremely patient, hold out as long as needed.

Progress

When I started stressing less, sleeping more, drinking a lot of herbal tea, taking oils and being more precise regarding my diet the dot's started disappearing from my legs and hands.

I had postponed many of my projects and responsibilities to be able to prioritize sleeping and destressing. In October the pile of obligations that I had postponed was so big that I couldn't get away from it. The stress came back, and I was sleeping less - the dots started to multiply again. But I was focused on finishing things and crossing them off my list and soon I had my stress under control.

It is now the start of December and the dots have all faded away. I have kept to many of the routines I was implementing into my lifestyle. When looking through the smart goals it looks like they are more or less fulfilled. Apparently, I wasn't ready to slow down and sleep more until my body screamed for it.

Teeth

Health diary check:

- organ meat / bonebr almost always
- good fat almost always
- no sugar & grains almost always
- clean teeth well almost always
- c-vitamin rich food almost always
- codliver almost always

It seems like the summers are easier regarding tooth health. It is likely that the D-vitamin from the sun is helping and maybe also the change in diet, more kale and other greens. In the wintertime I have to be more cautious about getting all the nutrition I need.

I have found a good routine and it is nice to have plan B regarding organ meat and c-vitamin since it is often hard to fit in the right food each day, but it bothers me that the camu camu powder and liver capsules are hard to find and come in packaging. It's likely that I won't have this nice easy way all the time.

My tooth routine

- Make broth whenever I get my hands on bones, make a trip to get fish bones from the fish store every now and then.
- When I don't have broth, I take liver capsules before bed.
- Cod liver oil & flax seed oil before bed. Extra fat wherever I can add it, f.exe. oils on salads
- Camu camu powder in water before bed if I haven't eaten anything rich in c vitamins that day.
- Toothbrush + floss / oil pulling each night. Extra mouthwash every now and then

Sleep

Health diary check:

- fall asleep quickly almost always
- calming activity almost always
- sleep 7,5hrs _____ often 7 sometimes even 9!

I am now sleeping a lot more, and I don't feel guilty anymore when I use time for sleeping rather than being effective, or when I show up late at work - using that flexible worktime. The result is that I feel alert and awake when I am at work. I wake up when the alarm rings in the morning and everyone in the family are a lot more relaxed in the morning - since we are not waking up way too late anymore.

For now my sleeping is not quite regular. Most often I manage to go to sleep before 12. But sometimes I allow myself to be awake later as long as I will be able to sleep longer the day after. I can clearly see that the sleeping is the part that I have to be alert about and actively working on, it is so easy slipping into old habits. I don't think I would have made it through this hard transition phase regarding sleep if I hadn't had these dots as a powerful reminder of how hard I have been pushing my body.

More/better sleep routine

- Start before-bed-routine before 23:30 > in bed before 24.
- Plan B: back to bed when kids are off to school.
- Use the same relaxing fall asleep technique each night when ready to fall asleep.
- Prioritize sleep over other obligations.
- Actively work on not taking on to many projects.

Strength

Health diary check:

- yoga / other exercise a lot in periods, less in between

I have been doing yoga at home in periods. Recently I finally got myself to show up for yoga practice in the yoga studio in town and it was really great, I would like to continue to show up there once a week as a routine and then the home yoga can vary after how motivated I feel. I did find that when I am stressed the yoga helps to get my mind to relax so that will definitely continue to be a stress relieving method for me.

Exercise routine

- Saturday mornings at the yoga studio
- When I feel the stress creeping in do yoga straight away
- When I feel the need mentally or physically then do a lot of yoga for a period, show up more often in the yoga studio or do yoga at home.

Digestion

Health diary check:

- herbal tea / water 2,5 l almost always
 kefir / ferm.vegetables often

My stomach is doing well. Keeping strictly to the tooth healing diet does good things for my digestion especially because I also eat a lot of vegetables. The herbal tea drinking was a brilliant swap since I never seemed to be able to keep the habit of drinking enough water for more than some days. I also get a lot of other qualities from drinking herbal tea, ginger and turmeric.

I have not been making any fermented vegetables recently but eating off the batch from the autumn. I could be better at remembering to eat fermented vegetables more regularly. Starting to ferment more will give me more varied fermented veggies to choose from and it will be easier to want to eat them.

My digestion routine:

- Keep to my diet
- Drink minimum 3 teapots (2,5L water) each day, workdays: one teapot before lunch, one after lunch and one at home in the evening.
- Ferment vegetables regularly and add a splash of fermented vegetables to the breakfast plate.
- Every now and then make a cake or a desert that fits to my diet.
- Every now and then make healthy variant of popular food like pizza or taco. So that I can participate in these traditions in the family and don't feel left out.

Wellness

Health diary check:

- stress less almost always
 to-do-list reduction almost always
 thankful 3x a lot in the start but now less
☺ ☹ ☹ morning mostly happy
☺ ☹ ☹ day mostly happy
☺ ☹ ☹ late mostly happy

I rarely feel stressed these days and a big part of that has been reducing my obligations. It might add up in the spring when I start growing vegetables again, but I think I will have it under more control now.

Switching believes really helped, my attitude regarding sleep and memory really has changed from "that's just the way it is" to "I am working on changing it". That makes it easier to implement the new behavior needed to change it. My believes about the psoriasis dots have also switched, I have not been worrying or carrying any shame about this condition, but it has worked wonders as a visual reminder.

At first, I demanded quick recovery, planned to do what it takes to heal everything in few months. My believes around this have also switched. I show understanding regarding that these changes take time, especially when I am implementing so many changes at the same time. It is also really important to find balance where I can keep the good habits for the years to come, otherwise my body will soon be in the same state again.

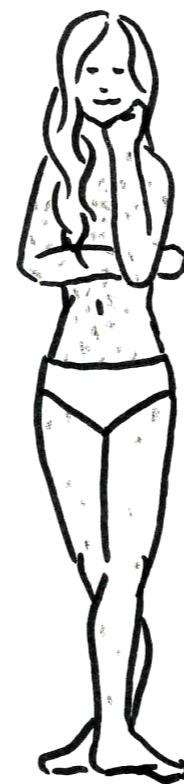
My wellness routine

- If I feel stress pain in my chest; do yoga, make tea, focus on something physical, mending, mindfulness, play ukulele and sing. When the emotional wave is over, analyze the situation and find a way to deal with what is causing the stress. Sometimes that can be non violent communication around the issue, other times finding ways to spread out or minimize the work that has to be done. Focus on doing things that make me happy (f.exe mending, music, chat with friends) between working on getting that stressful situation solved.
- Making time for things that make me happy, I have started singing in a choir once a week, playing more ukulele and doing a lot of visible mending.
- Writing down things I am grateful for
- Getting things done so that there is less to stress about
- Think twice before taking on new obligations

Make sure that I don't fail

The health diary has been a great help to set new habits into place and make sure that I remember to do the things I have set for myself. But I don't seem to hold out more than 3-4 weeks at a time. Then I start again when I feel the need, when my body shows signs of trouble; teeth getting worse, psoriasis dots, back pain, stress pain in my chest. In that way the diary can help me get back on track with the good habits.

*I hope nobody notices these dots
I'll hide them with long sleeves and a turtleneck sweater
What is this?
What does it mean?*

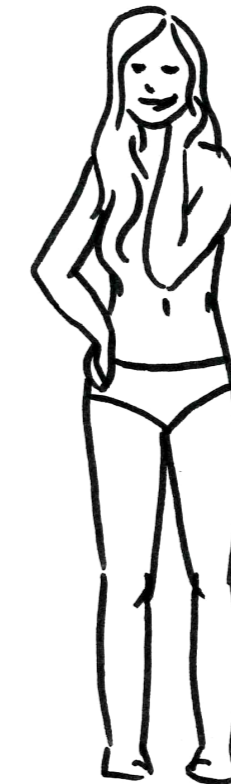


The power of change in believes:

*Such a nice visual reminder:
have I slept enough? am I stressed?
have I taken oils and eaten right?
drinking enough herbal tea / water?*



*No dots!
no reminder?...
Two years of fighting with my routines, two rounds. dots - no dots - dots - no dots
Now I finally manage to remember without having the dots*



I did go through this cycle again over the next months, because the dots came back after a month without dots. My habits around sleeping were still not ingrained enough after 3 months of practicing sleeping more. I was just too used to sleeping way to little, I didn't even realize that I had gone back to less sleep. Now two years in, 7 months without dots and getting enough sleep is still a struggle. The biggest difference is that I am really aware of how much sleep I get and I don't allow myself to sleep too little.

APPRECIATION
– focus on
things to be
thankful for



Ethics indicators

10.12.2020

Two years have passed since I started this design and I noticed that I hadn't checked the ethics indicators from the vision anchor point.

Now I can see the long term effect of this design. I still keep to most of the routines. It has also been really helpful to reach for methods and routines that I know work well - whenever I feel that my body or mind need something extra to get back on track and start using the health diary to see what is lacking.

Earth care

Have I raising my energy levels enough to run the CSA, hold regular sustainability events and teach?

I have managed to run the CSA in a better way, without the big stress. Holding regular sustainability events and teaching permaculture courses.

People care

Are my basic needs met in sustainable ways?

My basic needs are being met in sustainable ways, still, there's always room for improvement.

Have I found good ways to keep good mental and physical health that I can share with my students?

I now have tried and tested methods to regulate my health and other people have learned from that, whether they observe my methods in daily life, ask for advice or hear about them while I am teaching.

Fair share

Is there balance between giving energy to community improvements and fulfilling my needs?

Each year I get better at finding that balance. If I stretch myself too much I am sure to make up for that as soon as possible. Knowing my boundaries is also an important factor. The physical signs have really helped me to be more aware of the state of my body and mind.

I have also found that I don't feel like myself when I don't have burning enthusiasm for projects that I believe in. It is important for me in many ways to aim for that balance so that I can continue to keep up the energy and the spark of interest that drives my projects.

Am I giving away the surplus of knowledge about sustainable ways?

Yes, I have been teaching and inviting people to my home where they learn about sustainable ways.

Reflective summary

Learned about the design process

Looby's design web has been really helpful for this design. The flexibility fits well with a people-based design. It's great to be able to revisit some of the anchor points when needed and hop between them randomly when you follow the natural flow in the design process.

Whenever I felt stuck, I would read Looby's book *People & Permaculture*. Each time finding direction, ideas or new ways to look at the situation. I also enjoyed reading about the principles from a people-perspective and that resulted in ideas for how I could use the principles to guide me in this design.

Overall learning process

During this design I have learned a lot about behavioural changes, the internal process and patience during the transition. Before I started this design my behavioural changes were not as structured and more random. I gained understanding about the connection between mental- and physical health and how symptoms that seem physical can be rooted in a mental problem and the other way around.

Explanations for reading the Self-assesment

The different points before sentences refer to which question is being answered:

- √ What's gone well?
- What could have been done differently?

Self-assessment

Accreditation criterion 1

Demonstrating design skills

- *The Design uses an appropriate design framework or intentional process accurately*
 - √ Looby's design web works well for personal designs. I liked using colours and a whole spread for each of the anchor points, to make the structure of the design method really visible.
 - It was often difficult to fill the whole spread with material without being too detailed and using too much text. I ended up making illustrations for empty areas.
- *It references the permaculture ethics appropriately*
 - √ Using the ethics as a guide was helpful to see the design problem from a wider perspective. Finding indicators for each of the ethics gave direction for the vision towards end results.
 - In the beginning I was having problems with the fact that the ethics are not one of the anchor points, like the principles. It's easy to forget to take them into account from the start, since you are so eager to start the design and begin hopping between anchor points.
- *The design uses permaculture principles & theory that are appropriate to the situation*
 - √ The principles were used to see new solutions to the design problems.
 - The principles could have been used more actively in other anchor points.
- *It uses a variety of tools to suit the needs of the situation/ design brief*
 - √ The tools seem to fit the needs in this design. Mind map, Smart goals, Patterns, Systems thinking, Diary, Incremental design
 - Since the Design Web is quite detailed and has many anchor points that lead you through the design process I can sense a tendency to use few other design tools. In this design I aimed at
- *The design is intelligible, coherent and effective, meeting the client's needs*
 - √ This design has worked wonders for my health, I feel empowered to tackle other problems
 - The design is on the borderline of including way too many behavioural changes at once. I wouldn't recommend this for other clients, it is wiser to use *small & slow solutions* and have a timeline where new behaviour is added. But since there was urgency and I had experience in behavioural change I continued with this plan, knowing it would be hard to implement.
- *The documentation is appropriate to present to the clients and others*
 - √ Making illustrations to make this design more alive for the reader. People from my guild have found this design inspirational, clear and helpful.
 - Could be printed / on the internet at some point?

Accreditation criterion 2

Applying Permaculture design to projects

- *Areas of Application*
 - Zone 00, health & well-being
- *SURVEY - There is a clear explanation of how the design brief was investigated through surveying the situation and gathering the information*
 - √ It helped to gather information through looking at behavioural patterns.
 - Thorough documenting of current behaviour for a long time before taking design decisions
- *ANALYSIS & DESIGN - There is a clear explanation of how the design decisions and solutions were developed*
 - √ The SMART goals were a good way to get structure regarding decisions. A health diary was a great way to keep oversight & momentum.
 - Checking out other sleeping patterns & napping.
- *IMPLEMENTATION & EVALUATION - The solutions are relevant and appropriate to the area and design brief*
 - √ The solutions worked well, appropriate for me, at this point I have tried them all more than once and seen big effect each time.
 - It would have been interesting to be more detailed in documenting which of the new systems were implemented.

Accreditation criterion 3

Learning from & developing your permaculture practice

- *The design report includes an evaluation of the design's effectiveness.*
 - √ In critical points of the design monitoring the progress regarding the SMART goals + a health diary check-up. Evaluating the whole design by setting ethics indicators in the start of the project and at the end checking if they have been met.
 - I can't think of anything I could have done differently
- *There is critical reflection on how you used theory, design tools, and processes, and some next steps for this design.*
 - √ Answering the questions in this self-assessment is the critical reflection and it has been a great learning opportunity in itself.
 - Keeping notes about processes and my learning along the way, instead of only writing design relative notes.
- *The design shows how design skills and competence have progressed and some next steps for design practice.*
 - √ My competence regarding behavioural change has been growing and also seeing connection between mental- and physical symptoms.
 - I don't know how to show progression in design skills within this design, but it has improved!

The Next Steps

- *What are the apprentice's next steps with this design, towards its accreditation.*
 - Having my tutor and other people, f.exe people in my guild and friends from the Icelandic permaculture association read through it and give comments.
- *What other general or specific issues might help with the apprentice's next steps, eg. to take into future designs.*
 - Look at how this kind of design would work for other people than myself.
 - Looking at how this design could have a long term plan too. Plan for how to adjust behaviour in different parts of the year or over the span of many years, having long term goals.
- *Any other comments about the format of the project presentation*
 - It takes a lot of time to set the project up in a book format, but I still find it is worth it. I find that I manage to get oversight and explain the process well in this way.
- *The highlight of this design for me is...*
 - Empowerment regarding being able to take responsibility for my own health, having a effective toolbox regarding my most common health problems.