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TOOLKIT: 20 SELF-CARE TIPS FOR A BALANCED LIFE

1. Become Aware Pay Attention on Purpose
2. Keep a health Journal
3. Experiment with what you observe
4. Be in nature more grounding in barefoot remembering to be safe
5. Exercise regularly focusing on jaw, neck, & shoulder using Tai Chi head stretches & flows
6. Incorporate other movements like walking, yoga, pool, Feldenkrais Method
7. Nutritious meal planning, discovering which foods, if any might be trigger
8. Supplement with Vitamins and Minerals as directed
9. Clean filtered water to hydrate
10. Keep stress at bay with relaxation techniques
11. Practice breathwork: Diaphragmatic, Alternate Nostril
12. Seated meditations and exercises
13. Massage Jaw, Ears, Neck, Shoulders, Hands and Feet
14. Create a bedtime routine to get plenty of rest 7-9 hours
15. Be off technologies 2 hours prior to bed
16. Dim the light a couple of hours prior to sleeping
17. No tech in bedroom
18. Get a Coach or Mentor
19. Find a dietician
20. Check-in with your health providers