

Tips for Rediscovering Health!

1. After you have experienced acute stress, take extra care of your body and mind so that they remain healthy, e.g., sleep more, eat nourishing foods, and do gentle exercise. Sit with the stressor until its charge dissolves so that you have more space to respond the next time.
2. Pay attention to warning signs if your fight or flight response has been active for a long period of time and encourage yourself to disengage it so that physical illness does not set in. (See Physical Health Tips for more info)!
3. Listen to your body and mind to find the rhythm that works best for you on a daily basis. Review the structure of your days and find the balance between meeting your health, work and family or social needs and having as much time to do whatever you feel like doing!
4. Bring awareness to environmental factors that may impact your health in your area and mitigate their effects on your health, e.g., take iodine, kelp and other nutrients to counter radiation, stay out of the sun during hotter months if the ozone layer is depleted in your area, protect yourself and the food that you grow from pesticides if food crops are sprayed near where you live.
5. Buy organic food; it has less pesticides (there still can be residue) and is not genetically modified if it is certified 100% organic. Grow more of your own food, e.g., even if you live in an apartment, a 4 x 4 foot garden provides adequate veggies throughout the year (google this)!
6. Contemplate and implement practical steps to enhance your overall health over the next 40 days, e.g., exercise more, get more sleep, seek out alternative therapies, work fewer hours, use more free time as down time, spend time in nature, do more of what you love.
7. Educate yourself about your health and health practices via books, internet, alternative therapies, etc. so that you can treat the majority of symptoms that arise in yourself, family, friends and community and decrease the likelihood of living with ongoing discomfort, disease or chronic pain in your body and/or mind.
8. Find ways to help others to increase their overall health! E.g., learn an alternative healthcare modality, share about the mind-body connection, create your life as a model of radiant health for others to replicate.