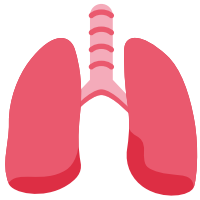


BASIC NEEDS

The information below is sourced and can be found at
www.ontargetliving.com



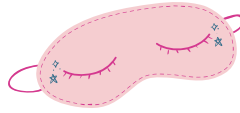
Diaphragmatic Breathing (5-10 deep breaths each day for stress reduction and better sleep)



Limit screen time an hour before bed time. Get outside and soak up sunlight as much as possible.



Magnesium Rich Foods (magnesium is our calming mineral which helps to relax our mind and body. Magnesium rich foods include: cacao nibs, figs, dates, leafy greens, wheatgrass, nuts, seeds & ancient grains).



Sleep 6-8 hours per night (make a consistent night time routine)



Lavender Epsom Salt (add 2 cups of Epsom salt to a bath and soak for 10 minutes 1-2 times per week.



Cold Shower (finish shower with cold water for 10-30 seconds as a way to rejuvenate the body and boost immune system.



Massage (get a massage at least once a month or use foam roll to relieve tight muscles and improve alignment)



Self Care (time for yourself, reading, travel, massage, meditation, breathing, Epsom salt baths, go out in nature, vacation, planned recovery, screen breaks)

Get a sweat on. How ever you are able to release toxins, make it happen. Intense workout, hot yoga, steam room, infrared light box. Find something you enjoy and make it happen.