

TAKE CARE OF YOURSELF WITH EVERYDAY DECISIONS

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CONNECTION

- Be with people you find supportive
- Find time to be with others
- Minimize time in stressful social situations
- Eat with others in community
- Find ways to feel connected to a greater ecosphere, such as in nature
- Tend to a garden or a pet

NUTRITION

- Choose high-antioxidant foods
- Aim for dietary diversity
- Choose the rainbow of different plant foods
- Ensure adequate dietary fiber
- Remove offenders like processed foods and sugars

MOVEMENT

- Aim for at least 150 minutes per week
- Sweat
- Move regularly throughout the day
- Do what you love
- Don't overdo it
- Stay hydrated
- Know which activity is best for your body

STRESS

- Know when you are stressed
- Exercise
- Breathe deeply
- Be in nature
- Talk it out
- Walk it out
- Journal
- QiGong and tai chi
- Yoga
- Meditation

SLEEP

- Set a regular bedtime
- Refrain from devices late at night
- Sleep in a dark room
- Don't eat close to bedtime
- Sleep in dark hours of the day
- Relax before bedtime