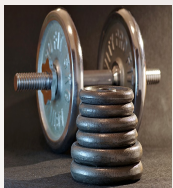


List of activities that nurture our spirit, soul, mind and body



Feed

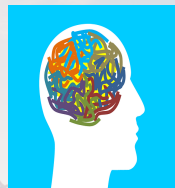
- Eat healthy nutritive and balanced diet
- Hydrate with sufficient fluids
- Stay away from excessive stimulants
- Consider plant-based diet approach
- Enjoy wine
- Eat in moderation

Move

- Be active for 10 minutes a day
- Exercise
- Walk
- Take the stairs
- Enjoy gardening
- Do chores by hand

Rest

- Stretch
- Bath
- Shower
- Dry brush
- Massage
- Take a break from exercise one day a week
- Rest in bed when ill
- Relax when tired
- Get regular check ups



Feed:

- Eat brain foods (e.g., dark chocolate, blueberries, coffee, avocado, nuts, oranges, eggs, green tea)
- Maintain a good posture
- Breathe fresh air
- Drink enough water

Simulate

- Simulate all senses
- Solve puzzles
- Write creatively
- Do hypnotherapy
- Visualize
- Say positive affirmation

Rest

- Prioritize sleep
- Take regular breaks throughout the day
- Do breathing exercises
- Journal
- Have quiet time
- Silence any notifications



Reflective learning:

- Read a book
- Learn something new
- Reflect on self and the world
- Be in the present moment
- Meditate
- Pray
- Practice energy healing
- Show gratitude
- Let go
- Participate in a retreat
- Travel
- Pursue your life's purpose
- Spend time in nature

Nurturing long happy relationships with:

- Self
- Partner
- Family
- Friends
- Community
- Nature
- A higher force, such as the universe or God



Seeking pleasure and expressing oneself:

- Appreciate beauty
- Enjoy a vacation
- Listen to music
- Eat or cook food
- Sing
- Dance
- Draw or color
- Paint
- Sculpt
- Unwind after a day's work

