JDG COACHING

SUSTAINABLE SELF-CARE PRACTICES TO CONSIDER

- Mindfulness, Awareness, Presence, Being in the Moment
- Being the observer
- Observing yourself experiencing a thought or emotion
    - Breath
        - Vagus nerve
        - Chemical make up of blood
        - “By activating the parasympathetic "rest and digest" response, slow breathing lowers the systemic production and circulation of stress-related hormones like norepinephrine and adrenaline, reducing overall sympathetic nervous system strain. — National Library of Medicine
    - Binaural beats
    - Mediation — Many kinds — does notmean absence of thought or emotion
    - Teachings (IE: books on Audible)
    - Movement / Exercise — Metabolization of stress and trauma
    - A Mantra
        - I am safe
        - I am love
    - Therapy
    - Support group
    - Bodywork
    - Journaling
    - Reading

- What I do (just remember — find what WORKS FOR YOU!)
    - First thing in the morning:
        - Exercise (HIIT — High Intensity Interval Training)
        - Meditation: mindfulness, breath, listen to recordings like ET + MS
        - This sets me up for a better morning and a better day

Note: This list is a quick overview of material covered in my programming. It is advisable to consult a licensed healthcare professional before starting any new exercise routines or health treatments.