

**First Steps Forward (to Reclaiming Your Health)**

**Week \_\_\_\_\_**

**Basics for great health . Sometimes we just need a reminder - so check these DAILY to be sure you are taking your first steps to reclaiming your good health and feeling great.**

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Clean Air – deep breathing 3 deep breaths in, hold for 3, 3 breaths out – 3x day							
Pure Water – minimum about 30 oz per 100# person, herbal teas may be counted							
Natural Food – fresh from the earth - not fake food. Introduce a new food every week							
Rest and Sleep – minimum 7 hours – no phone, no TV, no electronics, white noise like a fan							
Exercise – move your body – dance, walk, play							
Sunshine – minimum 20 min/day – even sit next to window for natural light							
Loving Relationships – all day Cleanliness, Pleasant Surroundings, Quiet Moments Apply “The Golden Rule” of do unto others as you would have them do unto you							
Knowing Your Purpose and Living It – spiritual Prayer – Meditation							

**Blessed By Nature**

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**On the following pages are some ideas to help you incorporate any of these FIRST STEPS into your day. Just do some daily, check them off as you do them, and change them out – add more! Soon they will become part of your regular daily routines.**

## **Pick-Me-Ups**

- Snuggle with your pet
- Listen to music
- Dance
- Sing (shower, car, wherever)
- Laugh out loud
- Breathe deeply
- Cry (to release emotions)
- Smile just because
- Take a break when needed (nap)
- Appreciate the beauty around you
- Use affirmations (I'm getting stronger)
- Watch uplifting videos ([Pureflix.com](http://Pureflix.com))

## **Me Time**

- Spend time alone – pray, meditate
- Read or Listen to audio books
- Stretch
- Garden
- Cook or bake (for fun)
- Paint, color, draw
- Practice gratitude (journal)

## **My Healthy Self**

- Set 'healthy' boundaries
- Say 'no' to requests
- Exercise regularly
- Regularly get enough sleep
- Take a nap
- Take a 'sun' bath

- Stay well hydrated
- Eat nourishing 'alive' foods
- Have fresh flowers at home/office
- Get a manicure, pedicure, massage
- Go to chiropractor
- Use essential oils
- Participate in bible study, book clubs
- Take a class – expand your mind
- Get out in nature
- Be with positive, supportive people