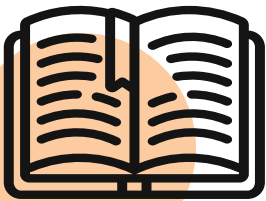


SELF-CARE TIPS



LISTEN TO YOUR BODY

- Exercise daily with at least some stretching or moderate movement such as yoga or light jogging
- Rest if you feel like you need to
- Practice breathing exercises to manage anxious thoughts
- Do reiki on yourself or self-massage
- Get sunshine exposure daily



DIGITAL DETOX

- Avoid electromagnetic field (EMF) exposure as much as possible
- Control negativity by monitoring information input and social media watching
- Set healthy cell phone and screen time limits



AIR PURIFICATION & AROMATHERAPY

- Get an air purifier for your home. Remember to keep the filter clean!
- Diffuse organic rosemary, eucalyptus, and frankincense essential oils for air purification



FOOD AND SUPPLEMENTS

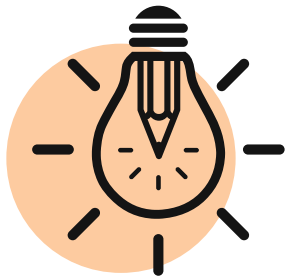
- Avoid dairy, alcohol, sugar, gluten, corn, soy and fried foods
- Use high-quality supplements to support your body
- Drink high-quality mineral water with lemon to keep your liver happy

CREATE A POSITIVE STATE OF MIND



- Stay in touch with friends and family through text, email and phone
- Reconnect with people you have let drop away in your life
- Meditate daily to focus your mind and uplift your consciousness
- Work with fears as they arise but don't let them overwhelm you
- Focus on opportunities: how can this situation cause positive changes that we and the world need?
- Confide in friends or a mental health professional
- Write in a journal for a healthy avenue for self-expression

CREATE A COMPELLING FUTURE



- Take online courses for personal growth and/or professional development
- Plan things to look forward to
- Focus on opening up new opportunities
- Develop self-improvement goals to support a positive future vision of yourself



TRANSCEND YOUR NEEDS TO HELP OTHERS

- Determine what you can do to help your inner circle and the larger community to increase your feeling of purpose