

<p>1 EXERCISE ESSENTIALS</p> <ul style="list-style-type: none"> ❖ Posture ❖ Core Abdominal Muscles <p>Whole Body Exercises</p> <ul style="list-style-type: none"> ❖ Stretching ❖ Strengthening (Thera-Band stretch bands, Stability balls, Resistance cords) ❖ Aerobic / Endurance (interval training) 	<p>2 ALTERNATIVE BODY MOVEMENT</p> <ul style="list-style-type: none"> ❖ Full Body Massage ❖ Lymphatic Drainage Massage ❖ Cranio-Sacral Therapy
<p>3 SLEEP SUPPORT</p> <p>Create a Bedroom Sanctuary</p> <ul style="list-style-type: none"> ❖ Keep distractions to a minimum, limit screens, and electrical appliances ❖ Avoid coffee or green tea caffeine in the evening ❖ Go to bed and get up around the same time each day, adjust for weekends ❖ Develop a relaxing night time routine, no computer screen work or checking social media in the last hour before bedtime ❖ Sleep in complete darkness. No night lights, no blinking alarm clocks ❖ Get a minimum of 30 minutes of bright daylight exposure per day ❖ Avoid large meals close to my bed time, eat at least three to four hours before going to bed or make sure to eat a small portion if eating late cannot be avoided 	<p>4 DEEP BREATHING</p> <ul style="list-style-type: none"> ❖ Bring air down to the bottom of your lungs, using your diaphragm, which is a sheet of muscle intended for enabling us to engage in deep breathing ❖ Make sure you don't hunch your shoulders, create more space for your lungs to expand when breathing downwards ❖ Put your hands on your belly, take a deep breath and feel the air travel in through your mouth, down your nose, fully expanding your lungs with rich, oxygenated air, pressing the diaphragm down and allowing your belly to rise. Allow your belly to protrude outwards ❖ As you exhale, sink your belly back down and lift your diaphragm upwards, pressing against the lungs to expel carbon-dioxide-rich air. ❖ Do this a few times and then resume your normal breathing. Keep in mind that throughout the day, you want to take a few minutes a couple of times and practice deep belly breathing.