

# NAVIGATING NEW WATERS OF WELLNESS

**T**angible – begin each day with 3-5-8 breathing to oxygenate your body.

Move daily as medicine for the body by walking, running, gardening.

Stay hydrated for heart and brain health, with half your body weight in oz. of H<sub>2</sub>O. Alcohol can affect the rhythm of the heart.

Keep immune system strong with less sugar, more garlic, vitamin C, ginger, spinach, almonds, turmeric, green tea, Thieves essential oil, lemon oil, cinnamon spice or oil, oregano, thyme, tea tree oils.



**I**nformational – address stress and begin paying attention to signs (headaches, pain, insomnia) from the increase in cortisol hormone that in turn raises inflammation in the body. Attend to your central nervous system, to calm it down with Vagus Nerve stimulants like massage, yoga, meditation, and prayer, raising oxytocin .

Get sufficient amount of deep sleep 7-8 hours, with no blue light for 1-2 hours prior, keep same hours to go to bed, apply essential oils of Stress Away, Tranquil, Lavender, Cedarwood to neck, heart, feet and behind ears to raise your frequency to help keep immune system strong & allow for deeper sleep.



**P**ractical – throughout the day when hyper focusing on the negative or a situation you can't change, stop and do 3-5-8 breathing to restore calm.

Practice intentional gratitude, coming back to your heart and stating 5 things you are grateful for, shifting the worry or concern. Turn to prayer and your faith to carry you through rough patches, and check in on family and loved ones. Practice relaxing daily to get out of sympathetic nervous system loop, or fight or flight or freeze. Embrace new actions like letter writing & FT or calling more.



**S**mile – engages many facial muscles that in turn sends the happy hormones of dopamine and serotonin to your body, effecting your emotions. Take pictures of family to connect and share and watch funny movies that help you laugh heartily.

**Created by Linda Penkala, Author, YL Wellness Catalyst**  
**The Pause to Relax Ladies for Robust Heart Health**  
**Your Resource Book for Life/Health/Balance**

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