

Self Care Tips!

Helping us get through
stressful times

HOW ARE YOU FEELING RIGHT NOW (before)

1 being poor or low and 5 being great

	MEASUREMENT / COMFORT LEVEL	BEFORE	AFTER
1	Emotional	1 – 5 _____	1 – 5 _____
2	Mental	1 – 5 _____	1 – 5 _____
3	Physical	1 – 5 _____	1 – 5 _____
4	Overall Energy Level	1 – 5 _____	1 – 5 _____
5	ROM	1 – 5 _____	1 – 5 _____

AURICULARS:

Check your Range of Motion of head and neck (turn head L and R comfortably as far as it will go, slowly)

Notice any tension and discomfort

Massage ears for 30 seconds - unfurl cartilage, pull ears away from the head. Ears should be red and warm (but don't cause yourself pain)

Recheck your ROM and notice the change in the level of tension and discomfort

In the Touch for Health® world, this exercise helps us draw energy in, and hear and receive information more clearly, and process that information better.



Central Meridian

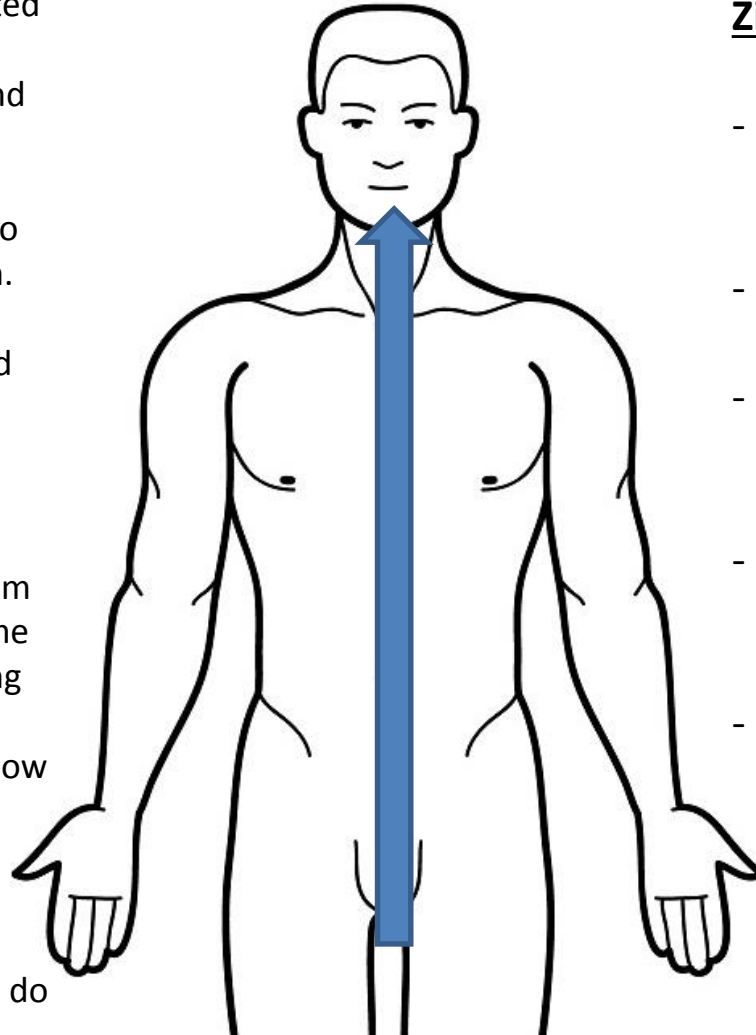
The Central Meridian helps to balance our heart, body and mind; it's related to our brain, our central nervous system, our eyes, our pituitary gland and our Crown Chakra.

Stress causes this energy channel to be unbalanced, blocked or sluggish.

When it is unbalanced, we are tired and mentally foggy, and we can't concentrate well – or we can be clumsy and easily frustrated.

The normal flow is UP the body from the groin to the lower lip. Every time we unzip our jackets, we are turning off this Meridian - and this affects how well our brain functions and how much energy we have!

When you notice you are tired or can't concentrate very well, and anytime you unzip a coat or jacket, do the ZIP UPS



Zip Ups

- Run both hands up the centre of your body from about your hips
- Be within about 2 or 3 inches of your body
- Touch between your lower lip and your chin in the crease
- Take your arms OUT to the side and back down to your hips
- Repeat three (3) times

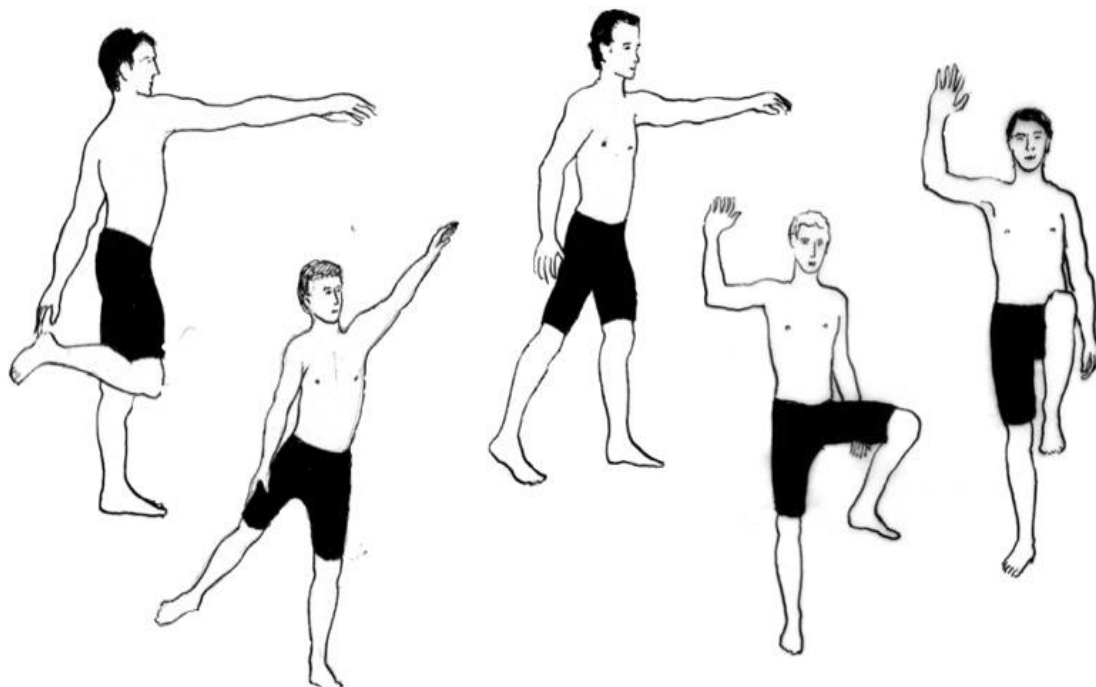
CROSS CRAWL – helps to balance and integrate Left and Right sides of our brain

Move your arms and legs across the centre of your body in a variety of ways – front, back, sides. Try it to music!

This helps to connect our brain to our body so we can function more easily throughout our day, learn better!

Cross Crawl helps us with:

- Learning new things more easily
- Concentration and Focus
- Better memory
- Reading, writing, math
- Eye/hand and physical coordination
- Reducing clumsiness
- Learning issues (like dyslexia/ADHD/ADD)
- Clearer thinking
- Balancing our emotions
- Better problem solving and creativity
- Less anxiety
- Stress reduction



HOW ARE YOU FEELING RIGHT NOW (after)

1 being poor or low and 5 being great

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The basis for this presentation comes from Touch for Health™ and Muscle Tuners International Inc.

I teach Levels 1 through 4 Touch for Health™ and can run classes in person and by distance.

Muscle Tuners® International also has a number of inexpensive short courses and free downloads. I do have an affiliate link, so if you are interested in learning more, please do use my link.

MY LINK is <https://www.muscletunersinternational.com/a/15252/ko7Z3UqF>

1. Energy Boost Five Series FREE Tips
2. Win the Pain Game
3. Happy Feet = Happy Body
4. Release, Recharge and Realign
5. Energy Boost Self Care Facilitator