

Put On Your Oxygen Mask!



1. **Physically**

- Sleep 8 hours- Body/Mind repair and rejuvenation.
- Hydrate- 64 oz/8 glasses a day.
- Stretching- Aids in reducing stress, promotes blood circulation which lowers heart rate.
- Eat healthy- Low fat/low sugar foods.
- Cardio min 20 minutes 3-5 times a week- Endorphins release which is an upper.

2. **Mentally**

- Daily hobby 30 minutes minimum- Music, movies, reading, writing, instrument, scrap booking, drawing.

3. **Emotionally**

- DO NOT bottle up, DO NOT be a hoarder of thoughts and emotions, never willing to let go of them.
- Talk to family, best friend, Chaplain, counselor weekly.

4. **Spiritually**

- Practice your faith.
- Daily devotions and prayer.
- Attend a house of worship.
- Count your blessings.
- Be positive!