

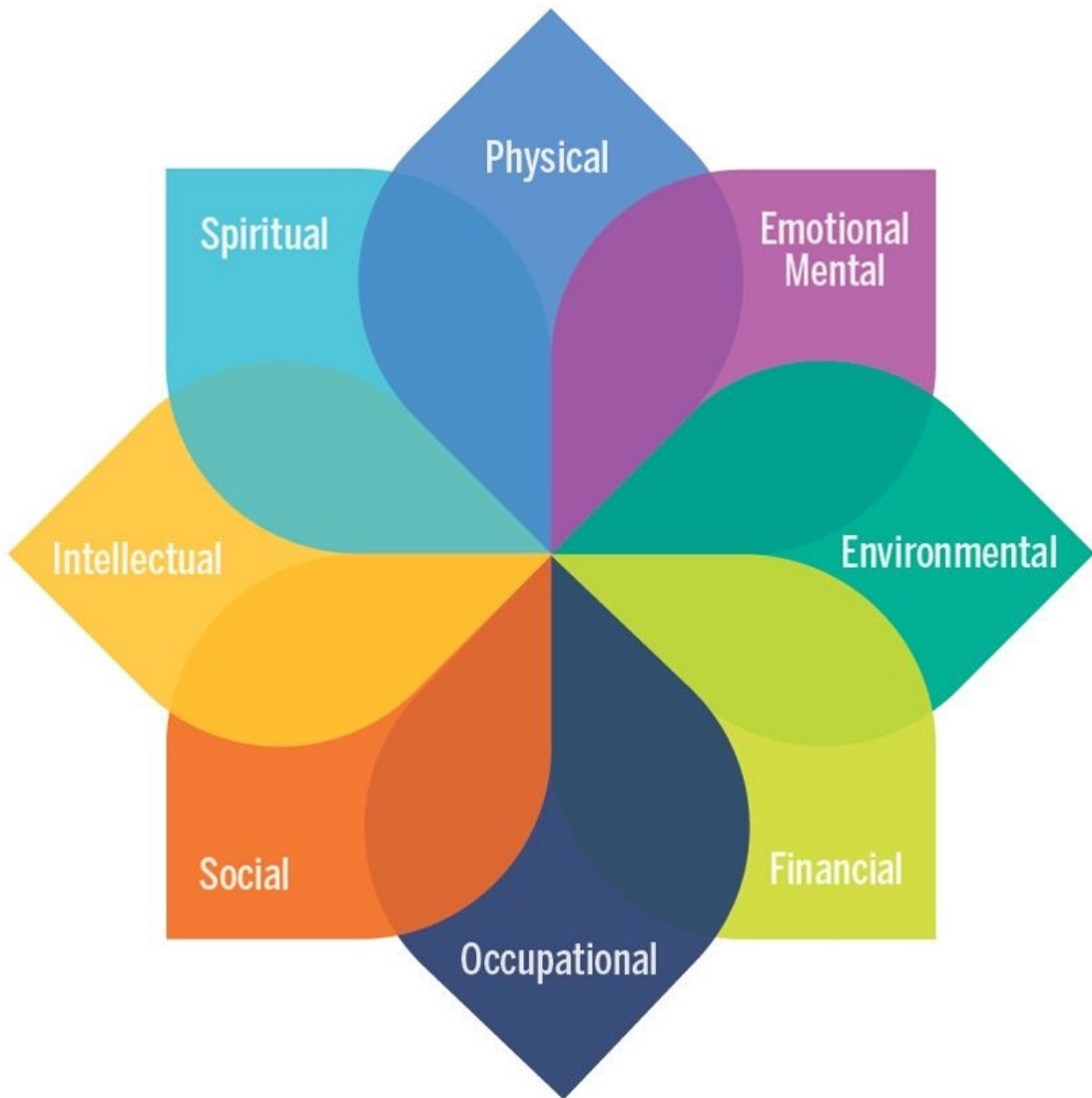


*Tips for  
Whole Body  
Health*



# Tips for Whole Body Health

## Types of Health



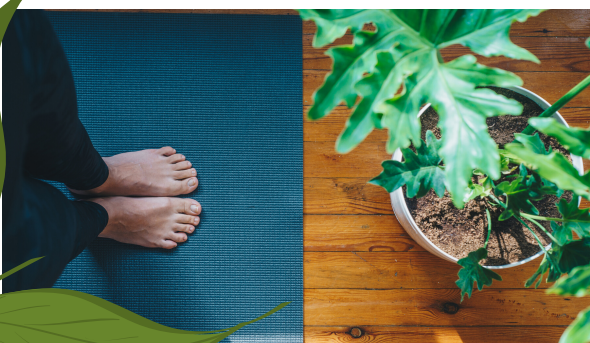
## Tips for Physical Health



- Move daily. Exercise helps to relieve stress & release happy hormones
- Stretch or do yoga daily. This helps to counteract the way we are sitting, working & driving for too many hours of the day. It will also help to relieve tension, stress, improve posture & flexibility
- Establish healthy routines for morning, day & night
- Eat a variety of real, whole foods & limit sugar intake
- Meal plan & food prep. Download the Breathe Bliss Weekly Meal Planner for some guidance
- Incorporate helpful foods for digestion & natural remedies
- Stay hydrated. Drink half our body weight in ounces of water daily, plus herbal teas & fruits/vegetables high in water content
- Visit health professionals regularly (osteopaths, naturopaths, massage therapists, physiotherapists, chiropractors etc.)
- Visit a naturopath to get blood tested & see which supplements/foods our body really needs
- Get enough good sleep (7-9 hours)

## Tips for Mental Health

- Create a healthy morning & bedtime routine. Download the Breathe Bliss Selfcare Guide for some ideas
- Use an agenda or electronic calendar to plan for a healthy schedule
- Make time for meditation or guided visualizations to calm & bring peace
- Make time to journal, reflect, plan & share gratitude
- Find those favourite places to relax & refresh
- Surround yourself with the good friends that lift you up
- Visit health professionals that help you feel supported & help to release stress (counsellor, psychologists, psychotherapist, massage therapist, acupuncturist etc.)
- Go outside daily for some fresh air & sunlight
- Go for a walk or visit your favourite local space in nature
- Exercise & yoga regularly
- Avoid alcohol & drugs
- Make time for self care. Before we can do anything for anyone else, we need to feel good too. Self care is needed to relax, refresh & renew. Make time to do the things that soothe our body, mind & soul



## Tips for Financial Health

- Make a budget if not done yet & stick to it. Know what's coming in & what's going out.
- Example: What are my total earnings & expenses? 50% for bills, 30% for life spending, 10-20% for savings if no credit card debt
  - Bills: rent/mortgage, debt, insurance (including health, medical, auto, life, business), utilities, transportation, gas/upkeep, phone etc.
  - Life spending: food, entertainment, clothing etc.
  - Savings/Investments: Tax Free Savings Account (TFSA), Registered Education Savings Plan (RESP), savings account, Guaranteed investment certificates (GICs), bonds, Registered Retirement Savings Plan (RRSP) etc.
- Review budget & adjust when needed
- Avoid credit card balances as this accumulates interest, & effects credit rating & can create stress
- Spend less than earned
- Have a savings plan
- Speak with a financial advisor
- Understand investments
- Maximize Tax Free Savings Account (TFSA) & Registered Education Savings Plan (RESP)
- Update will
- Get or review life insurance
- Apps/Programs to help track: Mint, Good budget, QuickBooks, Expensify, Bench Online Bookers



## Tips for Occupational Health

- Assess ergonomics in the workplace
- To prevent eyestrain, the distance to the screen from our eyes should be about an arm's length away. We should also be able to comfortably read what's on the screen at that distance, without having to squint. If you can't read the screen from an arm's length away, increase the font size on your computer
- Clean keyboard, mouse, desk & phones regularly
- Make time to stretch. To help with neck tension, do daily neck stretches & use speaker phone when we can
- Is there proper training? Do we feel supported? Make time for team building & community culture
- Implement wellness talks/lunch & learns
- Have visits from health professionals at your workplace (a 15 minute massage or osteo break)
- Start a walking club at lunch, a running club in the morning or after work, or a salad club at lunch
- Create a wellness room or space for a peaceful atmosphere. Is there space for yoga mats & LCD projector?

## Tips for Social Health

- Make time for good friends/family/colleagues that light us up, that make us laugh & feel good
- Meet new people & try new hobbies (clubs, sports teams, workshops, meet up, gyms, yoga studios, Eventbrite events, networking events, Facebook, Instagram, match, tinder etc.)
- Listen to what people have to say

## Tips for Intellectual Health

- Make time for reading
- Make time for PD opportunities (attend conferences, trainings, workshops etc.)
- Learn something new
- Explore the region
- Travel to new places
- Listen to audiobooks or podcasts
- Learn a new language
- Learn a new instrument
- Play a different board game, memory game, trivia, sudoku, luminosity, or crossword puzzle



## Tips for Spiritual Health

- Seek out a spiritual practice. It could be daily meditation, prayer, reflection &/or writing in a gratitude journal. When connecting inward, ask questions such as: How do I feel? Does my spirit feel alive? Energized? Am I living my life purpose? Am I following my intuitions? Morals? Values? Do I feel connected to a higher power, source or greater good?
- Make time for church or community gatherings
- Volunteer for a cause that speaks to you
- Try mindfulness activities such as mindful seeing, listening, breathing or a 5 senses exercise (what are 5 things you see, 4 things you can feel, 3 things you can hear, 2 things you can smell, & one thing you can taste). Really slow it down. Enjoy a warm shower, eat slowly, sip on tea, be present on walks in nature, be aware of our breathe for one minute, or do a body scan lying down
- Make time to connect with nature. Travel to new places & see the beauty that exists around us
- Share love even when it's hard to
- Forgive even when it's hard to
- Try to be open minded & non-judgmental. It helps us learn, grow, gain insight & valuable knowledge
- Feel & release emotions. It's healthy to have a means to express feelings. Feeling/releasing the pain, anger, sorrow leads to recovery & aids in the healing process in order to feel good again



## Tips for Environmental Health



- Detoxify our homes & lives. Assess what toxins are in our home & life. Limit the use of harsh chemicals. Try adding some fun rituals to our daily routine
    - Fill home with plants to help filter the air (aloe, bamboo, ferns, flowers etc.)
    - Add air purifiers
    - Listen to music & diffuse cleansing/uplifting essential oils
    - Make an easy all natural (non-toxic) cleaning spray
  - Make our own products or buy natural ones with simple ingredients to limit the use of harsh chemicals
  - Put 5 drops of peppermint, lemongrass or lemon on a paper towel & place it at the bottom of garbage containers each week
  - Put 2 drops of eucalyptus, lemongrass or tea tree in the toilet bowl or inside the toilet paper roll
  - Assess & makeover our laundry room. Which laundry soap & softeners are we using? There are natural & effective laundry soaps with very simple ingredients or make your own easily. Dryer balls are a great, easy addition too. Use 3-4 dryer balls for the last 10 minutes of the drying cycle to freshen & help with static
- \*\*Stayed tuned for the next Natural Cleaning Class**
- Assess & makeover our bathroom/medicine cabinet. Is there a natural product or natural remedy we can try first? Assess what we put on our skin. Our skin is the largest organ on our body & absorbs everything. Start doing some research & find out what is in the products used. Use the EWG app to easily see what many products rate at
  - Organize & declutter regularly
  - Control/limit dust by vacuuming regularly
  - Open curtains/windows for fresh air & sunlight
  - Carpool, walk or bike more
  - Reuse, recycle, reduce waste
  - Avoid plastic
  - Collect rainwater for plants & gardens



## Useful Apps/Books

- |                                |                             |                               |
|--------------------------------|-----------------------------|-------------------------------|
| • MyFitnessPal/Fitbit          | • Uber Eats                 | • Expensify: expense tracking |
| • Yoga Studio                  | • Skip the dishes/Instacart | • Mint: total money overview  |
| • 100 Office Workouts          | • Flo app                   | • Zoom                        |
| • Calm/Headspace/Insight Timer | • Luminosity                | • Think dirty                 |
| • Plan to Eat                  | • Duo Lingo                 | • EWG                         |
| • Healthy Eating Meal Planner  | • Audible                   | • doTerra                     |
|                                | • Spotify/Apple music       | • Modern Essentials           |

## Useful Sites

- [www.mindbodygreen.com](http://www.mindbodygreen.com)
- [www.thebalancedlifeonline.com](http://www.thebalancedlifeonline.com)
- [www.sonima.com](http://www.sonima.com)
- [www.yogawithadriene.com](http://www.yogawithadriene.com)
- [www.darebee.com](http://www.darebee.com)
- [www.wellnesstoday.com](http://www.wellnesstoday.com)
- [www.huffpost.com/life/healthy-living](http://www.huffpost.com/life/healthy-living)
- [www.plantoeat.com](http://www.plantoeat.com)
- [www.loblaws.ca](http://www.loblaws.ca)
- [www.ewg.org](http://www.ewg.org)
- [www.mydoterra.com](http://www.mydoterra.com)
- [www.myessentialbusiness.com](http://www.myessentialbusiness.com)
- [www.breathebliss.ca](http://www.breathebliss.ca)



## Some easy recipes to get started on natural living

### **Natural All-Purpose Cleaning Spray (24 oz spray bottle)**

- 2 tbsp of OnGuard cleaner concentrate (or 1/3 cup of rubbing alcohol or white vinegar)
- Choice of 1-2 cleansing oils (total ~20 drops)
- Top with water
- Shake before use

### **Natural Deodorant Roller (10 ml bottle)**

- 10 drops lavender
- 3 drops geranium
- 3 drops tea tree
- Top with carrier oil

### **Refreshing Room Spray (4 oz spray bottle)**

- 10 drops lemon
- 10 drops easy air
- 1 tsp of witch hazel
- Top bottle with water
- Shake before use



## Top Oils for...

- **Yoga-** Easy air, serenity, arise, align, anchor
- **Meditation-** Frankincense, balance, peace
- **Sleep/Anxiety-** Vetiver, cedarwood, lavender, peace, copaiba
- **Muscles/fitness-** Deep blue, peppermint, marjoram, cypress
- **Spa at Home-** AromaTouch, lavender, easy air
- **Skin-** Tea tree, frankincense, lavender, geranium, yarrowpom
- **Energy-** Wild orange, lemon, elevation, lemongrass, peppermint
- **Cleaning-** OnGuard, lemon, orange, tea tree, purify, lemongrass
- **Medicine Cabinet-** ZenGest, tea tree, oregano, lavender
- **Digestive Issues-** ZenGest, ginger, wild orange, fennel, peppermint
- **Babies/children-** Roman chamomile, lavender, frankincense, lemon, cardamom, the Kid's Kit
- **Postnatal healing-** Frankincense, lavender, geranium, helichrysum, myrrh
- **Women-** Clary calm, elevation, ylang ylang, geranium, whisper
- **Men-** Siberian fir, eucalyptus, deep blue, cinnamon, ginger

For more information on whole body health, visit:

- [www.shawnathibodeau.com](http://www.shawnathibodeau.com)
- [www.amylynn.ca](http://www.amylynn.ca)
- [www.breathebliss.ca](http://www.breathebliss.ca)

If you have any questions or would like to book your free wellness consult, contact the doTerra Wellness Coach you are working with.

