

BASIC HEALTHY HABITS

TIPS TO RECOVER AND MAINTAIN HARMONY

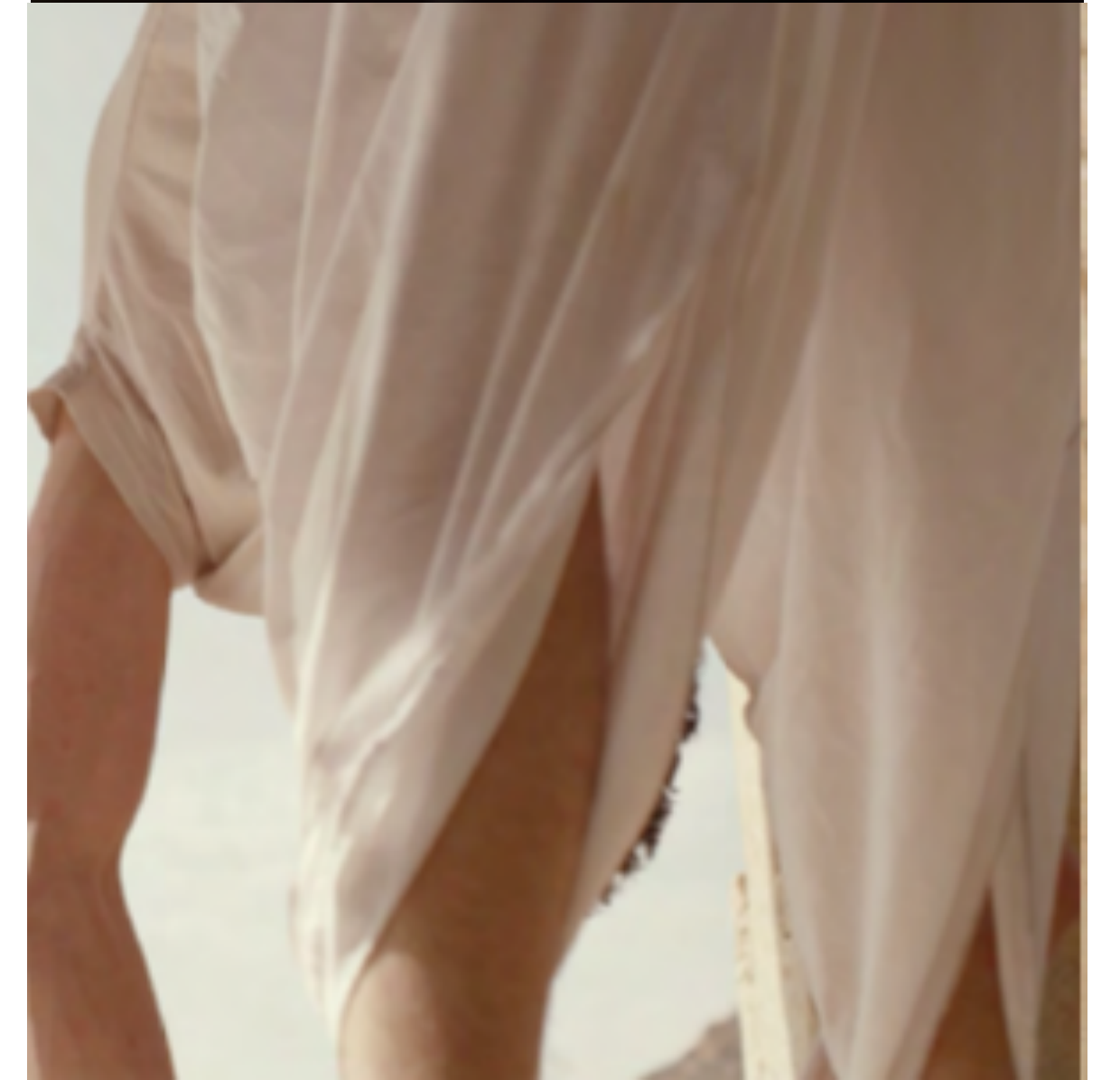
BY LORENA FRAMIS
lorenaframis@hotmail.com

1. GOOD NUTRITION

- > Favor local, organic, seasonal foods
- > Avoid inflammatory foods
- > Avoid processed, industrial and junk food
- > Practice fasting
- > Drink quality water

2. MOVEMENT & EXERCISE

- > Find a daily routine
- > Quit sitting - move, use your body
- > Walk in nature



3. OPTIMISE YOUR SLEEP

- > Get natural light in the morning, sunrise & sunset
- > Avoid artificial light at night
- > Avoid food at least 3 hours before going to bed
- > Wind down, at least 1h before bed
- > Open the window

4. BREATHING

- > Avoid mouth breathing
- > Slow, long breaths through the nose
- > Learn calming techniques (box breathing 4-4-4-4)

5. COMMUNITY & CONNECTION

