

**R&R SUPPLEMENTS**

- Spend time in nature.
- Get a massage.
- Pray, practice meditation.
- Breathe deeply (there are apps for that).
- Get adequate sleep.
- Listen to or play music.
- Be with animals.
- Walk, dance, do yoga or tai chi.
- Do crafts, art, or coloring.
- Write and/or cook.
- And more....

**R&R Supplement Directions: Disclaimer**—May cause increased creativity.

“Breathe in slowly through your nose and out slowly through your mouth like blowing through a straw, at least three times in a row, make sure the inhalation and exhalation has a comfortable rhythm and pace for you. You can use this breathing practice as an ‘energetic supplement’ and take three times per day or as needed.”

— Kirsten Welles, Master Coach, Brave Thinking Institute

**DOMINO DIET MOMENTS**

Thought⇒Shallow Breath⇒Fight-Flight⇒Cortisol⇒Disease⇒Poor Sleep ⇒Disease