

# Apply Mind / Body Optimizing Practices

## Examples of Mind/Body Optimizing Practices

- Drink 6 to 10 glasses of water
- Take 5 deep breaths every hour
- Replace negative thoughts with positive self-talk or affirmations
- Daily meditation (5 minutes or more)
- Stretching, Yoga, Qi Gong, Tai chi
- Say your affirmation out loud 10 times a day
- Listen to deep relaxation / guided imagery / self hypnosis tapes or CDs
- Self-massage to ears, feet, hands, or whole body
- Use Qi (Energy) Tapping, or any other emotional stress-relieving technique
- Step outside everyday – stretch, shake off stress and breathe in fresh energy
- Do the 3 corrections everyday – correct your posture, breath and mind
- Take vitamins or take high nutrition boosters
- Take a deep relaxation break or a power nap
- Write in your journal
- Do an Intention Ritual

## Mind/Body Optimizing Resources

*The Healer Within* by Dr. Roger Jahnke, OMD, is the single best source for mastering the Mind/Body Optimizing Practices found in Part 3 of this Participant Guidebook. The four “pillars” of the book are Movement, Massage, Breathing, and Deep Relaxation and Meditation. Various levels of intensity are provided for each practice, each with clear illustrations. It is strongly recommended that you use this book.

During your Circle experience, you will practice both the Healer Within techniques and some other Circle Mind/Body Optimizing techniques. Then you can choose the ones you like best (or the ones that are working for best for you) and integrate them into your daily life.

## Jean's Mind/Body Optimizing Practices

In addition to her action steps, Jean has decided to implement the following Mind/Body Optimizing Practices:

- Drink 6, 8-oz glasses of water daily
- Say affirmations 10x a day
- Manage stress through breathing practices