

EMBRACE YOUR SHINE

WITH
**HOLISTIC
WELLNESS**



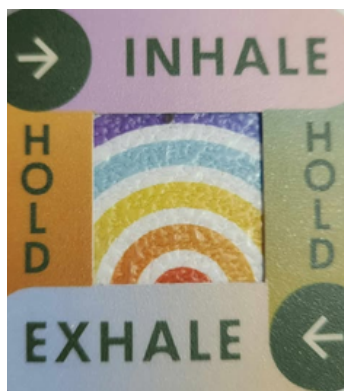
There are 12 simple steps to becoming Happier and Healthier in the hustle and bustle of everyday life! Remember I said SIMPLE not EASY!!

There is no magic Pill! Wellness is a journey, it takes daily effort, much like how we care for other! We must prioritize our own wellness!



1. Self Love

Daily affirmations and visual reminders help you believe what you are thinking. Write **'I am enough'** and post it in your home where you can SEE it daily!



2. Self Regulation

Box breathing or the awareness of breathing helps your body regulate and focus on basic functions. 2 second hold, 2 second inhale, 2 second hold, and 2 second exhale.



3. Self Joy

Reminding yourself of the small things that bring us joy, learn to acknowledge and engaging in those activities, getting out of bed, **showing**, getting dressed. We are so blessed.



4. Connections

Taking the time to be yourself with the people you love! You Bestie, your family, your work colleagues, it doesn't matter with who, just feed your connections! That's how they learn to feed you back!



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5. Move with Joy

Minimum Effective Dose of Exercise is **5 days/week, 30 minutes each day.**

Focus on the things you can do and enjoy. Play with kids, laugh, cry, run, walk, swim, showering, stretching, fishing, dancing, even between the sheets, think outside of the box to stay active joyfully.

6. Healthy Boundries

Verbalizing both, physical and emotional boundaries clearly, protects you from unnecessary worry, and eases conversations. **Verbalize agreements** rather than having unspoken expectations.

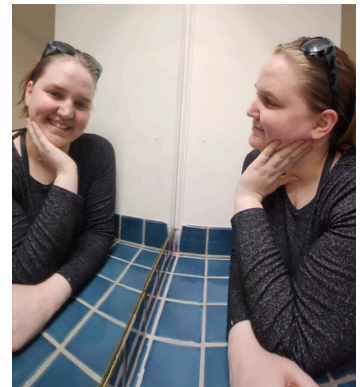
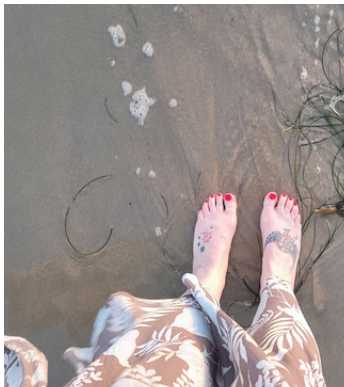
7. Permission to rest

Minimum Effective Dose (MED) of **Rest is 7-9 hours.** Depending on your energy levels. Ensure you give yourself **PERMISSION** to rest fully, put away your thoughts and screens to ensure maximum effectiveness of rest. Learn to love your bed again.

8. Hydration

Minimum Effective Dose (MED) of **Water is approximately 8-8oz glasses, or 84 oz, or approximately 2 liters.** Sodas, and juices should be avoided. When using coffee and tea add equal amount of **additional water.**

For more immediate, individualized and meaningful results contact me for a complementary thirty-minute breakthrough session. Together, utilizing empowering knowledge, we will help you EMBRACE YOUR SHINE.



9. Creative grounding

Take time to go outside, everyday. Connect with the larger power, the earth, the ground, the universe. Be mindful and aware of your surroundings. Seek out the colors of the rainbow in the environment around you.

10. Pillars of Nutrition

- Eat mostly plant based
- Avoid junk & fast food
- Read the label
- Drink WATER!
- Reduce meats, cheese, eggs
- Moderate risky substances.
- Buy & cook your own food.
- Remove poor choices
- Eat slow, stop at 80% full.
- Treat, don't cheat!

11. Journaling

Track your life. Journaling tracks things in your life. Cash flow management or budgeting is a very important type of journaling.

12. Pursue Happy

Reflect on what makes you joyful. Surround yourself with the people that make you happy. Always remember, sometimes that can simply be yourself.

