

## Wake up your body

by increasing circulation and energy flow with gentle tapping to various body parts. Systematically move around all sides of your head, neck, torso and extremities with repeated gentle fingertip tapping.

## K 27 Immune points



are located just below the collar bone. Hold these points lightly for two minutes to calm your body, boost your immune system and relieve stress.

## Drink Water

to increase your energy and ability to think clearly. Purified room temperature water is the best choice. You may need to drink at least 6 - 8 glasses of water each day to keep your body well hydrated.

## Create a still point

by sitting in silence for two minutes. This pause will reduce tension and slow the flight of ideas in your mind. Simply "BE" in the moment. Pay attention to what you notice within your body, mind and spirit.

## Take a break

from your regular routine every hour to increase productivity and restore your posture. Meditate, doodle, breathe deeply, take a walk, do a yoga stretch, or enjoy a quick power nap with your feet elevated.

## Set goals and intentions

each day to focus your mind and manifest the things you deeply desire in your life. Your brain unconsciously influences your choices and guides your decisions when you write or speak these goals daily.

## Make healthy food choices

by eating foods as close to their natural state as possible. These foods help build your body's energy reserves quicker than processed foods. Lightly steam vegetables or roast nuts for easier digestion.

## Move your body

to release blocked energy. Qigong, Tai Chi, swimming, walking, dancing, and other rhythmic movements help to re-establish the flow of energy in your body. Aim for 10 minute blocks of time, at least 3 times a day.