

7 Simple Self-Care Strategies

You Can Begin TODAY

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Do Polarized Breathing

If you have **obsessive thoughts** based on actual or imagined fears, **breathe deeply in one nostril to the count of five and then slowly out the same nostril while holding the other.** Do the five breaths five times. **Reverse the cycle and watch your thoughts slow down** and decrease cortisol levels. Try this in the middle of the night when you have racing thoughts, anxiety, or fear.



Ground Yourself, Ground Yourself

Feel your feet on the floor. Rub your hands together. Shake your hair on the top of your head. Splash cool water on your face. Yawn. Scan the back of your neck to the front of your forehead with your hand. Look and touch your surroundings. If in a private place, shout out in joy. Scream your lungs out. Laugh. Smile. Focus on one person, place, or thing you feel gratitude for.





**Visualize Negative
Beliefs** in a Hot Air
Balloon Being
Released into the
Sky.



Check-in With Your Intuitive
Self - Ask a question using a

dominant hand and answer
with a non-dominant hand
(access to your
source/personal wisdom).



Brain Integration –

Draw and follow the infinity sign with your eyes – forward (8X) and backward (8X), reducing your anxiety.





Pattern

Interruption – do something different than usual, such as walk, enjoy a chocolate, have a cup of tea, exercise, stretch, breathe, or call a friend.

A glass of water with lemons and lemon slices. The background is a solid blue color. The glass is filled with water and has several large ice cubes. A slice of lemon is floating on the surface of the water. In the foreground, there are several whole lemons and two lemon slices, one of which is cut in half, showing the internal segments. The lemons are bright yellow and appear fresh.

Drink Water Regularly

Brains alone are 85% water. Adequate hydration help to prevent free radical damage, impaired flow of nutrients, chronic fatigue, constipation, fibromyalgia, mental confusion, and other chronic conditions. **At least eight glasses per day.** (The Energy Prescription by Doug Childers) – clarity in thinking!





To receive a complementary introductory Well-being and Life Coaching session with Germaine, please feel free to email her at

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If you would like more information on Dr. Germaine Tizzano's trainings and consultations on childhood sexual trauma, intimate partner violence, trauma and substance use disorders, resiliency, and wellness, please feel

free to reach out by email: gbtizzano@icloud.com

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