



7 Root

self-care toolkit

wellness through service

a resource from
Yieldcamp



7 ROOT

Self – Care Toolkit

[Yieldcamp's](#) 7 ROOT® Self – Care Toolkit is an individualized resource designed to aid in your wellness journey. This toolkit takes 7 (Intellectual, Environmental, Spiritual, Physical, Social, Emotional, Vocational) out of the 9 Components of Wellness and helps to find practical applications for implementation that fit you.



7 ROOT Self – Care Toolkit & Corresponding Components (& Table of Contents)

Get to Know Yourself	pg. 6-7	Intellectual
Check Your G.E.A.R.	pg. 8-13	Environmental
Making a Mantra	pg. 14-15	Spiritual
“Yielding” Workbook	pg. 16-23	Physical
Scheduling Your Self First	pg. 24-25	Social
Be Your Own First Responder	pg. 26-28	Emotional
Additional Resources	pg. 29-32	Vocational



SOUND OF MUSIC – 1965

“Let’s start at the very beginning, a very good place to start.”- Julie Andrews, 1965. This is the opening line to the song, “Do, Re, Mi” [pronounced – doe, ray, me]. If you have ever played an instrument or had to learn musical *scales* then you are all too familiar with this phonetic-harmonic technique to teach the scales. The song sung by Julie Andrews in the movie is taught as a way to remember all 7 pitches (or Roots) in the scale:

“Do, a deer, a female deer. Re, a drop of golden suuunnnnnnn. Mi, a name I call my self. Fa, a long long way to ruuunnnnnnn.....” (10 points to you if you actually sang along.)

I find it fitting that the third note in a 7 note scale is **Mi** since I (me) am a trinity – 3 beings/entities existing as 1 - Mind, Body and Soul.

So, like Ms. Andrews, let’s start at the very beginning, a very good place to start.

What is SELF-CARE?

Dictionary.com defines self-care as *“the practice of taking action to preserve or improve one’s own health”* and as *“the practice of taking an active role in protecting one’s own well-being and happiness, in particular during periods of stress.”*

Simply put, Self-Care is actualizing the concept of You taking care of Yourself.

If you take a closer look at the end of that sentence – You taking care of Yourself – you will notice that the phrase makes the case that You **are not** your self.

This is a pivotal concept and truth to understand. You, are **not**, your self.

You, the real You, lives inside of the skin that you see in the mirror and apart from the thoughts and feelings that you think and feel.

Have you ever had a random thought enter your mind and then **you** said to your **self**, “Where did that come from?” That’s because you are not your self.

YOU refers to YEARNINGS, OPINIONS, and UNDERSTANDINGS. Things that have developed over time, through intellectual processing and other neurosciencey-stuff that just means how you’ve grown to see and the world. **It’s WHAT you are.**

Yearning: intense desire
Opinion: beliefs
Understanding: accepted comprehension

Your SELF is the operating system embedded into your core that drives instincts and involuntary responses to stimulants – both good and bad. **It’s WHO you are.**

The SELF consists of your SUBCONSCIENCE, EMOTIONS, LIFE and FEELINGS. Meaning that they belong to you, they’re yours, but they are NOT you.

Subconscious: the part of the mind which is not fully aware but influences one’s actions and feelings.
Emotions: an internal instinctive state or automatic mood-response to an event or information.
Life: the safe and continual existence of our breath AND of our possessions.
Feelings: an external projection of emotions

Get to Know Yourself

One of the most basic and yet difficult questions for people to answer is, “who are you?” and “what are you?”

“Who are you” refers to your subjective identity. This encompasses your feelings, emotions, demeanor, personality, temperament, perspective, views, thought process, etc. These are the things about you that generally do not change.

“What are you” refers to your objective identity. This is the part of you that is recognizable by verifiable information and facts. This includes your job, race, religion, gender, hobbies, diet, etc. These are things that often change over time.

Before we can begin the process of Self – Care we first have to know our self. Discovering who and what we are vs. who and what we want to be will help to identify the best route to take on our journey to wellness.

Take all the time you need to answer the following questions. **There’s no rush.** The more thought you put into it, and the more insight you receive from it, the clearer the options for formulating a strategy and plan will be. Let’s get started.

Who Am I: _____
(SELF) _____

What Am I: _____
(YOU) _____

Who Do I Want To Be: _____

What Do I Want To Be: _____

What Are My Bad Habits:

What Are My Good Habits:

What Are My Strengths:

What Are My Weaknesses:

What Are My Goals:
(destination)

What Are My Plans:
(road to destination)

What Makes Me Happy:

What Makes Me Angry:

What Are My Fears:
(courage requires fear)

Check Your G.E.A.R.

Gratitude for ERRORS, ANGUISH and REGRETS

Even tragedies and disasters have silver-linings – the good that results from the bad. The death of a parent can reunite families. A devastating car accident can lead to a life-long friendship with a nurse or first responder. The loss of a child can lead to the establishing of a nonprofit designed to prevent other families from experiencing such pain. Even tragedies and disasters have silver-linings.

In this section, we want to give gratitude for our tragedies and disasters. Without them you wouldn't be who or what you are today, and you wouldn't be here now.

When you find yourself short-tempered, angry, irritable, sad, lethargic, even depressed, or otherwise become aware of a mood, emotion or action that you do not like and want to change, check your G.E.A.R.

First – take a minute and investigate the feelings you have. Anxiety? Anger? Fear?

Once you've identified the feelings, try to figure out where they come from.

Is it a reaction to mistakes that you've made? (Errors)

Is it a symptom of past hurt, abuse or trauma? (Anguish)

Is it embarrassment, shame or guilt from bad choices? (Regrets)

Now the million-dollar question, why give gratitude?

Once you've identified the catalyst for your current mood, showing gratitude allows us to identify the good that has come from the situation. This is a pivotal step in "letting go and getting over" our pasts and our stumbling blocks.

But, "*showing*" is an action word so how do we *show* gratitude to an Error, Anguish or Regret? **We stop blaming it for the bad and thank it for the good.**

As a survivor of child sexual abuse, showing gratitude to my Anguish means that I stop lamenting the pain that resulted from it and start celebrating the benefits.

Soooo.... what benefits could possibly come from childhood sexual abuse?



for me:

EMPATHY FOR OTHERS
SELF-AWARENESS
YIELDCAMP

Because I understand all too well how a person's moods and actions can be impacted by events in their past, I am often more empathetic towards others.

Because I had to learn to identify my own triggers, and monitor my actions, I have learned to become more self-aware.

Because of my life-long battle with the impacts and effects of childhood trauma, I started [Yieldcamp](#).

Remember - Even tragedies and disasters have silver-linings.

G.E.A.R. represents the things that we carry with us every day. Just like police officers and military personnel have their essentials, our emotions are our most vital piece of gear that we carry because they let us know what's going on with us.

LET'S GO OVER SOME DEFINITIONS:

Gratitude: 1) The quality of being thankful.
2) *A readiness to show appreciation and repay.*

Error: 1) Mistakes.
2) The state/condition of being wrong in conduct or judgment.

*Errors typically impact our emotions.

Anguish: 1) Severe mental or physical pain and/or suffering.
2) Extreme distress.

*Anguish typically impacts our attitudes.

Regrets: 1) Self-disappointment and/or shame and guilt.
2) A troubling action wished to be forgotten.

*Regrets typically impact our relationships.

LET'S CHECK OUR G.E.A.R.

(Write what comes to mind and be honest with your self)

Errors:

- 1.
- 2.
- 3.
- 4.
- 5.

Anguish:

- 1.
- 2.
- 3.
- 4.
- 5.

Regrets:

- 1.
- 2.
- 3.
- 4.
- 5.

REVELATIONS: _____



Time to check your G.E.A.R.

FINDING GRATITUDE

- What are my thoughts about the Errors, Anguish and Regrets?

- What are my feelings about the Errors, Anguish and Regrets?

- What do I say to myself about the Errors, Anguish and Regrets?

Am I KIND to myself when I think of my Errors, Anguish and Regrets?

Yes No

Do I show COMPASSION to myself when I think of my Errors, Anguish and Regrets?

Yes No

Have I FORGIVEN myself for my Errors, Anguish and Regrets?

Yes No

(*if NO, please discuss self-forgiveness with your mental health professional)

- What have I learned as a result?

- What good has occurred as a result?

- How am I a better person as a result?



TAKE YOUR TIME HERE. THINK. BREATHE.

FINDING GRATITUDE

I AM NOW GRATEFUL TO THIS ERROR BECAUSE IT GAVE ME:

I AM NOW GRATEFUL TO THIS ANGUISH BECAUSE IT GAVE ME:

I AM NOW GRATEFUL TO THIS REGRET BECAUSE IT GAVE ME:

Creating a Mantra



WHAT IS A MANTRA?

Similar to words of affirmation and positive self-talk, a mantra is word or phrase that you repeat to yourself. It is often done in conjunction with meditation, however, it can be a powerful and positive motivational tool as well as a good grounding technique.

No one can tell you what words or phrase to use in order to create your mantra. It is, after all, Your mantra.

A helpful starting point however is to use some of the answers from the “Get to Know Yourself” section at the beginning of this toolkit. Use words about who and what you want to be and/or words related to your strengths and good habits.

Another helpful strategy is to take the words and create a short, easy to remember poem or recite a favorite Bible verse, quote or saying that resonates with you on a personal or emotional level. Just make sure it’s positive. Faith comes by hearing, even if we are only hearing it from our self.

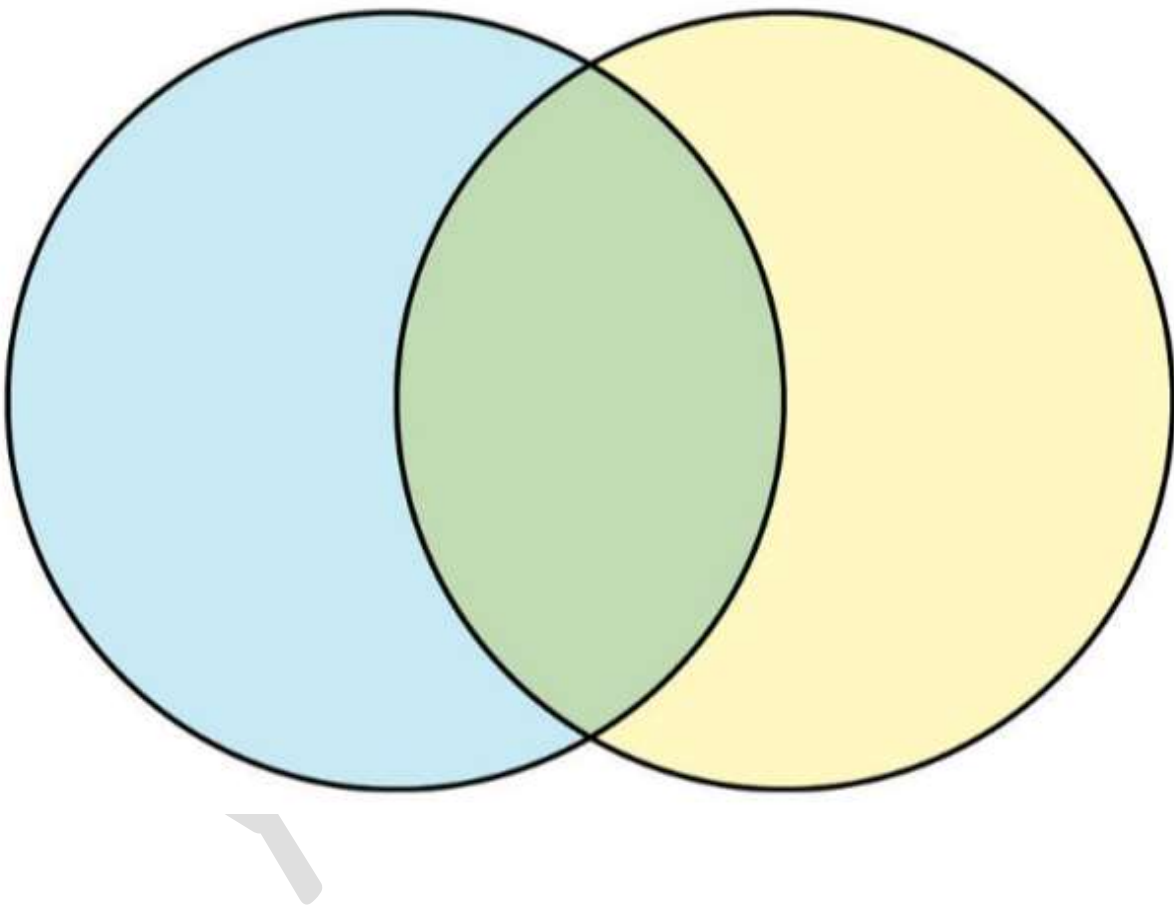
As stated earlier, though mantras are traditionally used to aid in meditation, the 7 ROOT® Self – Care program sees mantras as “speaking things into existence” and therefore utilizes mantras as an aid to visualization and manifestation practices.

By visualizing the words we are repeating with our mantra, we are participating in grounding, mindfulness and self-love. By using our mantra to combat our negative emotions, thoughts and actions, we become the observer and controller of our thoughts rather than continuing to be controlled and driven by them.

What are some key words that you want to use in your mantra?

Use this space to write a few drafts & help you create your mantra:

“Yielding” Workbook



the Yielding workbook

Yielding as a philosophy, though not referred to by that name, is an age-old concept and a common practice found throughout many different industries and organizations around the world.

Nature guides implement this philosophy by utilizing the “Nature Interpretation Equation” formula:

$$(KA) + (KR) = IO$$

Knowledge of Audience + Knowledge of Resources = Interpretative Opportunity

By taking a little of what they already have learned about you and a little of what they know about the available resources within the surrounding environment, they are able to locate an opportunity for nature connection to help enhance their message and the experience of their audience.

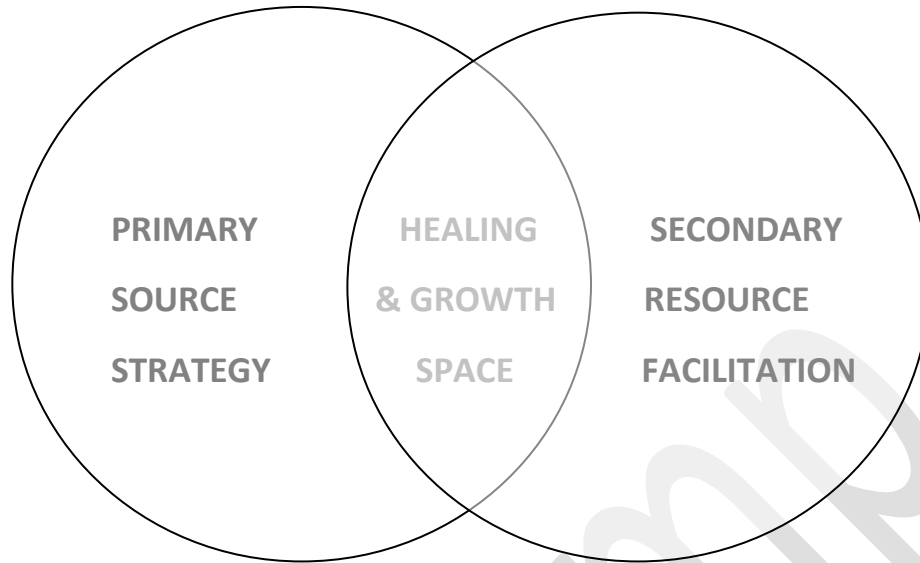
This is also what happens when a real estate agent takes the information you have given them concerning your desired home along with the information that they know about the current market and available properties and presents you and your family with several options for you to choose from.

Marketing companies are probably the best example. They use demographics (detailed information about targeted consumers) and highlight qualities of their product that align with the concerns and desires of their potential customers in order to build a connection with the consumer on an emotional level.

Yielding is a life and wellness practice that focuses on combining something that you already have (a **Primary Source** to be used as a basic life and wellness **Strategy** <**P/S/S**>) and combining that with something that you have access to (a **Secondary Resource** that aids in the **Facilitation** <**S/R/F**> of the strategy) in order to create a safe space for growth and healing to occur.

Yielding focuses on holistic balance. It is the intentional intertwining of what you already have or do with what is already around you and available to you for free.

It's the equivalent of taking two individual strands of twine and twisting them together to make them stronger and to make it suitable for a new form of use.



P/S/S Elements

- Exercise
- Breathing
- Meditation
- Cognitive Stimulation

S/R/F Elements

- Sport & Game
- Nature
- Good Deeds
- Elements of Nature

connection

The **Primary/Source/Strategy** is NOT something that you do for recreation or personal care but rather something that is somehow already built into your day to day tasks and obligations.

A receptionist spends their day sitting and speaking so “Breathing” is their PSS element, whereas a delivery driver does a lot of lifting, pulling, pushing and stacking so their PSS would be “Exercise”. However, a receptionist at a nonprofit may also have to go up and down stairs to the storage or mail room or help setup offices for meetings. In this situation, the receptionist has an option of either Breathing or Exercise as their P/S/S.

The **Secondary/Resource/Facilitation** is based on your personal preference of available resources within your natural, professional and personal environments.

The receptionist may have a park near their office available during lunch or delivery driver may drive past a lake or river on their way home so then they would chose “Nature” as their S/R/F.

Each element of Yielding has a natural corresponding balance. Each Primary Source Strategy is connected to a Secondary Resource Facilitation and therefore

each Secondary Resource Facilitation has an automatic Primary Source Strategy built in.

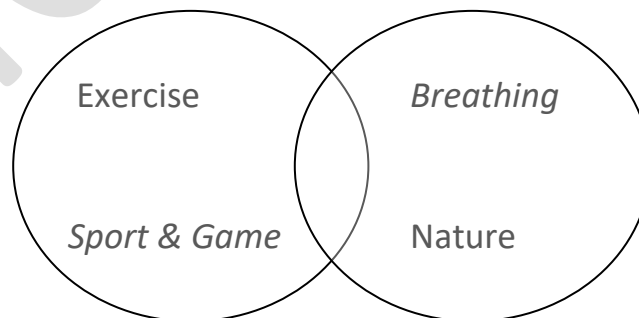
To find opportunities already present and existing around you that can be developed and implemented into your own personal care life and wellness strategy simply select ONE P/S/S based on your current daily obligations and then select ONE S/R/F based on the resources that are accessible and available to you.

Since Primary is greater than Secondary just as Source is greater than Resource, always list your P/S/S above its corresponding secondary resource and always list your S/R/F below its corresponding primary source.

<u>P/S/S Elements</u>	<u>connection</u>	<u>S/R/F Elements</u>
Exercise	< ---- >	Sport & Game
Breathing	< ---- >	Nature
Meditation	< ---- >	Good Deeds
Cognitive Stimulation	< ---- >	Elements of Nature

For example: Since our receptionist chose EXERCISE as their P/S/S then in the first circle they would write down Exercise and write *Sport & Game* underneath that.

And since our receptionist chose NATURE as their S/R/F then they would write down NATURE in the second circle and write *Breathing* above that.



1. Exercise while focusing on breathing and 2. Sport & game while in nature. Our receptionist has now created two self-care opportunities.

Determining Your Type:

Yielding is NOT a behavioral analysis tool. I repeat, Yielding is Not a behavioral analysis tool. Say it with me....

However, we can use already existing and accepted behavioral, leadership, personality and vocational assessments to best determine which Yielding element is best suited for use in developing your personal self-care strategy.

Again, this does not mean that Yielding is a personality profile, or any sort of assessment, nor does it mean that any previous assessment or personality analysis that you have taken automatically puts you in one of the four Yielding categories.

P/S/S elements:

Exercise
Breathing
Meditation
Cognitive Stimulation

examples:

walking, lifting, pushing, pulling, physical exertion
deep breathing, box breathing, slow breathing
empty mind, deep thought, mantra, prayer
reading, writing, making/creating, learning

(S/R/F elements):

Sport and Game
Nature
Elements of Nature
Good Deeds

examples:

physical/mental competition, puzzles, riddles, etc.
forest, mountain, park, backyard, lake, beach, etc.
water, fire, wind, animals, plant life, etc.
charity, volunteer, random acts of kindness, etc.

Exercise / (Sport & Game)

Corporate: Essential Personnel
Leadership: Fox
Symbiotic: Competitive
Philosophy: Service
Industry: Labor

Meditation / (Good Deeds)

Corporate: Marketing
Leadership: Donkey
Symbiotic: Mutualism
Philosophy: Spiritual
Industry: Sales

Breathing / (Nature)

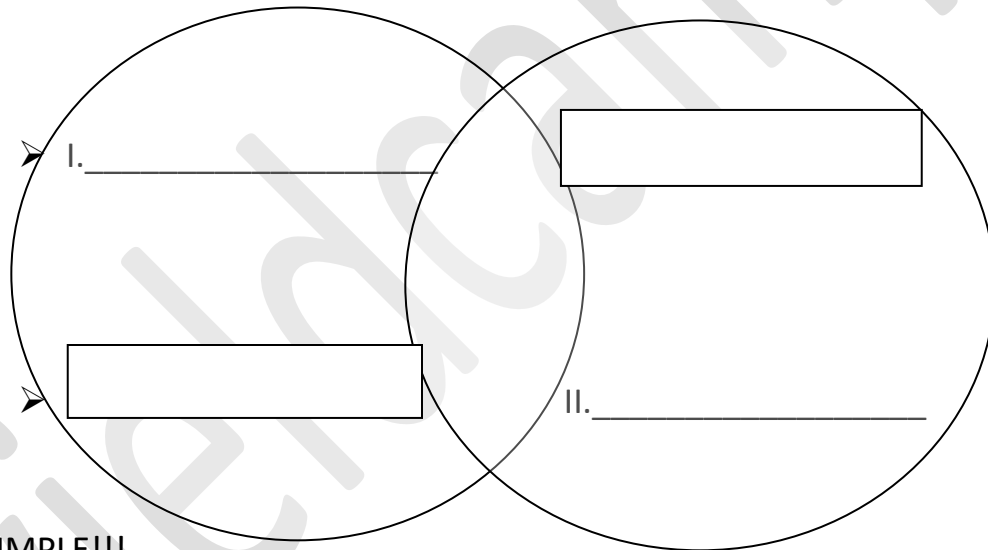
Corporate: Administrative
Leadership: Sheep
Symbiotic: Commensalism
Philosophy: Environmental
Industry: Artistic

Cognitive Stimulation / (Elements of Nature)

Corporate: Executive
Leadership: Owl
Symbiotic: Parasitism
Philosophy: Pragmatism
Industry: Science & Tech

Give it a shot:

- I. Select which Primary/Source/Strategy best fits you based on your current everyday personal and professional life. Enter your selection on line "I" on the diagram below. Once you have selected your P/S/S, enter the corresponding S/R/F In the box underneath "I".
- II. Select which Secondary/Resource/Facilitation best fits you based on your current likes, hobbies and personal preferences available within your environment and surroundings. Enter your selection on line "II". Once you have selected your S/R/F, enter the corresponding P/S/S in the box above "II".



IT'S THAT SIMPLE!!!

You have now taken what you know about your audience - you - (KA) and what you know about your resources (KR) and intertwined them together to create options (IO) for you to craft and create your own personal self-care plan.

Your **primary plan** will be the combination of elements on/in line/box "I".

Your **secondary plan**, or back up plan, will be the combination of elements on/in line/box "II".

NOW IT'S TIME TO GET CREATIVE.

After you have entered your choices and their corresponding elements into the diagram it's time to put on your thinking cap and use your imagination.

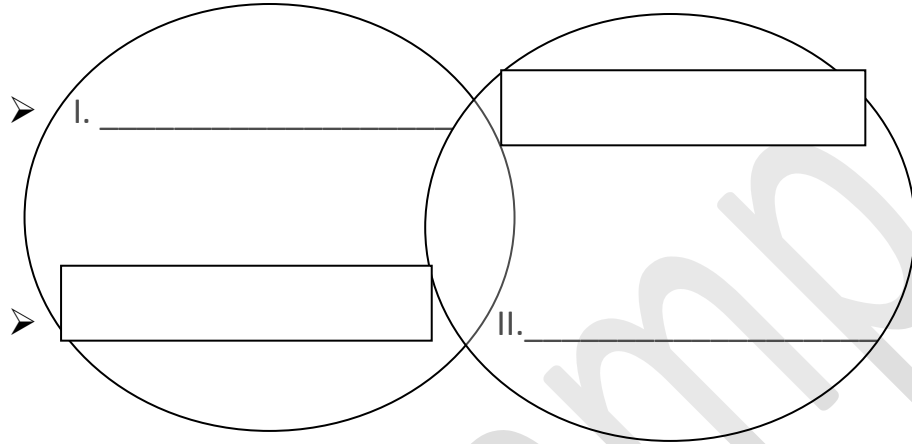
Let's say you selected "Exercise" as your P/S/S (because you move around a lot at work) and let's say you also selected "Nature" for your S/R/F because you enjoy being outside on nice days. In this example, the two Elements on your top line would be "Exercise" and "Breathing" (because Breathing is the corresponding element to Nature) and the two elements on the bottom would be "Sport and Game" (because Sport and Game is the corresponding element to Exercise) and "Nature". How then can you combine the two elements on line one to create your primary self-care strategy? Can you walk (exercise) for 15 minutes while focusing on inhaling and exhaling intentionally (breathing)? Or maybe you can practice your breathing while rearranging an office or setting up for a conference. When and where you implement your strategy is not as important as making sure that you are intentional about it when you do. Or, if utilizing your secondary strategy, maybe you can do a word-search or play Sudoku while sitting in a park.

- III. Use the diagram you completed and take a minute to see how you can combine the two elements on line one to create a personalized plan. Likewise, with line two, let your imagination take what it knows about you and your environment and develop a new hobby or create a new self-care routine yielding to what you already have access and availability to.

Primary / Source / Strategy:

Secondary / Resource / Facilitation:

Now that you're getting the hang of it, let's try again:



Primary Self-Care Strategy Ideas:

Secondary Self-Care Strategy Ideas:

Implementation:

In order to maximize the efficacy of your new strategies, we strongly suggest using the attached calendar as a way to carve out time and plan ahead for your self-care. Be intentional about when you wake up, when you schedule your self-care time and what time you go to sleep at night.

Schedule Your Self First

Pro Tip: Don't just write "bed" or "sleep" on your schedule but rather write, "have a good night's sleep" or "sleep peacefully" on your calendar and **schedule in a good and peaceful night's sleep...** and making your bed the next morning.

And be sure to schedule in the rest of your day (work, gym, dinner, etc) as well.

	<i>SUN</i>	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THUR</i>	<i>FRI</i>	<i>SAT</i>
4:00 am							
5:00 am							
6:00 am							
7:00 am							
8:00 am							
9:00 am							
10:00 am							
11:00 am							
12:00 pm							
1:00 pm							
2:00 pm							
3:00 pm							
4:00 pm							
5:00 pm							
6:00 pm							
7:00 pm							
8:00 pm							
9:00 pm							
10:00 pm							
11:00 pm							
12:00 am							

This toolkit is available on our [*website](#) in a free printable format.

Use the calendar on the following page to fill in your average daily schedule to discover moments available each day to schedule in time for your self-care. We recommend using a pencil so that you can adjust your schedule as needed.

*yieldcamp.wixsite.com/yieldcamp

	SUN	MON	TUE	WED	THUR	FRI	SAT
4:00 am							
5:00 am							
6:00 am							
7:00 am							
8:00 am							
9:00 am							
10:00 am							
11:00 am							
12:00 pm							
1:00 pm							
2:00 pm							
3:00 pm							
4:00 pm							
5:00 pm							
6:00 pm							
7:00 pm							
8:00 pm							
9:00 pm							
10:00 pm							
11:00 pm							
12:00 am							

Be Your Own First Responder



RESCUE TEAM

In an emergency, we call 911. We take it for granted that the first responders are able to handle whatever situation is waiting on them when they arrive. But they are able to succeed in chaos repeatedly because they train constantly.

In school, staff and students practice fire drills, active shooter scenarios, earthquake drills and more. This is so that, in the unfortunate event of a real emergency, everyone will be able to rely on their training and override a potential “freeze” response in order to react quickly and increase their chances of survival.

With practice and repetition, in a controlled and calm setting, the brain is able to re-wire itself and form an automatic response to emergencies and danger. With mindfulness, awareness and grounding techniques, you too can learn how to notice stressful situations before they grow into unintended actions and learn to avoid destructive defaults that may result in harming yourself or others.

Mindfulness, awareness and **grounding** techniques are members of your First Responders Team, and you are the Commanding Officer. **Lean into your team.**

Mindfulness pertains to the ability to be conscious and present in the moment while being in tune with one's emotional state and prevalent attitudes.

Awareness pertains to the ability to be alert and fully grasp the current environment and stimulants/triggers that may impact one's emotional state and prevalent attitudes.

Grounding is the act of intentionally detaching one's self from, and the resetting of, a negative thought, feeling, memory or emotion through strategic practices.

Some Grounding Techniques:

- Tapping your first finger and thumb together.
- Repeating to yourself "I'm safe now".
- Box breathing – (inhale for 3 seconds, pause for 3 seconds, exhale for 3 seconds, pause for 3 seconds, then repeat.)
- Body scanning – (sit with your feet on the floor and your hands on your knees and slowly scan your body from the top of your head down to the bottom of your feet. Notice any pains, discomfort or sensations.)
- Deep breathing – (take deep, quick exaggerated breaths. DO NOT HYPERVENTILATE. Pause in between breaths. Take 10 – 25 deep breaths.)
- Say your **mantra**.
- Stretch. (or stretch while reciting your mantra)
- Pray. (or pray while stretching)
- Journal / write.
- Read.
- Exercise / move.
- Do a good deed without telling anyone.
- Take a cool / cold shower.
- Make eye contact with your self in a mirror and say, "I love you" 15 times.

Mindfulness

My Known Triggers: _____

Awareness Zones

WRITE YOUR KNOWN INDICATORS FOR EACH ZONE IN THE SPACES BELOW WHILE YOU ARE CALM AND RELAXED.

BLUE: CALM

BASELINE

Physical Body Sensations: _____

Feelings/Emotions: _____

Thoughts: _____

Behavior: _____

GREEN: OPERATIONAL

HYPER

Physical Body Sensations: _____

Feelings/Emotions: _____

Thoughts: _____

Behavior: _____

YELLOW: WARNING

AGGITATED

Physical Body Sensations: _____

Feelings/Emotions: _____

Thoughts: _____

Behavior: _____

RED: COMPROMISED – *EMERGENCY ACTION PLAN - GO!!

Physical Body Sensations: _____

Feelings/Emotions: _____

Thoughts: _____

Behavior: _____

****YOUR EMERGENCY ACTION PLAN IS THE SELF-CARE STRATEGY CREATED IN THE YIELDING WORKBOOK.***

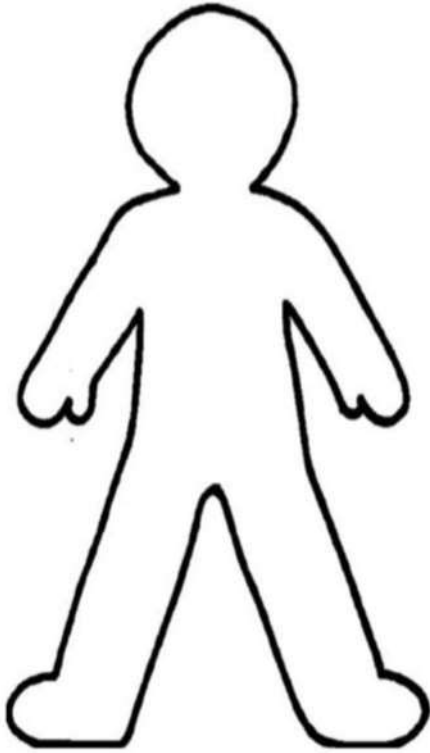
****YOU SHOULD HAVE SOMEONE TO CALL, WHO YOU TRUST, WHEN YOU ARE IN THE RED ZONE.***

Quick Reaction Team / Emergency Contacts:

Name _____ number _____

Name _____ number _____

Additional Resources



BODY SCAN CHART – put an X where there is chronic or current severe pain.

SUICIDE PREVENTION – text 988 Or call 1-800-273-8255

National Sexual Assault Hotline - 1-800-656-4673

CRISIS HOTLINE – text **HOME** to **741741**

CHRISTIAN IN CRISIS HOTLINE – 1-800-472-9687

PEPTOC (encouraging messages from children) 707-873-7862

Federal Emergency Management Agency 72 hour Emergency/Disaster Kit:

<https://www.ready.gov/kit>

Let's Review



Did You Get to Know Yourself?

Did You Check Your G.E.A.R.?

Did You Create Your Mantra?

Did You Develop Your Self-Care Strategy?

Did You Put Yourself on the Schedule First?

Are You Better Aware of Your Zones?

Did You Identify and Alert Your Quick Reaction Team?

Did You Perform a Body Scan?

You're All Set!!!

**This toolkit is designed for continuous use. Be sure to revisit it as often as needed.*

Additional Meditation Techniques

Biblical Meditation: By definition, a *proverb* is a short concise statement of advice or guidance containing knowledge, truth and wisdom – it is often, in fact, the *proverbial* cliché.

The Book of Proverbs in the Bible is a book of wisdom containing 31 chapters – one for each day of the month.

Read the chapter for the corresponding day of the month (read chapter 1 on the 1st, read chapter 12 on the 12th, and so on) then pick a verse from that chapter that resonates with you to think about throughout the day.

Daily Themes: Have you ever gone to a party, celebration or venue that had a theme for the evening or event? Did you notice that everything from the food and drink to the outfits and decorations were in line with the theme?

Themes act as a gateway to our creative center by focusing our attention and intentions on a specific point.

So, Theme Your Day. Set the intention for your day at the beginning of the day. A theme of Professionalism, or Service, or Humble, or Helpful can impact everything from our attitude to the words we use. Themes can impact our attire, route to work and even diet.

This practice will help to keep you grounded and present throughout the day and give you something to ponder.

Organize: Living in clutter can cause stress and contribute to deepening depression and increasing anxiety.

Studies show the people who have gone through adverse or traumatic experiences fare better and are most resilient when they can create an environment in which they have a sense of control and some level of autonomy over their lives.

Cleaning up, making our bed each morning, throwing away old items, organizing papers and giving a designated space to our things that remains neat and tidy is a powerful, affordable and sustainable self-care practice and easy to do while meditating.

Forestating: Yeah, I made that word up. Meditating while Forest Bathing.

Forest Bathing is a long-standing Far-East practice that has recently made its way across the oceans and to America. Known as Shinrin Yoku in Japan, it is the simple method and practice of being calm, quiet and still amongst the trees.

Forest Bathing has proven to have a myriad of therapeutic and medicinal benefits. From documented studies showing reductions in stress, elevations in cognitive function, positive physiological changes and reducing anxiety to beautiful views, experiences and memories, Forest Bathing just may be the best kept secret in the wellness and mental health industry.

One way to introduce meditation practices while forest bathing is to be as still as you can and count the number of sounds you hear. Or count the number of colors you see. Or stare out at a fixed point in the distance and try to notice movement with your peripheral vision.

Another simple and yet effective Forestating technique is to incorporate box-breathing (see *Grounding Techniques*) into your forest bathing time or reciting your mantra as you relax.

