Appendix 20: The Mind-Body Connection

Taking Care Of Your Mind: Strategies

- Thinking positively!
- Belly breathing (p. 212)
- Going to your secret happy place (p. 213)
- Hanging out with Mother Nature (p. 213)
- Body scanning (p. 213)
- Writing a gratitude list (p. 214)
- Laughing! (p. 214)
- Smiling (p. 214)
- Practicing a hobby (p. 214)
- Doing what makes you feel good
- Allowing yourself to rest
- Living in the present
- Surrounding yourself with people you love
- Avoiding caffeine and foods to which you are sensitive
- Sleeping eight to nine hours per night (p. 215)
- Avoiding excessive and endurance exercise (p. 216)
- Addressing stressful situations (p. 215)

Add your own ways to help take care of your mind!