

Happy Health Lifestyle Patient Guide

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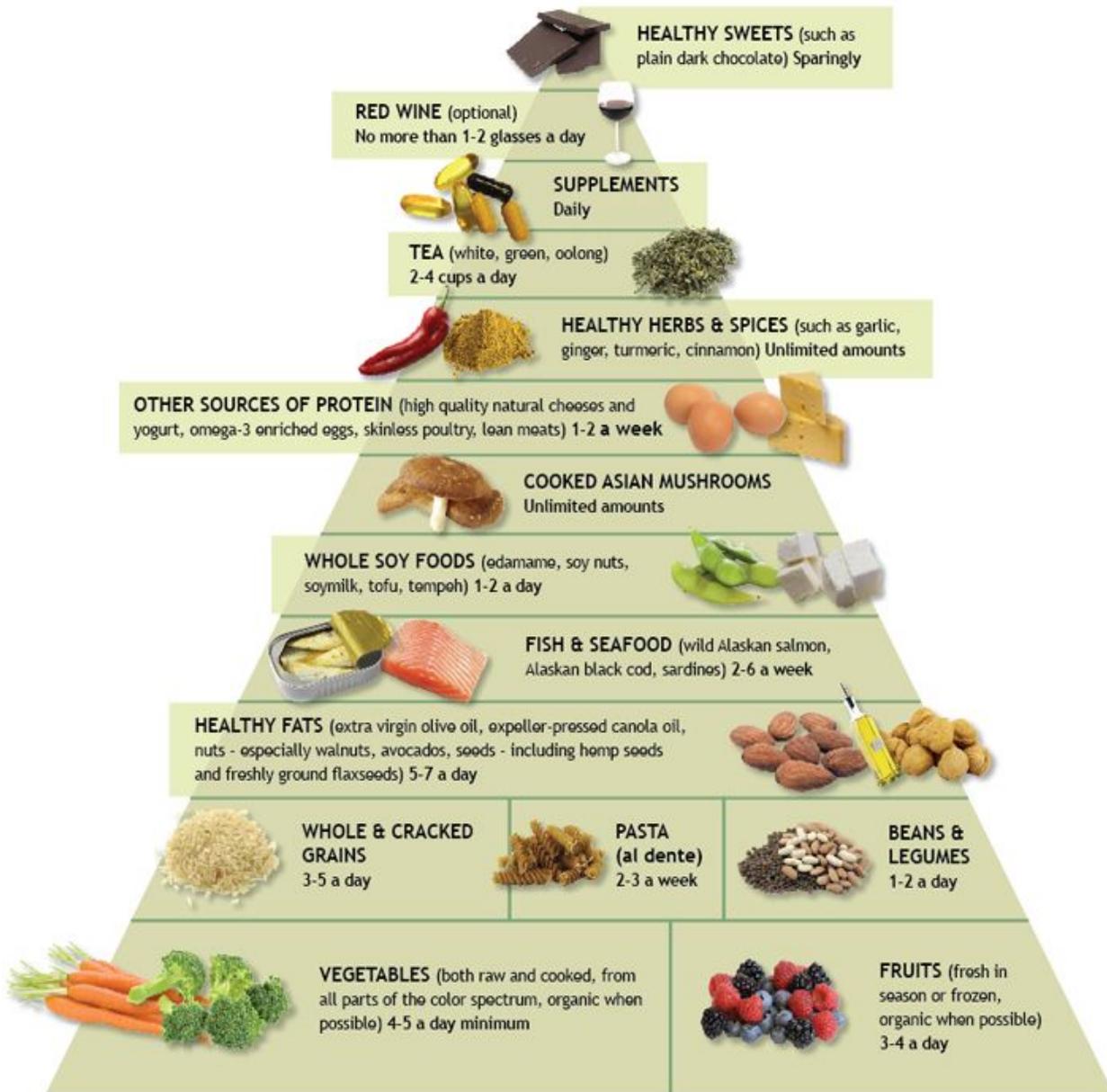
Updated 4/2017

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HOW TO EAT HEALTHY - BASIC CONCEPTS

Anti-Inflammatory Diet Pyramid



HOW TO EAT HEALTHY - BASIC CONCEPTS

- **Eat Breakfast Every Day.**
- Eat *small* meals every 3-4 hours.
- Try to eat a balance of protein, carbohydrate (aka starch), and healthy (plant-based) fat with each meal.
- **Eat five to seven (5-7) servings of fruits and vegetables each day.** Eat many-colored foods.
- Drink 8 - 10 glasses of 8 ounces of water.
- Eat foods steamed, baked, sautéed or grilled...not breaded, creamed or deep-fried.
- **Avoid “Fast Food”**
- Always sit down when you eat.
- Do not eat while watching T.V. or reading. Focus on your food. You’ll eat less.
- **Eat slowly over 20 minutes to allow your body to feel full. Chew and savor each bite.**
- Avoid White, processed foods (white bread, white rice, pasta, sugary cereals); try instead brown rice, whole-grain bread, whole-wheat pasta, quinoa, and steel-cut oats.
- Shop mostly from the outer sections of the supermarket (produce, dairy, deli, fresh-baked goods...perishables) and less from the inside aisles (very processed, preserved, nutrition-less foods: soda, chips, candy, etc).
- **Read labels: Majors Things to avoid or eliminate:**
- **“High-Fructose Corn Syrup”**
- **“Trans fats” or “Partially hydrogenated” oils**
- **Any food additive you can’t pronounce!**
- Eat your calories...don’t drink them.
- Avoid soda, punch, energy drinks, too much juice.
- If you have to drink something sweet, dilute it with water and drink from a tall,

skinny glass...it'll seem like more.

- If you feel the urge to snack, drink a cup of water. You may just be thirsty.
- **Use Extra Virgin Olive Oil...it is the healthiest of the oils.**
- Avoid artificial sweeteners (splenda, nutrasweet). They trick your body into overeating.
- Take a moment to enjoy the sight and smell of your food before eating.
- Try eating a bowl of soup or a large green salad before your meal...it may actually help you eat less in the long run.
- Buy smaller packages when possible...you'll eat less.
- Arrange your food nicely on a plate before eating.
- Cut food into smaller strips (better than cubes or blocks). It will seem like more.
- If you need a sweet treat, let a small piece of dark chocolate melt in your mouth.
- Limit alcohol to two servings per day.
- Have a cup of tea (without milk).
- Eat smooth foods (like yogurt) with something crunchy (like nuts or granola). The different textures/feels will help you eat more slowly and be more satisfied.
- Enjoy the taste of the food you are eating. Eat with friends and family whenever possible.
- Eat pasta al-dente (to-the-tooth...slightly undercooked). It is absorbed more slowly by the body.
- Minimize saturated fats (animal products: butter, red meat, etc). They cause inflammation and lead to heart disease.
- **Eat more Fish...SMASH: Sardines, Mackerel, Anchovies, Salmon, Herring** are high omega 3 fatty acid, and low mercury level because of size.
- Eat more nuts (almonds, walnuts, cashews, pistachios)... but not the whole bag.
- **Eat more Fiber (berries, beans, whole grains, fruits and vegetables with skin on)**

- Eat bulky, moisture-containing foods rather than dry, thin foods. (it takes 20 ounces to expand the stomach and turn off hunger)
- Try to eat local and/or organic fruits and vegetables. Check out the farmer's market. Or better yet, grow your own.

Shopping List for 'Power Foods'

- ✓ Apples
- ✓ Yam & Sweet Potato
- ✓ Avocado
- ✓ Kale, Collard Greens, Spinach, Chard
- ✓ Canned Fish: Sardines in spring water, Salmon, Chunk Tuna, Kippers
- ✓ Almonds & Walnuts
- ✓ Black Mission Figs
- ✓ Berries: Blueberries, Strawberries, Blackberries (frozen = lower cost; pick from wild = free)
- ✓ Pomegranate
- ✓ Lentils, dried beans (buy in bulk to save \$)
- ✓ Whole Grains: Quinoa, Brown Rice
- ✓ Broccoli, Cauliflower, Brussel Sprouts
- ✓ Olive Oil: Cold Pressed, Extra Virgin is best.
- ✓ Garlic & Onions

BALANCE YOUR BLOOD SUGAR

One of the biggest mistakes people make that zaps their energy is having big ups and downs of their blood sugar.

If you get "Hangry" which is very hungry and agitated, or shaky or weak, or unable to think clearly when you delay eating, then you are at risk for having low blood sugar.

Your body also releases cortisol that slows down your metabolism, and increases your adrenalin. This stress hormone will also make you more anxious and have less mental focus. Then, we tend to overcompensate for that hunger or low blood sugar symptom by overeating, as a result, it is common to have a yo-yoing effect of blood sugar highs and lows that cause inflammation in our body.

You must stop this yoyo effect, here are some tips:

1. **Limit your sugar intake to 10% of your calories.** Ideally, consume sugar from fruits, natural sweet vegetables like carrots, peas. Avoid all sweet drinks, or food made with white flour, sugar, sweeteners, or high fructose corn syrup. Also avoid artificial sweeteners like aspartame.
2. **Start your day with a breakfast high in protein, at least 30 grams.** Consider a protein shake.
3. **Don't wait until you are starving to eat,** eat every 3-4 hours, and have healthy snacks like hummus, nuts and edamame handy.
4. **Always eat a combination of complex carbs** (beans, whole grains, roots), **fibers, proteins and fats** at each meal.
5. **Choose Low Glycemic Index foods** that takes longer to break down in your body and cause a slower rise of blood sugar. Usually these are foods high in fiber, like berries, peas, beans, whole grain, steel cut oats, nuts.

UNDERSTAND GLYCEMIC INDEX

By paying attention to the foods you choose using a measurement called the glycemic index, you may improve your energy, decrease your hunger, prevent diabetes, hypoglycemia, improve weight loss, decrease body fat and improve your heart health.

What is the Glycemic Index?

Blood sugar levels are always raised after you eat foods containing carbohydrates (sugars and starches).

The Glycemic index (GI) is a measurement of how much a certain food raises your blood sugar and insulin over time in comparison to a control food, which is usually glucose, a basic sugar. Since not all carbohydrates are equal even though they have the same calories or proportions, we use GI to help us pick out which food has less yoyoing effects on our blood sugars.

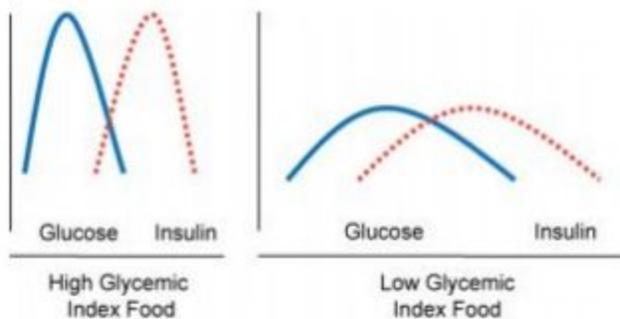
For example, a baked potato has a GI of 94, this means that the blood glucose response to the sugars in a baked Russet potato is 94% of our body's response to glucose. But for a sweet potato, it's GI is 44, so it raises blood glucose less overtime when compared to the same amount of pure glucose and baked Russet potato.



Russet potato, GI = 44



Sweet potato, GI =44

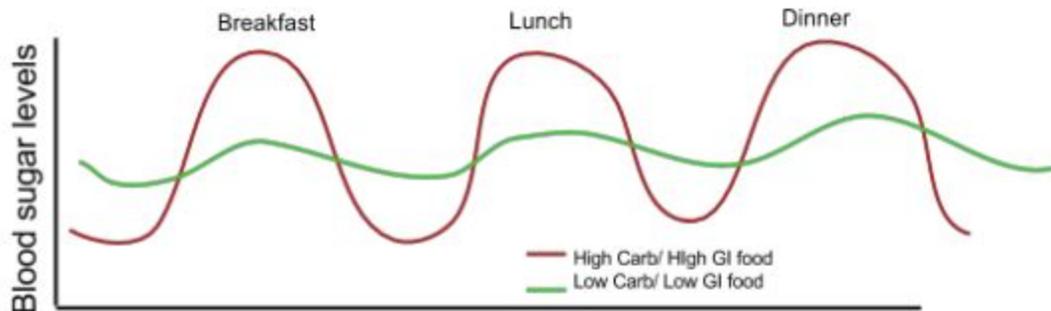


High GI foods raises glucose and insulin much faster and higher than low GI foods.

Why is the glycemic index important?

Studies have linked diets with high glycemic index foods to increased diabetes, obesity, markers for heart disease such as higher triglycerides and lower HDL, increase risk for cancers of the breast, colon and ovaries. Acne is found in studies to be improved when people choose a low glycemic index diet.

Large spikes in blood sugar triggers high triglycerides from the liver to store the excess sugar. And large drops in low blood sugars are associated with negative health outcomes.



What is the Glycemic Load?

Glycemic load (GL) describes more accurately how rapidly a particular serving of carbohydrate raises the blood sugar. Serving sizes can be different based on culture and dietary practices. GL helps patients to account for both the quantity and the quality of their carbohydrates at the same time. E.g. The GI of watermelon is high, however, most of watermelon is water and the amount of carbohydrate per serving size is low, which results in a low GL. Therefore, consuming 12 servings of watermelon will not raise the blood glucose and insulin too significantly when compared to other foods that have high GI and GL.

How to interpret Glycemic Index and Glycemic Load?

Foods that have a low GL almost always have a low GI.

Foods with an intermediate or high GL range from very low to very high GI.

| GLYCEMIC INDEX The smaller the number, the less impact the food has on your blood sugar. | GLYCEMIC LOAD The smaller the number, the less impact the food has on your blood sugar per serving size. |
|--|--|
| 55 or less = Low 56 - 69 = Moderate 70 or higher = High | 10 or less = Low 11-19 = Moderate 20 or more = High |

What can affect the Glycemic Index in food?

1. Ripeness and storage time The GI of many fruits such as bananas goes up as they ripen.
2. Cooking time Cooking certain grains and starches like pasta longer increases the GI.
3. Processing method The finer a food is chopped or mashed or juiced, the higher the GI.
4. Combination with other foods or dressings Adding fat, fibers and acid (such as lemon juice or vinegar) lowers the glycemic index since they help slow down the absorption of sugar into the bloodstream. E.g. Baked potatoes with butter versus just baked potatoes, or sourdough bread have lower GI than nonsourdough breads. Combining high GI foods with low GI foods will also decrease blood sugar rise.
5. Food Variety Certain varieties of vegetables, grains or fruits have different GI than their counterparts, e.g. short grain rice versus long grain rice, russet potatoes versus red potatoes.
6. An individual's metabolism and digestion GI is relative to a person's age, metabolism, and digestive health.

PRACTICAL GUIDELINES

1. Increase consumption of fruits, vegetables and legumes.
2. Eat multicolored unprocessed whole foods.
3. Decrease consumption of “white foods” (e.g. potatoes, fluffy breads, pasta)
4. Consume grain products that are less processed or not overcooked. (e.g. steelcut oats, al dente pasta, stone ground breads)
5. Always combine your meal with fibers (vegetables and fruits), fats (oils) and proteins (beans and nuts).
6. Eat low GI foods regularly and eat high GI rarely and only in small quantities. Preferably with a meal.
7. Eat healthy portions. Excessive consumption of low GI foods can still trigger a hyperglycemic response.

HYDRATION



Hydration is key to metabolism and detoxification. It is essential for digestion, skin, joints, energy and regulating appetite.

1. **Drink 8-10 x 8 ounce glasses** of water minimum per day, and more if you sweat. This does not count soups or liquids in foods. Aim for clear urine.
2. **Start your day with 1-2 glasses** of room temperature spring or filtered water in the morning to flush out toxins that have been processed overnight.
3. **Carry a 24 - 36 ounce glass or stainless steel water bottle** and either refill it 2-3 times, or pre-fill a few bottles and leave them where you sit.
4. **Flavor your water** with slices of lemon, or strawberries, cucumbers, pineapples, oranges, or mint sprigs. Or make herbal tea. See links to my favorite cooling [SPEARMINT TISANE recipe](#), and my warming [YOGI TEA recipe](#) which I sip throughout winter to boost my immune system.
5. **Drink between meals** so you don't dilute your stomach acid or digestive enzymes.
6. **Use a water filter** to remove pathogens or chemicals or heavy metals. The Environmental Working Group (EWG) found that roughly 85% of the population was using tap water laced with over 300 contaminants. Check out The EWG's [Water Filter Buying Guide](#) to learn more about the options that will work best for your specific needs. Find one that is NSF certified. A good one is [Aguasana](#), and a reasonably priced one is [Berkey Filters](#).

7. **DO NOT DRINK BOTTLED WATER.** It's not safer. And it creates enormous plastic waste burden to our environment.

8. **Put stickers with positive affirmations or beautiful images** on your water bottle or cup. According to Dr. Emoto from Japan, beautiful sounds, prayers and imagery can positively affect water. See how he photographed the frozen water in [this video](#), and see those beautiful pictures [here](#).

ELIMINATION



A good bowel movement is key to good detox. It allows us to eliminate all the toxins from our body, and it also gets rid of unwanted foods and fibers from our system, so it doesn't sit fermenting in our large intestine, causing bloating and gas and discomfort.

1. Hydration - drink at least 8-10 glasses of water a day, and more if you exercise and sweat.

2. Eat at least 50 grams of fiber - including **soluble** and **insoluble** fibers. That's about 6-8 servings of vegetables and fruits a day. Or simply add 2 tablespoons of flaxseed to your foods or shakes daily.

3. Movement - 10-15 minutes a day of walking, or any movement that creates more motion in

your bowels.

4. Squatting position - simulate a squatting position by using a stool in front of the toilet, or get a squatty potty (www.squattypotty.com). This will encourage you to eliminate in the most optimal position.

5. Manage your Stress - when you turn off your sympathetic nervous system (your fight or flight response), your body will naturally send signals to relax your bowels, and allow easy passage. **So, deep breath, meditate, make time to relax.**

6. Consider supplement with a good quality **daily probiotic** of least 25 million CFUs with Lactobacillus and Bifidobacterium. Or take 400mg of [Magnesium citrate](#), which helps relax your smooth muscle and turns on your parasympathetic nervous system.

SLEEP



To restore your natural sleep rhythm may take weeks or months, use these tools to reset your biological rhythms:

1. Practice the regular rhythms of sleep – go to bed and wake up at the same time each day
2. Use your bed for sleep and romance only – not reading or television
3. Create an aesthetic environment that encourages sleep – use serene and restful colors and eliminate clutter and distraction
4. Create total darkness and quiet – consider using eyeshades and earplugs, remove clock
5. Avoid caffeine – it may seem to help you stay awake but actually makes your sleep worse
6. Avoid alcohol – it helps you get to sleep but causes interruptions in sleep and poor-quality sleep
7. Get regular exposure to daylight for at least 20 minutes daily – the light from the sun enters your eyes and triggers your brain to release specific chemicals and hormones like melatonin that are vital to healthy sleep, mood, and aging
8. Eat no later than 3 hours before bed – eating a heavy meal before bed will cause a bad sleep

9. Don't exercise vigorously after dinner – it excites the body and makes it more difficult to fall asleep
10. Write your worries down – one hour before bed, and make plans for what you might have to do the next day to reduce your worry.
11. Take a hot salt/soda aromatherapy bath – raising your body temperature before bed helps to induce sleep. A hot bath also relaxes your muscles and reduces tension physically and emotionally. Add 1.5 cup Epsom salt, 1.5 cup baking soda to your bath, you will gain the benefits of magnesium absorbed through your skin and the alkaline-balancing effects of the baking soda, both of which help with sleep
12. Get a massage or stretch before bed – this helps relax the body making it easier to fall asleep
13. Warm your middle – this raises your core temperature and helps trigger the proper chemistry for sleep. Either a hot water bottle, heating pad, or warm body.
14. Avoid medications that interfere with sleep – these include sedatives (these are used to treat insomnia, but ultimately lead to dependence and disruption of normal sleep rhythms and architecture), antihistamines, stimulants, cold medication, steroids, and headache medication that contains caffeine (such as Fioricet)
15. Use herbal therapies – try passionflower, or 320 mg to 480 mg of valerian (*valeriana officinalis*) root extract standardized to 0.2 percent valerenic acid one hour before bed
16. Take 200 to 400 mg of magnesium citrate or glycinate before bed – this relaxes the nervous system and muscles.
17. Other supplements and herbs like calcium, theanine (an amino acid from green tea), GABA, 5-HTP, melatonin, and magnolia.
18. Try 1-3 mg of melatonin at night – melatonin helps stabilize your sleep rhythms.
19. Get a relaxation, meditation or guided imagery CD – any of these may help you get to sleep. Listen here for [Body Scan Relaxation](#). [Self Hypnosis](#).

MOVE YOUR BODY

Here are some basic tips:

1. Move throughout the day.
2. Sitting too much reduces benefits of exercise and stalls weight loss.
3. It's not enough to just work out at the gym and then sit all day.
4. Standing and walking at work or at home can help increase the body's fat-burning capacity.
5. Set up a standing desk at work to allow for more movement during the day.
6. Use a pedometer or fitness tracker to increase your step count gradually. Your goal is 10,000 steps per day.
7. Add strength training, intervals, and additional cardiovascular exercise as necessary (two to five days per week) to encourage faster weight loss and improved muscle growth.

- At least **30 minutes of moderate-intensity aerobic** activity at least **5 days per week** for a **total of 150 minutes a week**

OR

- At least **25 minutes of vigorous aerobic activity** at least **3 days per week** for a **total of 75 minutes;**

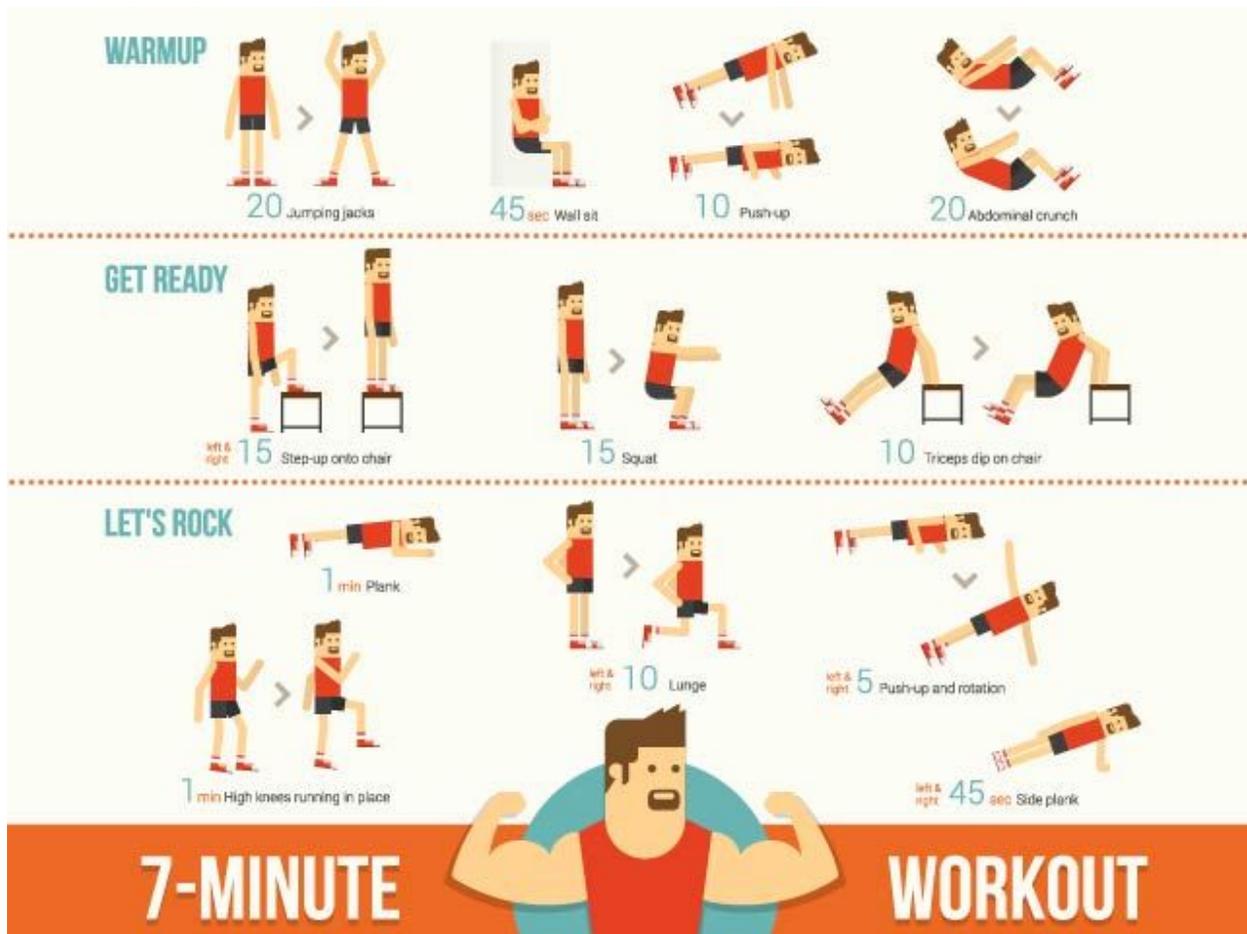
AND

- **Moderate- to high-intensity muscle-strengthening** activity at least **2 days** per week.

Movement tips:

1. Follow the 25-5 rule.

1. Take a 5 min moving break every 25 minutes. Go to the bathroom, do 10 reps of push up, cross crawl, a few rounds of Sun Salutations. Use the Timeout app, or Workrave app, or www.protectyourvision.org on your desktop to schedule breaks on your screen on any device.
2. Check out a popular high intensity circuit training called 7 minute work out. Download the app for iOS and Android and your Desktop.



2. Increase non exercise physical activities.

1. Cut out unnecessary driving by biking, commuting, walking.
2. Use a standing desk (make one for cheap) and use a balance ball like the Bosu Balance Ball at your desk to keep your core muscles engaged.
3. Find out how many steps you walk per day, and increase it by 1000 steps until you reach 10,000 steps!

CULTIVATE TIME

You want time to go places, and be with people and do tasks. But there always seem to be a shortage of time.

1. Plan and prioritize.

We need to evaluate what we really want to use our time for. We need to have a **clear sense of priority and desire, the WHY**, to help us choose.

Write on a piece of paper **5 areas that you want to nurture in your life. The YES list.** Visualize clearly those 5 things, feel them, hear them and even smell them. So that it's easier for you to NOT commit to tasks not serving that priority list.

2. Learning to say no.

This will leave room for things on the YES list. Look at the list you just made.



3. Schedule yourself first. This is a simple practice of just penciling time for your priorities in your calendar. Make yourself on the receiving end of your commitment that you don't want to let down.



4. Schedule resting / down time. Like the 25-5 rule, where you get up every 25 minutes so you can move for 5 minutes. **Schedule creative time**, so you can create your vision, and map out your path to that vision.

5. "Eat a live frog first thing in the morning" This means schedule your worst task, or most important task first thing in the morning, so by the time you are done, you are....done. No need to procrastinate.

6. Letting go of "Wait Time" and turn it to "Refresher Time" We can't control times

when we are kept in waiting. Like in traffic, or in an airport, or at the store. So catch your breath. Close your eyes. Meditate for 3 minutes. Do a few stretches. Soon you'll look forward to those sudden gifts of a quick break.

7. Eliminate Distractions. If you find yourself overwhelmed by the volume of social media notifications and emails each day, then it is crucial that you pay attention to these distractions, and find a place for them. This will help you decrease clutter in your schedule. Attached below is a short bonus video on this topic.

JOURNALING

Keeping a gratitude journal has many benefits, and studies has shown that people who are more grateful for who they are and what they have are

- **more hopeful and healthy.**
- **sleeping better**
- **have more self-esteem and empathy to others**
- **less affected by trauma**

Here's how to get started:

- 1. Find a notebook.** It is best to use pen and paper. When you write down something physically, you can register more.
- 2. Journal in whatever format you'd like.** It can be expressing with words, or pictures or scribbles. Have fun with it!
- 3. Pick the same time everyday to journal.** It can be first thing in morning when you wake up, or before you go to bed at night. Habit forms easier when it's related to another habit that you are already doing. Can be right when you wake up, or right after you brush your teeth at night. That way, you habit is being wired together in your brain with another habit that's formed.
- 4. Try this exercise by writing down:**
 - 3 things you are grateful for.
 - Something positive that is going on in your life right now.
 - Something that you've achieved in the last 24 hours.

Celebrate and acknowledge your achievements even if they are minor tasks. Acknowledgement creates a healthy dose of positive reinforcement!



RELAXATION PRACTICES:

Our Chronic Stress Response

Your nervous system has two functions. One is regulating the **fight-or-flight response**, the response you need if you are in immediate danger, say, if you needed to run from a tiger. The other is for regulating your body **when you are not in danger**. Experiencing this type of stress regularly and for prolonged periods can lead to high blood pressure (and subsequently heart disease), and suppression of the immune system, and damage to mental health. It is key to our program that you have a daily practice that allows your nervous system to deeply relax, and reset to a normal response. Here are a variety of techniques.

Alternate Nostril Breathing

This is a yogic breathwork for controlling moods and energies. When we are distressed, we take quick, shallow breaths. When we are relaxed, we take deep, full breaths.

When we practice regulating our breathing patterns, we improve our mental and physical state. This technique is called **Alternate Nostril Breathing**.

The nerves going out from the two brain hemispheres cross at the level of the eyebrows. The left hemisphere connects to the right side of the body and right nostril, and the right hemisphere to the left side of the body and left nostril.

Right nostril breathing (Coffee Replacer).

It activates qualities of left brain: the Sun energy—warming, projective, concentrative, alert, and action oriented.

1. Have the left hand in Gyan mudra (touch thumb with index finger) relax on lap
2. Raise your right hand, use the index finger to close your left nostril
3. Slowly inhale through the right nostril
4. Eyes can be closed or 1/10 open looking at tip of nose
5. Long deep breaths for 3 minutes
6. To end you take a deep breath in with both nostrils, hold the breath, for a count of 10, then release.



Left nostril breathing (Sleep Inducer).

It activates right brain qualities: the Moon energy, calmness, receptive, cooling. Best to use before bed or anxiety.

1. Use the thumb on your right hand to cover your right nostril
2. Breathe slowly through your left nostril
3. Eyes can be closed or 1/10 open looking at tip of nose
4. Long deep breathing for 3 minutes



<https://www.3ho.org/kundalini-yoga/meditation>

<https://www.3ho.org/kundalini-yoga/kriya>

Soft Belly Breathing

When we are stressed, we trigger our sympathetic nervous system, the FIGHT or FLIGHT response. Our body releases stress hormones in order to run away from our perceived modern day threat, causing increased blood pressure, muscle tension, mental foginess, and decreased concentration.

This is a simple meditation called **4-4-8 soft belly breathing**, that can counteract stress response.

Meditation is simply cultivating an awareness of what's going on in your mind and body at the present moment, so that you are not reacting to every thought that comes up.



1. Sit comfortably, both feet on the ground.
2. Place 1 hand on your chest, then 1 hand on your belly
3. Breathe in through your nose, and **allow your belly to rise** as the air enters, and push the belly outward. **Breathe in for 4 counts.**
4. **Hold the breath in for 4 counts.**
5. Breathe out through your nose, soften your chest, then your belly, allowing your hands to sink into your body. **Breathe out for 8 counts.**

Visualize your belly expanding gently when you breathe in, and softening in when you breathe out. Or imagine a balloon expanding and contracting.



Slow down the rate of your breath to 3-4 breaths per minute.

Use this [breathing zone app](#) to help you with visualizing a breath pattern.

Practice for 3 minutes a day for 30 days, you can build up to 11 minute, and see how it'll bring an amazing effect to your mind and nervous system!

HEARTMATH

What is Heart Math?

Heart Math is an easy program that trains your nervous system to stay in the Relaxation Response more of the time, this is also known as **coherence**.

What is Coherence?

Coherence is the state when the heart, mind, and emotions are in energetic alignment and cooperation. In this state, people feel calmer, more focused and energetic. By regulating your breathing each day and getting in touch with a feeling of calm, you can train your nervous system to operate from a higher state of coherence. And our goal is to help train you to get to that coherent state.

How is coherence measured?

Coherence can be measured through **Heart Rate Variability**. Heart Rate Variability is the change in time intervals between each heartbeat. When you use a sensor through a Heartmath device, you can see measure your heart rate variability, and as a result, you can practice getting to an ideal heart rate variability which is a steady, consistent, wave pattern.

Benefits of coherence

- Reduced stress
- Sustained positive emotions
- High mental & emotional stability
- Improved brain performance
- Enhanced immunity

For More Information and purchase:

Visit Heartmath.com / Store.heartmath.com/

Sensor for iPhone (app is free for iPhone, Android version unavailable) - \$100 - \$129 (on Amazon)



Resources:

1. Heartmath.com
2. <https://www.heartmath.org/articles-of-the-heart/science-of-the-heart/article-explains-importance-of-heart-rate-variability-for-your-health/>
3. Heartmath: A Practitioner's Guide, Applications of the emWave® Pro Stress Relief System
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1959222/>

Heart-Focused Breathing Technique

The technique is as powerful as it is simple and can be used anytime you want to create greater relaxation or more energy.

Step 1- Heart Focus:

Focus your attention on your heart area. Breathe a little deeper than normal, in for 5 or 6 seconds and out 5 or 6 seconds. You may find that placing your hand over your heart helps you maintain your focus there.

Step 2 - Heart Breathing:

Now imagine while breathing that you're doing it through your heart. Picture yourself slowly breathing in and slowly breathing out through your heart area.

Step 3 - Heart Feeling:

Continue to breathe through the area of your heart and find a positive feeling, like appreciation, care or compassion. Such as:

- Recall a time you felt appreciation towards a special person, a pet, a place you enjoy, or an activity that was fun.
- Bring to mind a word or mantra that elicits relaxation. For example, "I feel peaceful."
- Think about what you are grateful for. This could be the appreciation or care you have towards a special person, a pet, a place you enjoy, or an activity that was fun.

If you can't feel anything, it's okay, just try to find a sincere attitude of appreciation or care.

Once you've found a positive feeling or attitude, you can sustain it by continuing your **heart focus, heart breathing and heart feeling.**

PRACTICE: 5 minutes a day for 2 sessions.

Inner-Ease Technique

If you are stressed, acknowledge your feelings as soon as you sense that you are out of sync or engaged in common stressors – feelings such as frustration, impatience, anxiety, overload, anger, being judgmental, mentally gridlocked, etc.

1. Take a short time-out and do Heart-Focused Breathing: Breathe a little slower than usual; pretend you are breathing through your heart or chest area.
2. During the Heart-Focused Breathing, imagine with each breath that you are drawing in a feeling of inner-ease and infusing your mental and emotional nature with balance and self-care from your heart.
3. When the stressful feelings have calmed, affirm with a heartfelt commitment that you want to anchor and maintain the state of ease as you re-engage in your projects, challenges or daily interactions. Reboot when needed