

9 tips to more EMPOWERED health

E- Exhale

(Breathing will release stress and increase relaxation)

M- Mindfulness

(Being mindful as you navigate your day will give you important perspective, and allow you to reach your goals)

P- Patience and Positivity

(Be kind to yourself, be positive, and know that your “life is a journey, not a destination”)

O- One step at a time

(Set small achievable goals, and celebrate each step of success)

W- Water

(Drink it early and often each day)

E- Eat well

(Fill your plate with fresh vegetables, fruits, whole grains, and small portions of protein...find healthy treats to keep you from cheating or feeling deprived)

R- Rest

(Make sure you clear the clutter from your day so you can get the quality rest you need to be focused and to heal)

E- Exercise

(Look for fun ways to exercise each day, and do anything you can to move your body in some way every day)

D- Dialogue

(Have conversations and negotiate with your doctors. You know YOU best)