## 7 Simple Self-Care Strategies

# You Can Begin TODAY

Germaine B. Tizzano, CWC, Ph.D.

Email: gotizzano@icloud.com

www.viewsfromatreehouse.com

### **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.





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

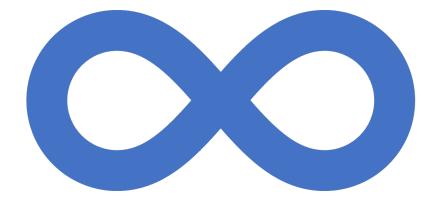
your eyes - forward

(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.

#### **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 Germayne, please feel free to email her at

gbtizzano@icloud.com

If you would like more information on Dr. Germayne 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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