

Health and Bliss

8 Tips for Joyful Living





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Breathe


Inhale Positive Energy,

Exhale Worries, Problems,

Misunderstandings

LIVE FREE





VISUALIZE YOURSELF
WRAPPED IN A
BLANKET OF
KINDNESS, WARMTH,
AND HEALING
ENERGY





Collect and Hold onto Bursts of Love and Kindness Throughout the Day



Set a 5 Minute Play Date

Toss a Balloon,

Take a Ride on a Swing,

Play Hide N Go Seek...



Drink Plenty of PureWater

Benefits

- **Removes Toxins from the Body**
- **Provides Hydration - Conduction of Body's Electrical Impulses**
- **Heightens Energy**
- **Improves Concentration**
- **Moistens Tissues in Eyes, Nose & Mouth**





Try This Recipe - Berry & Mint Water

- 1 pint sliced strawberries or blueberries
- 10 fresh mint leaves, torn
- 1 sliced lemon
- 1 slice of orange
- 2 quarts water
- Combine berries, mint, orange and lemon in a large pitcher.
- Pour water over the top and chill
- Store this refreshing, flavored water in your refrigerator for up to 2 days



When Overwhelmed...

- Take ONE small, Intentionally selected and highly successful incremental step -
- Increases confidence and Well-being



*The future is the sum of
all the instants we create.*

*It is by being light in
these present moments,
that we shed light into
the future.* Dawson Church





To receive a complementary introductory Well-being and Life Coaching session with Germaine, please feel free to email her at

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If you would like more information on Dr. Germaine Tizzano's trainings and consultations on childhood sexual trauma, intimate partner violence, trauma and substance use disorders, resiliency, and wellness, please feel

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