



MonuMENTAL Health

Planting seeds for health and happiness • www.drsherryboles.com

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Healthy Hacks



MEALtime is FAMILY Time

Not eating is NOT an option
No one eats alone!

The NO-Phone Zone Challenge

Determine no-phone zones i.e., The dinner table, family game night, TV time, bed time, etc., and the first one to Lose the challenge forfeits their phone for a week!

Could you live without your phone for a week?

DIGITAL
DETOX
!



We can't be anxious & calm at the same time! Practice Deep Breathing

Sit comfortably, close your eyes, from your diaphragm breathe deeply in through your nose to the count of 4 then exhale completely through your mouth.

Repeat and practice daily!

Food is Food -
Not Your enemy,
not your Friend!
Food Nourishes our Body

The Nose Knows
Use **Essential Oils** to
Relax or Recharge
Contact Nicola's Aroma Center
www.isohaveanoil4that.com



Healthy Boundaries Make Healthy Families

Don't go to the BLAME Place!
Nothing good ever gets done there!

Mind-Body Connection

Massage Therapy allows us to feel & appreciate Our body!

Words MATTER!

Say what you mean
Mean what you say!
9-11 was a tragedy!
Missing a concert is not!
Don't Catastrophize!

Be Grateful avoid Hateful!

Keep a gratitude journal -
Count your blessings not
your disappointments!



Disconnect & Reconnect

Unplug everything! Tune into everyone!
REPEAT & PRACTICE DAILY!

Serve Others
Volunteer
Help
Whenever &
Wherever
You can!

Plant SEEDs for Health & Happiness Plant a garden, big or small

Watch your plants grow big & tall
Together you will find
With water, love, and sunshine
Your family too will grow and thrive!



CONTENTMENT
Are you happy with
who you are, where you are
and what you have?
If not, why not?
Seek and find contentment!

Practice Self-Care

- Get the sleep you need (8 hours)
- Nourish your body
- Do something that brings you joy every day
- Pray more
- Laugh and be playful
- Take a leisurely walk
- Forgive yourself - you are your own worst critic
- Forgive others - you suffer when you won't let go
- Listen to your favorite music
- Have a long soak in a hot tub
- Spend time playing with your fur babies
- Stop and Listen to the rain
- Read a good book
- Learn something new
- Get a massage
- Rest and relax often
- Practice Yoga or Tai Chi
- Meditate or just be quiet

Kindness Matters
Be kind to yourself
Be kind to others

LIMIT Social Media

It is a double-edged
Sword!
You can find good.
**More often
you'll find bad!**

Thoughts create feelings
Feelings create behavior
Behavior reinforces thoughts
They are your thoughts
You can change them!

Live in the
Moment

LIVE MORE IN THE MOMENT!

We have no control over the past, it is written in stone.
We have no control over the future as it is unknown and guaranteed to no one.
Anxiety thrives when our focus remains in the past or the future!
Stay in the here and now!

The Pebble in the Pond

Just as the pebble drops onto the water, it sends ripples that impact the shore.
Our behaviors also impact others so behave accordingly.



NO Food POLICE

It's counterintuitive, if you police the plate you inflame the ED tug-of-war!

Instead, talk, laugh, & distract allowing **PEACE** and eating to prevail!

