

SEVEN RESOURCES FOR RESILIENCE

AIR

Respiration: Your Habits of Breathing

WATER

Hydration: Your Habits of Drinking

FOOD

Nutrition: Your Habits of Eating

MOVEMENT

Activation: Your Habits of Moving

SLEEP

Restoration: Your Habits of Resting

NATURE

Environment: Your Habits of Setting

NURTURE

Social Relations: Your Habits of Socializing

These seven resources serve to manifest your intention beyond our sessions.

This is an invitation for you to practice mindful embodiment, to learn about your relationship with each resource, respectively and collectively, especially within the context of each principle of neurobiological health and well-being.

This is your practice of integration.

Namaste.

