

“Everything can be taken from a person but one thing: the last of the human freedoms—to **choose one’s attitude in any given set of circumstances, to choose one’s own way.**”

— Viktor E. Frankl, *Man's Search for Meaning*

The ABCs of PsychoNeuroImmunology (PNI)

Essentials for Enhancing Your MindBody Well-being

ATTITUDE - Shift threat to challenge. Turn situation from being a victim to being a victor. Discover which attitudes about self, body and life need to be changed for your health. Practice Forgiveness, Trust and Gratitude, starting with yourself.

BODYMIND - know your boundaries, your barriers and your responses to stress/threat. Also know your sources of comfort. Attune yourself to the music that moves you. Exercise daily - stretch, walk, run, dance, your pleasure. Get outside in the fresh air most days, enjoy Nature

BREATHE. Practice conscious relaxation and meditation daily

CELEBRATE your Cells, your SPIRIT. **Create time to honor yourself & the Sacred.**

COMMIT To make Change, set a 3-4 week goal. **SMART** goals [**S**pecific, **M**easureable, **A**ttainable, **R**ealistic, **T**ime-driven]. Define what outcome you'd like to experience. Take it in little steps and get support to keep your commitment.

CONNECT

DIET changed to include less, sugar, caffeine and add more greens, cabbages, clean water and some whole grains. Avoid excess.

EXPRESS yourself. Find healthy ways to communicate your emotions and thoughts through words, songs, art, movement, your creative threads.

FACE your FEAR of Death - create ways to embrace the cycles and passages of life. Lead with your Legacies.

INNER Healing powers to discover - imagery, meditation, sound, music, senses

LAUGH every day

MOVE. That cells move is one proof of their intelligence, When you move you shift consciousness of your cells

PLAY Daily sometimes with someone else

PURPOSE - strengthen your **WHY** of life, your unique gifts, what you love

SENSE - taste, smell, hear, see ,**TOUCH, KNOW LIFE**

SOCIAL SUPPORT - **WEAVE** in MORE STRANDS OF **CONNECTION** and affection

TAKE YOUR CELLS FOR A WALK EVERY DAY