

**A BAKER'S DOZEN**  
**HealthWise™ Tips**

*"For fast acting relief try slowing down."  
Lily Tomlin*

1. **Take a breath...** take several... long deep full ones that expand your ribcage and nourish every cell with oxygen. Allow your breath to find its way to your heart. Breathe in and out of your heart for several moments. Complete this mindful breathing cycle with a sigh. Ahhhhhhhhhhh.
2. **Create Laughterludes.** Keep a book of jokes handy for inspiration. Start a collection of your own. Seek out silliness every day. Laughter lightens up your life and gives your insides a jolly workout.
3. **Color your life.** Think PINK for pampering and use a YELLOW highlighter to note when you're mellow. Choose royal PURPLE to acknowledge every time you do something that moves you in the direction of your dreams. Remember to create "WHITE SPACE" in your calendar to allow for sanity and serendipities.
4. **Tackle your clutter.** To begin to clear up your life, start by cleaning out a drawer... or a closet. Make space in your physical world to allow ch'i (energy) to flow freely.
5. **Sleep matters.** We really do need 8 hours to give our bodies time to repair.
6. **Quickies matter too.** Take a short nap (or indulge in a long one if you can)... or a quick snooze... or a power pause with eyes closed. It may look like you're doing nothing but on both cellular and spiritual levels you're really quite busy.
7. **S T R E T C H.** Really *R E A C H* up and down and forward and back. Notice any tight spots and give them a little extra loving attention. Mmmmm. Feel your blood flow and your body come alive.
8. **"I break for reality" check.** Just how important is whatever you are momentarily crazed about anyway? Stop long enough to gain perspective and to prioritize.
9. **Practice discernment.** "Discerner" is French for "sift through." Sift through all that is vying for your attention and decide when you want to say "Yes absolutely!" OR "No positively!"
10. **Take tea and see...** just how soothing and nurturing it feels. Become a tea connoisseur. A cup brewed to perfection is a TEA-rific time out.
11. **Create an Intuition Infusion.** Pause in the midst of all the busyness of your day and listen deeply to the still small voice within. It is always there just waiting to be heard above the clamor of all that vies for your attention.
12. **Take a Blessing Break or Gratitude Interlude.** Name 'em / count 'em / give thanks. You might want to keep a Blessing or Gratitude Book and make at least one entry daily.
13. **Practice "AWEROBICS"** every day. Consider Lily Tomlin's advice to make time in order to notice the small and great wonders all around you. Live wonder-fully.

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