

# 10 Quick Healthy Tips

Are You A Tired Out, Stressed Out, Under-Appreciated Caregiver?  
Easy Quick Self-Care Tools & Tips to Kick Your Energy Into High Gear!

IS THIS YOU???



IS THIS HOW YOU WANT TO FEEL?



## Time to take care of you... 5-minute easy action steps

It's time to: breathe your way to sanity; gently detox daily; select the freshest, most "alive" foods possible; exercise for cellular rejuvenation; rest, relax, and rejuvenate your body, mind & soul; expand your loving compassionate nature with daily gratitude!

Dr Marilyn Joyce, *The Vitality Doctor™*

- \* Do you have way more day left at the end of your energy?
- \* Struggling with anxiety, fatigue or stress?

**Dr Marilyn Joyce: Helping Caregivers  
Take back Their Lives!**

[www.DrMarilynJoyce.com](http://www.DrMarilynJoyce.com)

**Live & Online Webinars & Teleseminars,  
Videos and Personalized Mentoring  
For YOUR Health Energy & Happiness  
800-352-3443**

Take a breather for 5 minutes, exhale fully first, then breathe in deeply and out deeply to a count of 4

Choose whole living foods, closest to how they grew out of the ground, on a tree or roaming/swimming wild

Eat a large salad everyday, drink 1/2 your body weight in oz of water, snack on veggies & hummus, & fruit

Get a reliable rebounder (ReboundAir is best) and baby bounce for 5 mins a day: detoxes lymph system

Every 60 - 90 min get off your seat and on your feet and walk around the block or run up and down stairs

Take 5 (min) now to save 5 (yr) later. Set timer for 5 min, put on relaxing music, feet up, & breathe deeply

Get a beautiful (Gratitude) Journal, and write 5 things you're grateful for - daily, and whenever challenged

Be sure to get at least 6-8 hrs sleep. Prepare for sleep by turning off all electronics 30 min before bed. No TV!

Change your attitude instantly by smiling with teeth at someone you don't know: may save a life!

Create a daily sacred hour for yourself: walk in nature, soak in a tub, journal, pray, meditate, read, do yoga...