

Self-Care & Resiliency

Simple practices that help provide the foundation for self-care, build awareness, and strengthen your resilience.

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A SIMPLE MORNING RITUAL

Try this simple morning ritual to start your day. This short program, which takes about 15 minutes to complete, will give you long-lasting energy and clarity throughout the day.

- As soon as you get up, drink two glasses of clear water to rehydrate your body.
- Next, sit down in silence to breathe and meditate. I've found that at least 11 minutes is enough time to gently wake me up and provide additional physiological benefits as well.

"3 minutes of meditation affects the electromagnetic field (energy), the circulation, and the stability of the blood" and "11 minutes begins to change the nerves and the glandular system"

(Yogi Bijan, Kundalini Meditation: The Path to Personal Transformation and Bliss)

- I have found this to be true! I meditate for a longer period on the weekends. Set a timer and sit on comfortable cushions.
- After you meditate, make a cup of loose-leaf green tea (Sencha, or Genmaicha). This is a tip I've learned from my Japanese friends. Green tea is loaded with antioxidants and just a little caffeine to get you moving. Finally, I sit for a few minutes to sip my cup of tea.

I've allotted a certain amount of time to complete this morning ritual before rushing out the door for work each day.







<https://www.youtube.com/@yogaforma1103>

<https://www.youtube.com/@romyphillips9816>

GET GROUNDED: 6 POSES THAT RELIEVE LEG TENSION

Long shifts of walking on hard surfaces can cause pain, tightness, or fatigue in the lower extremities (legs, feet, hamstrings, gluteal muscles). It's important to come home after your shift and practice grounding poses to help counteract the effects of standing and being on the move each day. I've discovered through my own experience, that these 6 poses can help alleviate the demanding affects long shifts can have on your body.

Practice these poses as long as you'd like while placing an emphasis on exhaling deeply,

<p>KNEELING LUNGE WITH BLOCKS</p> <p>Use blocks and adjust to the appropriate height for your body. Press palms on the blocks, hold and breath. Start to move dynamically to ease tension in the psoas muscle and quadriceps. Repeat on both sides 2 – 3x</p>		
<p>VIRASANA (HEROE'S POSE)</p> <p>Place blocks, a folded blanket or pillow under the hips. Make sure the knees can flex without pain. The spine should be vertically aligned. Try different arm variations to relieve shoulder pain.</p>		
<p>GOMUKHASANA</p> <p>This pose isolates the outer tight and gluteal muscles. Place blocks, blankets, or a pillow under the hips. Legs are crossed at the knees. Fold forward and hold.</p>		

SUPTA PADANGUSTHASANA I, II, III

This pose isolates the hamstrings, adductors, abductors. It also helps to alleviate lower back pain. Lie on your back and use a strap. Hold the pose in each position for at least five breaths or experiment with moving dynamically.



VIPARITA KARANI (LEGS UP THE WALL)

This inversion helps to relieve fatigue and minimize swelling in the feet and legs. Lie with hips on a bolster, blanket, or pillows. Extend legs up the wall and place legs in different positions. Lie here for a few minutes.



SUPTA BADDHA KONASANA & SAVASANA

Lie with torso elevated on a bolster or pillows. Support legs with blankets. Use a strap to emphasize the effect of the bind. Hold for a few minutes then straighten out legs and lie in Savasana.



To practice this guided session, please visit: ((Available April 2024)

<https://www.youtube.com/@yogaforma1103> <https://www.youtube.com/@romyphillips9816>

RESOURCES

Meditation

“Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life” Jon Kabat Zinn

A book of a variety of accessible meditation techniques

CLASSES & WORKSHOPS

Visit my website: www.yogaforma.com for schedule of online classes and updates on workshops.

Join a gym, local yoga studio or go for long walks in nature!