



6 Tips for Caring for Your Stubborn But Healthy Boundaries



Exercise Routine



Talk to Someone



Eat Nutritious Real Food



Breathing Exercises



Make these 6 tips a Priority



Ask for support





Exercise Routine

A simple fact about exercise and your daily routine. Everyone is different. Your unique DNA will dictate the type of movement/exercise that your body will respond to the best. When you discover what that is and make it into a daily habit, you will have your exercise routine to use daily.

Talk To Someone

Communication, including talking and listening, is a vital component of building and maintaining social connections. Women rely on communication as a way to connect with others, share experiences, and provide emotional support.

Women benefit from social support networks that include other women. These networks can be especially important for women who face systemic challenges, including gender-based discrimination and oppression.



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Eat Nutritious Real Food

Eating nutritious food means consuming a balanced diet that provides the body with the essential nutrients, vitamins, and minerals it needs to function optimally. Nutritious food includes fruits, vegetables, animal proteins, and healthy fats while eliminating processed foods, sugary beverages, and foods high in saturated or trans fats.



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Breathing Exercises

Diaphragmatic breathing: Also known as belly breathing or deep breathing, involves inhaling through the nose, expanding your belly as you breathe in, and then exhaling slowly through the mouth. This type of breathing can help reduce stress and anxiety, lower blood pressure, and improve overall lung function.

Box breathing: Box breathing is a technique that involves breathing in for a count of four, holding your breath for a count of four, exhaling for a count of four, and then holding your breath for another count of four. This technique can be very effective at reducing stress and anxiety, and it can also improve focus and concentration.

Make These 6 Tips Your Priority

- *Make you your top priority*
- *Exercise/move daily*
- *Chat with a friend daily*
- *Eat real, nutritious foods*
- *Daily breathing exercises*
- *Ask for support*



Walk by Faith



Contact Carla For More Information

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