# Inline image 2

# Pathways to Wellness Practices

* Meditation (there is a reason this is number 1)
* Exercise (aerobic)
* Sleep, Nap, Take Rests
* Walk
* Moving Meditation
  + Yoga
  + Pilates
  + Tai Chi
  + Chi Gung
  + Drumming
  + Martial Arts
* Resting Frontal Lobes; gaining “flow”
  + Crafts
    - Learn a skill
    - Needlework
    - Woodworking or repairs
    - Build models with your kids
  + Music
    - Listening
    - Playing anything no matter how poorly (maybe now is the time to try something new)
    - Singing
  + Art
    - Painting (try a paint in a group with wine class)
    - Coloring, Drawing
  + Dance
  + Gardening (chemicals in dirt release serotonin activating chemicals)
  + Cooking
  + Sports
* Avoid
  + Watching television
  + Multitasking
  + Social media (might make things worse – monitor your reactions)