# 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)