MODULE 13

# health & your first aid kit

## RUG REPORT

We know, we know, we know.

This sounds silly. But then again - being taken out by a rug sounds pretty silly too. (Besides, we just talked about the importance of moving more.)

Take a stroll around your house. Go into every room. Look around and look down. If there's a rug in the room, note it below.

Now that you've got your list - take a moment to think - who in your life might appreciate having this stylish silent killer?

THEY LOOK LIKE THEY COULD USE A RUG

## IMMUNIZATIONS & SCREENINGS

Here are the biggies from Dr. Ben.

**Immunizations**
Tetanus
Flu
COVID
Shingles
Pneumonia

**Screenings**
Skin
Colon
Breast
Prostate

## BREAK IN CASE OF EMERGENCY

To reiterate - do this exercise WHEN YOU ARE FEELING GOOD.

If you're in a crumby place - now isn't the time. Take a breather. Take a walk. Or a shower. Come back when you're in a good place.

Go to your list of Passions at end of Module 9. Look over it. Which of these can you do at the drop of a hat, with little-to-no preparation or forethought?

Are there other activities you do, that you don't consider Passions, that always seem to help you feel better? Examples: exercise, naps, sunshine, fresh air, etc.

THESE THINGS USUALLY DO THE TRICK

## GO BACK TO THE VIDEO

Is there a favorite song that makes you smile? What about a food? Is there a restaurant or dessert that soothes your soul? A movie or show? Is there a comedian that makes you lose it every time?

THESE HELP

Who are the people who fill you up the most? The ones that always leave you feeling better…

THESE ARE MY PEOPLE

Look over these lists so far. Come up with a plan that you can do any given day you feel crappy and need to pull the ripcord.

THIS IS MY EMERGENCY PLAN

## MOVING EMOTIONS

According to Imperial College London these are some of the best ways to move emotions through your body.

Grief - crying/sobbing
Fear - trembling/cold perspiration
Anger - yelling/throwing a tantrum/stomping around
Embarrassment - full body laughter
Guilt - see anger or grief
Shame - full body laughter
Physical fatigue/muscle tension - deep yawning and stretching

## 90 DAY REVIEW OF WINS

Take a moment. Think back over your last 3 months. What are you proud of? What good things happened? What went right? Write it all down.

WINS I'VE HAD

*"This exercise is a good one to help snap you out of the funk of a bad day. Considering making it part of your Emergency Plan."*

*- Max*

## DON'T TAKE OUR WORD FOR IT

This article is written from the perspective of how adult children can help their aging parents.

https://www.theguardian.com/lifeandstyle/2023/oct/10/walks-tech-and-protein-how-to-parent-your-own-parents

## GET IN TOUCH WITH JANE

Jane Kerschner is wonderful and would love to help.
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## INSIGHTS