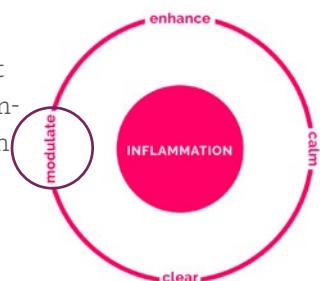


Your “circle of influence” includes the opportunity to truly tune in to your own body and make the modifications that work best for you. This means that you’ll have to look internally (into what your body tells you, what your labs reveal, and/or what your dedicated healthcare team can recommend), and less at the generic information suggested for a population larger than yourself. When we **modulate**, we invite more balance, and fully recognize that each year and even each circumstance may require different agents and different doses to bring us into our unique opportunity for resilience in that moment in time. Instead of a checklist, we **modulate** by asking ourselves questions (and finding our individual “mediators”). Here are some questions to get you started:



## 1 MODULATE SLEEP & RELAXATION

- How much am I sleeping?
- Is there a way to optimize my sleep right now? If so, where can I go for help?
- How is stress affecting my body? Am I able to calm down?
- What's happening in my gut right now?
- Am I giving myself enough time to make good food choices?
- What relaxation techniques work best for me? And what can I do right now?

## 2 MODULATE EXERCISE & MOVEMENT

- Am I moving my body?
- Am I sweating daily?
- Am I exercising too much or too little?
- What exercises feel best for me?

## 3 MODULATE NUTRITION & HYDRATION

- What food does my body really need right now?
- Is there anything I'm eating that I need more of?
- How many vegetables am I eating each day?
- Am I eating a variety of foods and colors? (bonus antioxidant points!)
- Am I drinking enough water and staying hydrated?
- Do I have concerns that I'm digesting and absorbing my food?
- Am I pooping every day? And am I satisfied with the quality of my poop?
- Is there anything I'm eating that I could eat less of right now?

## 4 MODULATE STRESS & ANXIETY

- How can I best honor the emotions I'm feeling?
- What helps me feel calm?
- What does my new routine look like?
- How am I taking care of myself during this time of change?
- What helps me feel most grounded?

## 5 MODULATE RELATIONSHIPS & NETWORKS

- Are there relationships or networks that I can “detox” right now, that are causing me added stress?
- Am I staying connected with my community even with physical distancing?
- Are there any support groups or circles or resources I feel I need right now?