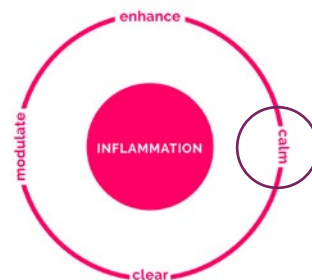


CORONAVIRUS AND YOUR CIRCLE OF INFLUENCE

When things feel concerning, remember to step back into our “circle of influence.” Establishing what we can truly influence with our diet, lifestyle and habits allows us to positively impact ourselves, our immunity, our families and our communities. From there we’re better able to influence the things we’re most concerned about. (Less worry, more action!) In my 3 Roots Many Branches framework, the second area in our “circle of influence” reminds us to bring some **calm** to the system so we can tame the flames of inflammation.



1 CALM INTERNAL INFLAMMATION

- Remove the largest inflammatory triggers: gluten, dairy, refined sugar, alcohol, processed foods PLUS individual food allergies, sensitivities and intolerances
- Spice it up with kitchen herbs and spices (garlic, ginger and turmeric are faves)
- Eat as many colors as possible and keep your veggie intake up
- Hydrate to keep those mucous membranes moist

2 CALM YOUR NERVOUS SYSTEM

- Recognize that these are trying times and allow yourself to feel just what you are feeling
- Try Box Breathing: Inhale for 4 counts, hold for 4 counts, exhale for 4 counts, hold for 4 counts. Repeat 3-5 times
- Sleep, sleep and more sleep (prioritize sleep and relaxation; make your bedroom a sanctuary for rest)
- Reach out and spend time with friends, family and the coaching resources that provide the most support (and least anxiety)

3 CALM AS MANY LIFESTYLE PATTERNS AS YOU CAN

- Eat and chew food thoroughly
- Sip on some hot soup or tea (bonus: add coconut oil or raw honey)
- Walk slowly (outside, if you're able)
- Notice your surroundings
- Take time to invoke your smell response with flowers, or any smells that bring you joy (frankincense essential oil is a great option)
- Take breaks from news and phone (especially before bedtime)