

BETTER POSTURE WORKBOOK



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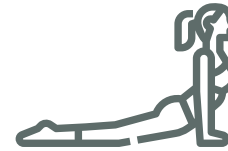
DAILY ROUTINE EXERCISES

TO STRENGTHEN AND STRETCH POSTURAL MUSCLES



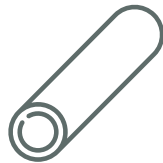
Double Chin

While sitting in your car, smash the back of your head into the headrest, activating the head-supporting muscles at the back of your neck



Press Ups

Lay on your stomach, then push your upper body off of the floor. Contrary to a “pushup” you want to keep your hips and pelvis on the floor, bending your spine backward



Foam Roll

These are inexpensive and can be found at Wal-Mart, Target, and Amazon. Simply lay on your back, with the foam cylinder perpendicular to your body, just above the lower back, creating a cross.

Then, roll forward, creating pressure along the lower, middle, and upper back as the foam rolls across.

Many more exercises to best utilize the foam roller can be found on-line



Goal Posts

Stand with your back against the wall, then maintain wall contact with your ankles, your butt, your shoulders, elbows, knuckles, and the back of your head. At this point, you will be creating somewhat of a football goal post shape with your arms.

While maintaining contact with the wall, slowly raise your knuckles and elbows up the wall

NOTES

WHAT CAUSES BURNOUT

- Lack of social support/failing relationships at work and home
- Intense, unpredictable work stress
- Too much debt without a clear path out
- Too little sleep (poor quality sleep)
- Physical bodily pain
- Feeling a lack of efficacy
- Specific to healthcare: compassion anxiety
- Specific to healthcare: newer administrative demands

RE-INVENTING OUR RELATIONSHIP TO OUR DEVICES

- Commit to a certain amount of time before bed that is device free (ie. 90 minutes)
- At a particular hour, all devices in the house get charged in an unpopular room

NOTES

DAILY ROUTINES AND HABITS

SHARED BY ALL OF THE *BLUE ZONES*



Hari Bachi Boo

Stop eating when 80% full



Diet rich in colorful fruits,
veggies, beans, lentils



Regular attendance
in a faith-based community



Constant, mild movement



Getting old is honored,
not feared



One glass of red wine
every night, with family and friends



Meditation / Prayer

BOOK RECOMMENDATION

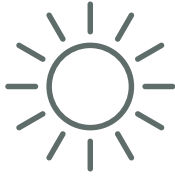
*The Blue Zones: Lessons for Living Longer From the People
Who've Lived the Longest*

DAN BUETTNER, 2010

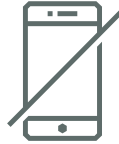
DAVE RAMSEY'S BABY STEPS

- Step 1** \$1000 in a *difficult to access*, savings account *not tied to investment fluctuations*
- Step 2** Pay off all non-mortgage debt using the debt snowball
- Step 3** Put 3-6 months worth of monthly expenses into the same *difficult to access* savings account
- Step 4** Contribute 15% of your income towards retirement
- Step 5** Put extra money into tax-advantageous investment vehicles (529, UTMA, Health Savings)
- Step 6** Pay off your mortgage
- Step 7** Accumulate wealth, and **give**

WHERE TO START



20 min outside between 7-10 am
without arm covering or sunglasses



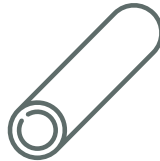
No screen 90 min
before bed



Quit sitting with crappy posture
wake up sleepy glutes and lower back



Put plants on your plate



Foam roll every day



Learn how to meditate



If feeling burnt out, talk to a friend
If not, talk to a pro



Create a plan to pay
something off earlier



Take a minute every day
and REALLY think about how lucky
you are

RESOURCES INCLUDED:

- Practice Monthly Budget Worksheet
- Home Monthly Budget Worksheet

NOTES
