

CORONAVIRUS (COVID-19)
Daily Self-Care Checklist

1 To Navigate Anxiety (*Choose 1 or more practices*)

- 5 Senses Check-In
- Calm Palm
- Clear The Fear Technique
- Step back from media
- Daily prayer and/or meditation (connection to that which is greater)

2 To Boost Your Immune System

- Eat whole food meals every 4-5 hours
 - i. Sugar and processed foods lower your immune system
- Get 10,000 steps per day in fresh air or work out with online programs
 - i. Overexercising will suppress the immune system
- Sleep 7-9 hours per night
 - i. Stop eating 3-4 hours before bed so your body can focus on detoxification and killing pathogens
- Drink 1/2 your body weight in ounces of filtered water
- Wash hands (20-30 seconds)
- Keep hands out of eyes, nose, mouth
- Daily wipe downs of handles, doorknobs and faucets

2 To Boost Your Immune System *(continued)*

- Take Supplements (recommended by BHC functional nutritionist faculty Andrea Nakayama)
 - i. Vitamin D
 - ii. Vitamin A
 - iii. Vitamin C
 - iv. Probiotics
 - v. Zinc
 - vi. Oregano Oil (anti-viral)
- Stay emotionally connected by visiting us on Instagram with us at **@careycoaches** and **@stacey_morgenstern** *(and check out @healthcoachinst for free LIVE daily health and life coaching with Carey at 8am PT/ 10am CT/ 11am ET)*

3 To Fuel Your Goals & Dreams

Decide that you'll emerge from this crisis stronger, healthier, more on purpose and further ahead on your goals and dreams than before. Decide - what kind of role model do I want to be for my kids? My family? My colleagues? My community?

- Take one action today to plant the seeds for the life you want to create 6 months to a year from now

To learn more about enrolling in ***Become A Health Coach*** so you can help yourself and others become healthier, stronger and more empowered, go to www.healthcoachinstitute.com.