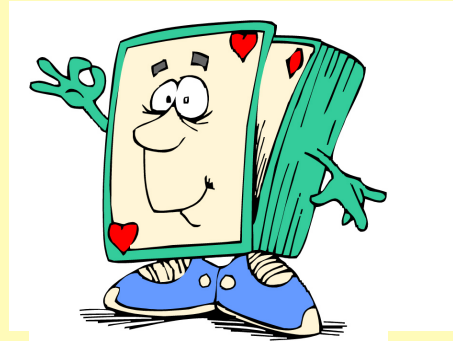


# Pocket Cards: 10 Super-Easy Health Tips for 2023



## What are Pocket Cards?

These are small colorful cards that contain short, easy wellness ideas you can put to use during your busy workday. Each health tip is based on medical research about what the human body/mind/spirit needs for a tiny, daily dose of health. Over time, these precious moments add up to new, healthier daily habits.

## Benefits of Pocket Cards:

If you repeat these super-easy health tips daily/weekly, you will gradually increase your own physical energy and contribute to your peace of mind and overall well-being. You will also strengthen your own immune system and your ability to handle unavoidable daily stressors. No miracle here – just “spaced practice” that will transform your daily life, one moment at a time.

## How to Use Pocket Cards:

Print the single sheet of 10 cards from the next page on cardstock or other thick paper. Laminate them, if you wish. Then cut out the cards and tuck them in a pocket, wallet, or purse. Or tape one each day to your computer, dashboard, office desk, or wherever you will see the card. Use them as small but powerful reminders of all the tiny ways you can improve your own daily health.

Choose a different card randomly each day (or choose one you specifically want to focus on). If you do two each day, you will use the whole set in five days. That means you will repeat the set at least six times in a month, enough time to move these super-easy health tips into long-term memory and to forge new, healthier physical and mental habits.

## Other Suggestions:

At first, tie a small bit of ribbon to a watch, ring, or button to remind you to choose and use a pocket card each day. Remember, you are changing physical and mental habits, one small moment at a time. After awhile, you won't need the reminder ribbon. Be kind to yourself; change takes time.

Give away pocket cards to family members, friends, or work colleagues. Look for more free pocket card sets about brain-based learning, teaching, and training on Sharon's website at [www.Bowperson.com](http://www.Bowperson.com).

## Breathe

Stop what you're doing in this moment and take one long, slow, deep breath. Do it one more time. Feel calm.



## Look

Find one thing near you that makes you feel good. Enjoy the good feeling you get from looking at it.



## Give Thanks

Think of one thing in your life that you feel grateful for. Mentally give thanks for it. Feel the positive boost that gratitude gives you.



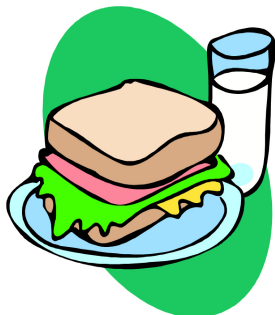
## Tell

... One person today something that you appreciate about him/her. Share a smile. Share a moment of good cheer.



## Eat

... Just a little less than you normally eat each at meal, and eat the healthy stuff first. Feel the new energy you have.



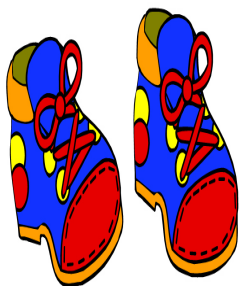
## Drink

... A glass of water before each meal (you'll feel full and eat less). And drink a few sips of water every hour to stay hydrated.



## Walk

... Whenever you can. Walk in place while on the phone. Walk down the block and back. 10 minutes a day is a good beginning.



## Rest

Lie down, if you can. If not, then sit, close your eyes, and relax your body and mind for a few minutes. Feel refreshed.



## Check

... In with your body right now. Does it need water, food, a stretch, a walk? Give it what it needs so that it can serve you well.



## Stretch

Gently does it: Bend from the waist, roll your neck and shoulders, stretch your legs. Feel looser and more relaxed.

