

CONSCIOUS JOURNEY

MASSAGE AND METAPERSONAL INTEGRATED THERAPIES

After-Session Self-Care Plan

Breathe

- Create a reminder to take a full, deep breath into your abdomen regularly throughout your day (place your hand on your abdomen to see it actually move), count to 4, exhale, repeat 3 times, and only then resume what you're doing.

Drink Water

- Make a goal of drinking half your body weight in ounces (ex: 250 lbs of weight = 125 oz. of water) throughout your day. If you're **not** thirsty, you're already dehydrated! Increasing your intake of fruits and vegetables, (water-rich, live foods) helps a lot.

Watch Your Thoughts

- Listen to what's being said in your head and slow it down. Realize you are creating how you interpret your life through your self-talk, and consciously choose to create thoughts that support the kind of life you want. Stop the thoughts you don't want and realize this may be hard to do at first.

Epsom or Sea Salts Bath

- To relieve discomfort and as an aide in removing metabolic waste from your tissues, it is helpful to take an epsom salt bath. Sea salt is used for continued clearing and balancing of your energetic systems. Use 1 cup of epsom or sea salts in your comfortably, very warm water. Soak 15-20 minutes and try to submerge as much of your body as possible. Keep a glass of cool, (not cold), water close by to drink. If diabetic, use baking soda rather than epsom or sea salt.

Stretching

- If you experience any pain while stretching, back off until it is comfortable. Be patient with each stretch, visualize your muscles relaxing as they stretch, and hold a minimum of 30 seconds while breathing deeply.

Create Reminders

- Use post-it notes, write on your bathroom mirror, hang things on the computer screen or fridge, create a screen-saver on the computer, or leave yourself phone messages to keep health goals and new choices in mind and sight.

Track Your Questions and/or Experiences Between Sessions

- Keep track of what relieves your pain and/or what aggravates it. Make the most of your next session by bringing any questions that have come up or experiences you've had since your last session.

Listen to Your Body

- Remember that after your session your communication with your body will be more clear than it has been. So try to listen for its requests or suggestions, such as additional rest, drinking more water, and/or journaling your thoughts. These may reduce mental pressure and thereby ease the strain on your body. Listening to your body is a good habit to form, and especially important after receiving any kind of bodywork!

Contrast Bath

- If a contrast bath has been recommended, apply three-to-one in rotations of ice to heat. For instance, if it takes 9 minutes to produce numbing from an ice application, use 3 minutes of heat before returning to ice. The maximum usage is three rotations of ice to heat, three times daily.

Post this on your refrigerator