



Dr. Evelyn's
**TOP 3 TIPS FOR
STAYING ALIGNED
WHILE**
Staying Home

If you can't make it in for a visit, or maybe you just want to support your care at home, these are the tried and true MUST DO's!

BY DR. EVELYN MOSELEY D.C.

#1 Way less stress

Our nervous system has two states that it automatically switches between: Parasympathetic (PNS: rest and digest) and Sympathetic (SNS: fight or flight). If you are spending too much time in a Sympathetic state, then you can't heal, repair, digest, or process nearly as much. The goal is to achieve more of our relaxed and rested state!

EVALUATE YOUR STRESS

- How much stress are you really tolerating? How much are you accepting as normal? The only "normal" amount is in short bursts like when someone swerves in front of you while driving. It is not healthy for stress to persist! Ask yourself how many days per week do you feel stressed? How many hours per day? What level is your stress most of the time? Use a scale with 1 being hardly noticeable, and 10 being that you are physically afraid for your life. What level is it when it's at its worst?
- Where does most of your stress come from? This is the first step to helping reduce stress, is finding out where it is coming from. Use the checklist below and see what areas may feel like they are ramping you up, and which areas feel like they are alming you down.

WHAT AREAS ARE CONTRIBUTING TO YOUR STRESS? HOW ?

<input type="checkbox"/>	Relationships
<input type="checkbox"/>	Money
<input type="checkbox"/>	Physical health
<input type="checkbox"/>	Mental health
<input type="checkbox"/>	Environment/ Housing
<input type="checkbox"/>	Sexuality
<input type="checkbox"/>	Creativity
<input type="checkbox"/>	Spirituality
<input type="checkbox"/>	Work/ Life Purpose

DEEP BREATHING

- **Vagus Nerve Breath**- activates the PNS. Start by sitting comfortably. Inhale deeply, letting the belly fill. Hold at the top. Exhale as you pull the belly in. Now add a smile on your face with serene eyes as you continue to inhale and exhale. Finally, add a breathy sound with your throat, or an Ohm on exhale. Continue for 2-5 minutes.
- **Calming Breath**- You can start by sitting or laying down. Breathe in through the nose, hold at the top, and then out through the mouth like you're blowing through a long straw. Hold breath at the bottom. As you breathe, to quiet your mind, count the inhale, count the hold, count the exhale. Do this for 2-5 minutes with your eyes closed.

MORE SLEEP!

Sleep is critical for our proper functioning, health and well-being. Sufficient sleep has been shown to prevent most of the chronic disease we see in our society, and allow us to regulate our emotions and moods more easily. Sleep really is the best thing you can do for yourself!

- **Sleep Opportunity**- Allow yourself at least an 8 hour sleep opportunity. That means, that even if you do not sleep the entire 8 hours, you have been laying in bed, with the lights out, for at least 8 hours. If you want 8 hours of sleep, you should give yourself a 9 hour opportunity etc.
- **Lights** - Make sure you are getting sunlight in your retinas around midday to allow for proper circadian rhythm syncing. Avoid as much artificial light 2 hours before bed as possible. LED lights as in screens and Ipads are the worst of its kind! Use side lamps or smaller lights past sundown and try to avoid overhead lighting. Sleep in a pitch black room. Not even the glow of your computer charging. Cover lights on electronics or monitors.
- **Temperature**- It should be approximately 65 degrees F during sleep. Your core body temperature needs to reduce in order to sleep properly. You can take a hot bath or shower, or even just wash your face and hands before bed to get blood to the surface of your skin for easier heat dissipation.
- **Avoid Eating/ Drinking within 2 hours**- You should not go to sleep full or hungry. Spiking blood sugar is not recommended before sleep, too much water or fluid will likely disrupt your sleep in the middle of the night. Alcohol and other sedatives sedate you, rather than put you to sleep. You miss out on valuable REM sleep and sleep is more fragmented.

#2 Basic Strength

It really isn't wear and tear on our bodies that makes us have aches and pains when we are older. It's UNEVEN wear and tear that ends up causing our problems. That is why we need functional and foundational strength. Weightlifting is optional, but basic strength is not! You will prevent injury, be more conscious of how you are moving and stabilize and support your joints.

All the exercises described here can be seen in [this video](#)

CORE STRENGTH

What is core strength? I am not just referring to washboard abs, though that would be nice. Our core is actually 360 degrees around our torso and supports all of our extremities as well. It includes the ribcage, pelvic girdle, and spinal stabilizing muscles as well as the deep abdominal muscles.

- **Dead Bug/ Bird Dog** - These exercises help with core stability, and help cue our brain to initiate movement of our limbs with an engaged core which protects our back. [See the video](#) for demo!
- **Exercises like Pilates** use this core protection in all movement. If you find a pilates class near you, or videos online, this can be very supportive.

POSTURE

What causes us to have poor posture? A lack of static and balanced tone! We slump because we are not using our muscles to hold us up against gravity, but having proper posture actually makes gravity have the least effect.

- **Seated**- Find your sit bones, and rock back and forth until you find a natural center. Distribute your body weight evenly on both hips. Find your tall spine. Bend your knees at a right angle. Keep your knees even with or slightly higher than your hips (use a foot rest or stool if necessary). Your legs should not be crossed. Make sure your chin is tucked and the back of your neck is elongated. Keep your feet flat on the floor.
- **Take Breaks**- Even with perfect posture, you should not be sedentary for more than 30 minutes. Stand up, and walk around every half hour to reset your muscles!
- **Wall Angels/ I's-Y's-T's**- These exercises help to engage the postural muscles that are commonly weak in people who slouch or have trouble maintaining posture. These are demonstrated in [the video](#).

Dr. Ev D. C 2020

FUNCTIONAL MOVEMENT SQUAT

Everyone should be able to squat while keeping their chest up. We actually are all able innately. If you look at the way a child squats, you can see that keep their chest parallel to their shins, and their bottoms are almost grazing the ground. We lose this ability as we become less mobile and less strong. If you are unable, work back towards full range and get as much strength as you can, if you are able, make sure not to lose this!

- Hip Hinge/ Squat with Support/ Full functional squat- [watch the video](#) for a detailed explanation.

BASIC STRENGTH CHECKLIST

- I can sit with upright posture for 30 minutes without slouching
- I can stand against a wall and have my sacrum, mid back and head all touch the wall.
- I can stand against the wall and keep my mid back on the wall while I bring my arms up to touch the wall.
- I can get my hips back behind me while keeping my chest up
- I can squat fully getting my bottom below my knees
- I can squat fully, getting my bottom below my knees, and keeping my chest up, parallel to my shins

Disclaimer about movement: Not all movements are safe for every person. Do not ever move through pain or past pain. Attempt at your own discretion.

#3 Awareness + Connection

My job as a chiropractor is to help you gain awareness and facilitate connection. It happens all the time. Someone will come in saying they are doing really well, they have no symptoms. When I check them out, I see distortion, tension patterns and often touch something that is sore! The patient will be surprised to find that indeed they do have discomfort that they were just unaware of. Once I bring awareness to what is going on, then I give the person ways to connect to that area, so that they can heal from the inside out, using their innate abilities. The problem is, if you aren't aware, how can you help your body connect to these areas?

BODY SCAN

Meditation is a proven way to connect with the self. It can be very challenging for many, including myself. I need something for my brain to do! This Body Scan Meditation helps us gain awareness of our whole body, relaxes the body and puts us in a meditative state all at once.

- Start by lying on your back on the floor or on a mat, ensure you have ample room to move your body. Close your eyes and begin to take slow deep breaths.
- Bring your awareness to your toes. Think about all 10 of your toes and as you take a deep breath, think about bringing the breath all the way to your toes.
- As you inhale curl your toes and flex them hard. Really squeeze for a second.
- As you exhale, relax your toes back to neutral.
- The pattern will repeat into your ankles. Continue to move up your body, cycling this way with inhalation and awareness, contraction, then exhalation and relaxation.
- If you come to a part of the body that needs some extra breath, take note, do not judge, and spend a little bit more time there. After ankles, move to calves, squeeze your calves by pointing your feet. Breathe. Next move to knees, contract by straightening your legs as straight as you can. Breathe. Then hips, squeeze your legs together, inhale, relax and exhale. Abdominals, ribcage, chest, (give yourself a hug!), elbows, wrists, fingertips, neck, back of neck, jaw, and facial muscles.
- After this exercise, the goals are to feel present in your body and aware of your current tension or energy restrictions. What felt easy to access? Where was it hard to bring breath? What felt strong? What felt disconnected? What felt tight or stiff? What felt easeful and relaxed?

NOTICE WHAT YOU ARE NOTICING

We are innately intelligent. We are born with the ability to run our bodies; to adapt and heal. We are intuitive, when we listen to that part of ourselves. Our inner knowing shows itself in many ways, but it is up to our conscious mind to pay attention! If you notice something, make a connection, or have a random thought- maybe it's the exact answer you need to help yourself!

- **Notice your thoughts** - What do you spend your time thinking about? Where is your head when you're not in control? The best insights can come when we start to tune in to these thought patterns. Maybe we are more negative than we realized? Maybe we have an internal dialogue that is NOT the most supportive to our healing and well-being. Just notice where your mind goes, don't judge it or read into it, just get really curious about it.
- **Journal**- Like meditation, journaling gives an opportunity to listen to our feelings. It doesn't have to be a play by play of everything that happens in your life (ahem, my 6th grade diary). The best journal entries are "I just keep having this feeling that..." YES! That feeling! Explore where it is coming from!
- **Notice Longing and Discontent**- Are you constantly longing for a vacation? Maybe you are noticing that you are dissatisfied with the way you communicate with someone in your life? Notice these things. They help us find areas for growth and improvement!
- **Notice what feels good**- Authentic Movement. Give yourself some time to stretch. You are not "doing stretches" or practicing yoga, but you are stretching and moving what you feel internally really needs to move! If for example, you keep wanting to open up your chest and stretch your arms around your back, take this as a clue! Maybe there is some tension hidden there. Allow yourself some private space to move your body however it wants to move.



Chiropractic is a catalyst.

A catalyst is something that facilitates and speeds up reactions that could otherwise happen.

You can heal on your own. You can repattern your body and your mind. You can prevent stress, overuse and damage to your body.

Chiropractors make it faster, easier and more accurate- they help take the trial and error out of the process.

If you are interested in learning more about what to do specifically in your case, visit EudaimoniaChiropractic.com and set up an Online Initial Intake with me, Dr. Evelyn.

Join Our Newsletter to get updates about Upcoming Freebies, and webinars!

Here is to you and your flourishing!

*Love Always,
Dr. Evelyn*