

# PHYSICAL AND MENTAL WELLBEING PRACTICES



*From CGH Earth Wellness*

## **DRINK WATER AS SOON AS YOU WAKE UP**

Sip on some room temperature water as soon as you wake up. Drink a maximum of ½ litre and do not gulp, just sip from a glass.

## **GAZE AT THE RISING OR SETTING SUN**

Spend 5-10 mins looking straight at the sun. This sun-gazing technique helps to boost your immunity, reduce stress and increase your positive mood and energy. It also helps to reset the circadian rhythm. During these unprecedented times, this practice is recommended for those who have their private balconies, terraces, or home gardens. Please practice social distancing while sun gazing, and kindly do not look at the bright sun.

## **EXPOSE YOUR BODY TO DIRECT SUNLIGHT**

Take a sun bath for 10-20 mins between 7-9 am or 4-6 pm, if you are in India. Otherwise, choose a comfortable time depending on your time zone and sun duration. During these unprecedented times, this practice is recommended for those who have their private balconies, terraces, or home gardens. Please practice social distancing while sunbathing.

## **WALK BAREFOOT ON THE EARTH**

Walking barefoot (Grounding or Earthing) for 20 mins on earth soil gives positive health benefits. Letting your feet touch the terrain allows you to connect with the earth's natural energy, relieve stress, and stimulate your body. During these unprecedented times, this practice is recommended for those who have their private home gardens. Please practice social distancing while walking.

## **EAT YOUR MEALS ON TIME**

It is advisable that you eat the last meal by 7 pm. If you are hungry in between, you can eat small quantities of fruits, vegetables, nuts, and fruit or vegetable juices. Consume wholesome, seasonal, fresh, unrefined food, and fibre

rich natural food. Avoid inflammatory foods like alcohol, refined salt or refined carbohydrate-rich food, processed meats, fructose syrup, trans fats, and vegetable oils. During these unprecedented times, please follow the sanitisation processes given by your health authorities for raw fruits, vegetables and nuts.

### **DRINK 2-3 LITRES OF WATER**

Drink water at room temperature. Avoid cold water and ice cubes.

### **EXERCISE FOR 1 HR EVERY DAY**

Practice Surya Namaskara, yoga asanans and other dynamic movements like spot jogging and stretching. If you have been practicing dance or any other body movement, it is a good time to restart. It is advisable to start with simple movements and gradually increase your practice. Avoid extreme exertion if you are just starting out.

### **PRAY/CHANT/MEDITATE OR OBSERVE SILENCE ONCE A DAY FOR 30 MINS**

Practice pranayama techniques of Nadi Shuddhi for 10 mins and Bhramari for 5-7 mins. Follow it up with a meditative relaxation technique. Or observe silence, pray, or chant for 30 mins.

### **TAKE A BATH IN NEUTRAL TEMPERATURE WATER**

Take a bath in water that is closest to your body temperature or room temperature.

### **ENGAGE IN RECREATIONAL ACTIVITIES**

Spend time in leisurely activities like drawing, painting, colouring, sketching, gardening, etc. Read a new book with a positive message or learn a new concept. Watch comedy and romantic movies with light positive messages and avoid movies with negative or depressing messages. These activities will help you disconnect from stress and allow your subconscious mind to calm down.

### **GET ADEQUATE SLEEP OF 7-8 HRS.**

Sleep is important to balance your circadian rhythm, which in turn will improve your immunity.

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