

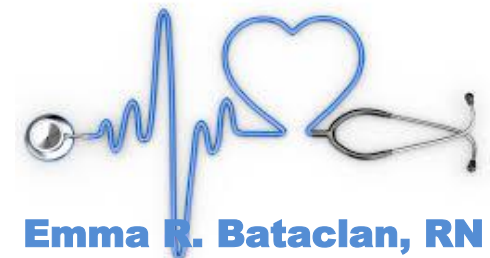
"A GOOD  
LAUGH and  
a long  
SLEEP are  
the BEST  
CURES in  
the doctor's  
book."

-Irish  
Proverb

***Health is a state of  
complete physical,  
mental and social well-  
being, and not merely the  
absence of disease or  
infirmity.***



Guam Community  
College  
Health Services Center



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## Drink water

- Stay hydrated
- Helps flush toxins
- Maintain homeostasis
- 1L per 25kg of body weight per day

## Alkalize

If you're acidic your body is more likely to get sick, hold onto fat or cholesterol to try and buffer acidity and long term you are more susceptible to disease. Some easy tips is to put lemon in your water in the morning and eat more alkaline foods.

## Eat a high protein breakfast

If you have protein first, you will have more sustained energy than having a coffee or something like sugary food.

## Eat your fruits and veggies

Eat 2 pieces of fruits and 6 cups of vegetables per day as recommended.

## Sleep 8 hours

- Go to bed and get up at the same time to keep your circadian rhythm balanced.
- Avoid stimulating activities such as computers, emails, Facebook, TV, etc. at least an hour before bed and avoid eating at least 2 hours before running through your head as you fall asleep.

## Power naps

If you are tired, try a power nap. Make sure it's 20 minutes or less, otherwise, your sleepy hormones will be secreted and you will actually feel more tired when you wake up.

## Exercise Daily

- 20 minutes a day of moderate exercise and 2 resistance sessions per week to maintain health and double that to improve health. Some handy tips are: choose something you like doing. Set goals.
- Focus on your strengths and what you have, be grateful. A useful way to be more grateful is start a book (could do on your phone or carry a notebook) and write in daily things you are grateful for.

## Move Frequently

- Walk around 10-20 minutes every hour.
- Having your work station ergonomically assessed is important but moving is more important.
- People who move frequently at work have more energy, are more productive, and get less related injuries.

## Detox your home body

- Get rid of all the chemical cleaners.
- Use things like white vinegar, tea tree oil and bicarbonate soda.
- Buy chemical free or organic beauty products to minimize toxicity in your body.
- Avoid sleeping with your head, especially head, near or on power points, to decrease electromagnetic radiation exposure.

## Meditate or have down time

- Think Positive!
- Breath- Deliberately retraining or mimicking of relaxed diaphragmatic breathing patterns help calm the autonomic nervous system and reproductive system functions.
- Associate with positive people (friends & family) -- it helps attract positive energy.
- What you see in others, you see in yourself. Look for the good in people and avoid being judgmental.
- Love yourself... If you don't, then no one else will.
- Say no sometimes, don't be shy man! Prioritize your values-- family/friends, work, sleep, exercise, play -- to get the most out of your time.
- Smile more! Hug More! Have good posture! They all help release endorphins!