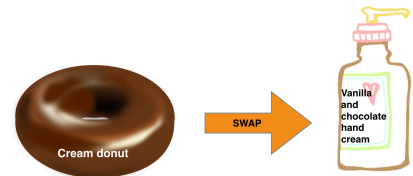


# Trying Out New Ways To Nourish Yourself

## Trying out new ways to nourish yourself

Tick the swaps that work for you:



### Swapping food for other nourishment

- Buy a magazine or journal that interests you
- Make 10 minutes to chat with a friend
- Go for a short walk and connect with nature
- Treat yourself to a special hand cream and rub this into your hands
- Put your feet up, close your eyes and take a break
- Listen to music you enjoy
- Light a candle or some incense
- Spend 5 minutes writing a list of your needs for the day. Then do at least one
- Get a plant, water it and spend time nurturing it
- Keep a small set of weights to hand and to some repetitions
- Change your computer screen to a nurturing scene such as one from nature
- Swap sugary and high fat foods for foods that will nourish you.

You have done well to look at yourself on the deeper level in order to make the long lasting changes. Keep building your awareness of the way you eat and allow time for the deeper changes. When you get to the root of the issue change can be sustained. Make a list of what works for YOU :-)

Note anything important you want to remember from this video.