



LIFESTYLE PACK

 PHASE 1 JOURNAL

DATE STARTED: _____

DATE COMPLETED: _____

DAY 1	
DAY 2	
DAY 3	
DAY 4	
DAY 5	
DAY 6	
DAY 7	

PHASE 1 GUIDELINES

Follow these lifestyle guidelines as best you can and keep track of how you're feeling each day to see what practices are working best for you.

1. TRY VAGUS NERVE STIMULATION DAILY TO HELP YOU FEEL BETTER AND REDUCE YOUR CHRONIC PAIN.

- Deep breathing
- Gargling
- Singing
- Placing a cold pack on the back of your neck
- Massages
- Laughing
- Doing moderate exercise
- Pressure point nerve stimulation
- Taking a good quality probiotic

2. IDENTIFY AND TRY TO REDUCE ANY UNNECESSARY PHYSICAL STRESSORS IN YOUR DAILY LIFE THAT CAUSE YOUR BODY TO BE OVERLY WORN OUT OR DRAINED

TIP

EASY STEPS YOU CAN TRY:

- Keep track of times throughout your day where you notice your body or mind feels worse. Write it down to learn what your stress triggers are. Once you identify the triggers try to avoid them in the future if possible.



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DAY 8	
DAY 9	
DAY 10	
DAY 11	
DAY 12	
DAY 13	
DAY 14	

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DAY 15	
DAY 16	
DAY 17	
DAY 18	
DAY 19	
DAY 20	
DAY 21	

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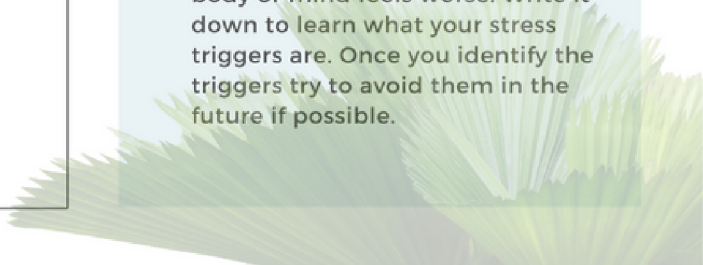
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DAY 24	
DAY 25	
DAY 26	
DAY 27	
DAY 28	

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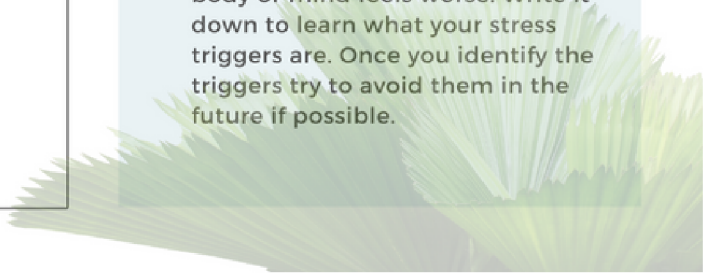
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DAY 29

DAY 30

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