



THE DANCING HERBALIST

Wellness for A Moving World

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A Beginner's Guide to Wellness

The Dancing Herbalist's Wellness Division

Developed for use by clients of The Dancing Herbalist
and other wellness practitioners

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Frederick, MD 21702

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ISBN-13: 978-1523970148
ISBN-10: 1523970146

For Novella and Norman Rogers.

Thank you for always opening my mind to the natural world around me

And showing me how to love and care for those in it.

-Jillian

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HOW TO USE THIS BOOK

Welcome to the Wellness 101 Workbook. This workbook is designed to walk you through a period of several months to learn more about your own body, and how you can make choices in your daily life to feel better about both your physical and mental wellbeing. Work through this book to find support in hydration techniques, nourishment, movement practices, sleep support, as well as meditation and personal spiritual exploration.

As you begin, you will want to have a designated journal to use for your work through this book. Each chapter includes a variety of small quizzes and critical thinking questions for you to answer to help guide a change in your awareness of your body. You will notice that the questions in this book are all italicized to help highlight them for you to answer in your journal. It is recommended that you do answer these questions, as they will help guide you to learn more about your own body, and in finding what changes will be most effective at supporting your own wellness.

You may want to see the questions and pause to think about them. I recommend taking time to process and write down an answer to each one. When you write things down they become concrete thoughts and beliefs. It is sometimes hard to accept what we are doing to our bodies and minds. This work should be a process of acceptance and acknowledgment of where you are so you are able to see the changes over time. Take the time. Make the commitment to yourself.

You may notice that some of the questions throughout this book are a bit repetitive sounding. This is to help you try to think about the same topic from a different angle. Some of the questions in this book might make you cry or get angry at yourself if it touches on something that is important to you. These are good moments to note in your journal; clear emotional reactions can be very helpful in making the change we want to see in ourselves. Again, take the time with each question, even the repetitive ones, and see what differences they can evoke in you.

Many chapters also have homework assignments in them. You can find a full list of these assignments in appendix D. Most of these will require additional journaling in your book, or you can choose to print a variety of worksheets from www.thedancingherbalist.com to support your journaling. You may choose to create a binder to include all of these handouts, so they are in one location. You will not want to lose them as many of the homework assignments will be reviewed in later chapters.

There is a significant amount of science in this book, but you will not be overwhelmed with it. It is included to support your learning your own body. In the back of this book there is a glossary that will help you with words that may be unfamiliar to you. I have tried to be as thorough as possible in including all words that may be unfamiliar but they may not all be there. Personally, I think it is very valuable to know how my own body is working and I recommend that if a word you do not understand is in this book, please look it up. It will support your own personal learning about yourself.

You may notice, as you are completing the work in this book, that many of your larger challenges may not been addressed enough to ‘cure’ your symptoms. Overcoming many health care challenges cannot be done with wellness practices alone. Many doctors may recommend more exercise for your high blood pressure, but they are going to still put you on drugs to lower it, while you start exercising. This book is intended to set you on the right path to finding what works best for your body. It is highly recommended that as you work through this book you also choose to work with a Certified Nutrition Specialist, Personal Trainer, Herbalist, Naturopathic Doctor, or any other professional in the areas you are in need of additional support. In this book’s appendixes, you can find resources to help you find individuals to best support you on your wellness path.

You will notice that the final chapter in this book focuses on herbs to support wellness. I myself am an herbalist with a Master of Science Degree in Herbal Medicine. That does not mean I know everything there is to know about herbs, and I do still recommend you use herbs with

caution. There are many potential interactions with pharmaceuticals that herbs can have and none of the herbal recommendations in this book are intended to diagnose or treat any illness. While they can be supportive of your normal wellness practices, herbs are drugs too, and should also be used cautiously and with the direct supervision of a professional herbalist.

If you are interested in learning more about beginner herbal medicine please visit **www.thedancingherbalist.com** where there are a number of free online herbal classes, information about herbal products, and our wellness consultations. We also post twice a week on our blog, **www.thedancingherbalist.wordpress.com** about both herbs and wellness. Not only can you find The Dancing Herbalist on Facebook, but we also have an online discussion group on Facebook called 'The Dancing Herbalist's Herbies.' Please consider following us to continue your own wellness path.

If you are experiencing a medical emergency, are in danger, are feeling suicidal, call 911 immediately.

Suicide Hotline: 800-784-2433

Immediate Medical Assistance: 911

Crisis Call Center: 800-273-8255 or text ANSWER to 839863

CHAPTER 1: WELLNESS INPUTS

We are going to start this off full steam! So, let's talk about what wellness is. What do you think? You have probably heard this word a lot at this point already, so you probably already know something about wellness. In your journal, start to explore the following:

What does wellness mean to you?

What are your 'pillars of wellness'?

Wellness:

The quality or state of being healthy in body and mind, especially as the result of deliberate effort.

An approach to healthcare that emphasizes preventing illness and prolonging life, as opposed to emphasizing treating diseases.

How does this resonate with you?

What are you currently doing to support your own body's wellness? What about your mind wellness?

What are you doing to prevent illness?

Wellness is all about making a conscious choice to serve your body and mind.

Sound's easy, right? I want to make it clear that *wellness is a choice*. A choice to take control of your life, a choice to add sustenance to your life, and a choice to change the quality of your life. You get to choose each time when you eat something, go to bed, or get in your car to do it in a way that is going to help you, or to hurt you. You already make the

choice not to eat rocks, right? That is for your wellness. You make sure to sleep with the lights off. This is a choice you make so you can sleep better. Do you get into your car and drive safely? This is a choice we can make to support our own wellness, to keep us well in body and mind.

There are a variety of pillars to wellness that we can think of, pieces that together make up all of the things that keep your body well. I have set up my system with five pieces to make it simple: hydration, nourishment, movement, sleep, and mental wellbeing. I also recommend exploring your environment, the people and places around you, as a sixth pillar to your wellness. You can split your life up in any way you wish that makes it easier for you to separate and care for yourself. This book is meant to be a guide book to get you started in your personal wellness care. Take it a chapter at a time and you will soon, develop your own wellness practices.

I know you can do it! It takes time but we can all make changes in our lives to help create the well person we want to be.

All it takes is that first step.

That first choice to make a difference in our lives, to get us moving. Let's start with food.

FOOD!

Most everyone likes to start with food. And who wouldn't, really? Food is the main thing that affects our wellness.

Why do we eat?

Biologically, we eat because we need food as a fuel source. It is more than that, but let's start there. There are three main groups of chemicals we get from food: carbohydrates, proteins, and fats. Do you know what the following are made of?

Carbohydrates, Proteins, or Fats?

Look at the following and decide if each of them could be described as a carbohydrate, protein, and/or a fat

| | | | |
|----------|-----------|-------------|----------------|
| Ham | Sugar | Bread | Tomato |
| Cheese | Ice Cream | Black Beans | French Fries |
| Cucumber | Salsa | Tea/Coffee | Dark Chocolate |

Carbohydrates:

Sugar, Bread, Tomato, Cucumber, Ice Cream, Black Beans, French Fries, Salsa, Dark Chocolate, Tea/Coffee

Proteins:

Ham, Cheese, Ice Cream, Black Beans

Fats:

Ham, Cheese, Ice Cream, French Fries

Did they surprise you at all? That easily could be all of the food you eat for a day, right? Most of the things there are carbohydrates and are used by the body all the same way. So what does our body do with carbohydrates? Carbohydrates are the fuel we always are hearing about. Carbohydrates are specifically sugar molecules, and we all know that sugar gives us energy. Not all carbohydrate sugars work the same, but they all give us the energy our cells need to work.

Our bodies primarily use proteins to repair our body. We are made of proteins, and we need the amino acids, building blocks of all proteins, to repair our tissues. This is why proteins are important to eat. You can't heal a broken bone or a cut in your arm without protein. Have you ever wondered why some individuals who are vegan look, well, like death? Many vegans do not choose to get enough protein and then their bodies slowly fall apart. There are healthy, tasty ways to get all of proteins you need from your food. Vegans need to supplement with added amino acids and vitamins for those that do not naturally appear in vegetable

plants. There are healthy and non-healthy ways to be a vegetarian or vegan without animal proteins.

Fats are what keep us moving. When you get a massage, you use lotion or oil to make the skin move more easily; this is exactly what happens in the body as well. Fats make up every cell in our body, and make it so we are able to move without getting stuck. Our fats lubricate our joints, as well as our individual tissues, to move against each other. Fats are in the membranes of our cells so that they are able to slide across each other as needed. In the cell walls, fats also help to create a barrier so that things cannot pass through unless they have a transport vehicle. This reduces invaders getting into our cells when they are not meant to. Fats create a barrier to help protect our cells and help our body to move, making them essential to our lives.

Let's start with a few questions to get you thinking about what food means to you.

Why do you eat food?

How does food make you feel physically?

How does food make you feel emotionally?

Do some foods make you tired or energetic?

Are there certain foods you like to have when you are feeling negative?

Are there certain foods you like to have when you are feeling positive?

What is your favorite meal? Why?

Did any of your answers surprise you? Are you happy with your choice of your favorite meal? I am always amazed at how our mood can affect what we eat. What we eat also changes when we are in different moods, but more on that in a bit.

How does food make you feel?

Food can affect both our physical body as well as our emotional wellbeing. Do you know how food makes your body feel? Most people do

not. Let's start with a simple practice to check in with how our body feels in response to food.

Sit where you are now and think about how your body is feeling. How are you sitting? Do you have any pains anywhere? Are you a comfortable temperature? Do your clothes feel comfortable? Are you breathing?

Now start to think about what you are going to have for dinner tonight. Will you be having a burger with cheese and lots of ketchup? A salad with crisp lettuce and vine ripe tomatoes? A nice steaming bowl of soup with root vegetables? Dessert? Chocolate, bread pudding, chai or coffee? Walk over to the refrigerator or kitchen, if you are able, and look at the food you have. Smell it and touch it.

Walk away from the food and check in with your body again. Is your mouth watering? Are you feeling pains in your stomach? Are you itching to start to prepare dinner now? Do you have a smile on your face, or are you getting anxious?

Food, and even thinking about food, can directly affect our physiology. Before we even start to eat food we start to experience it and our body gets ready to accept food and digest it. This is why our mouths water when we start to think about food. This preparation is a necessary step of digestion and is just one of the many challenges with eating meals on the go.

Some of you may not start to feel your mouth watering when you think about food. One reason for this may be that your digestion is stalled in a way. Our bodies should be starting the digestive process with just the thought of food, preparing our bodies to receive food. When you do not have this experience, your body may have a harder time breaking down and absorbing the nutrients you need from your food.

The chapters on conscious eating go much deeper into this phenomenon, but for now let's just remember that food can affect both our physical and emotional state. By paying attention to our responses we can make a choice to eat something, or not eat something, based on the physical and emotional reaction we get from the food. This is a great place to just start educating yourself without making any changes to support your wellness.

Just start paying attention to how things make you feel.

HYDRATION INTRODUCTION

Does everyone drink 8 glasses of water a day? YES! Oh, good, we can skip this section. Oh, were you lying? Many people do not get nearly enough water a day. I know that I do not and I work hard to do it too. Our chapter on water will look more closely at a few things you can do to get more water in your life, but let's start with a little about water and why we need it.

Why do we need to drink water?

What does water do in our bodies?

What does it feel like when you have not had enough water?

What does it feel like when you have had too much water?

What is your favorite way to try to get more water?

What is stopping you from having more water on a daily basis?

We all hear that water is important in our bodies, but why? When you drink water, it goes into your stomach where it helps to digest your food. Water is known as the universal solvent. It supports enzymes that break down food in your digestive tract, allowing for more effective nutrient absorption. Water can also be a transport molecule to help bring water soluble vitamins into your body as they are absorbed after digestion.

Once the water has been absorbed by the intestines along with everything else you absorb, it goes to your liver. Water is helpful in your liver to help enzymes to create new proteins and other molecules needed by the body. The water then passes into your circulatory system, your blood, where it directly affects your blood pressure. When someone has high blood pressure they are often given a diuretic to try to remove some of the water from their blood to lower the pressure. When taking a diuretic, you should drink even more water to counteract the extra

removal of water from your system. You do not necessarily need to be drinking 8 glasses a day. You may need more, or less. The chapters on hydration will help you observe how your body changes with different amounts of water to find what works best for you. Personally, being an individual with low blood pressure, I need even more water than the average person for my body to be healthy.

Water is the primary solvent in your blood as well. Everything in your blood is floating in a water based fluid. When you do not have enough water your blood can become 'sticky' and will not flow as swiftly. This can reduce your healing capacity, along with reducing other processes that need nutrient delivered to the site of action.

This only happens with severe dehydration, but it is important to note that this stickiness also appears in our mucus, and is one reason we are told to drink fluids when we are sick. With more liquids, our mucus will remain more fluid and help to flush out more disease particles from our nose. This goes for other mucous membranes as well, but the others are generally more difficult to see.

When water gets to our cells it is transported inside and helps to create a fluid environment wrapped in the fats you have eaten. Again, most of the molecules inside of our cells work with the assistance of water for enzymes and transportation mechanisms. Water can also be used to help draw waste out of a cell, and into the space between cells in our bodies. These wastes and the water, are picked back up by the circulatory system to be flushed out of the body. Our kidneys use an osmotic balance set up against water, to pull waste compounds out of our blood along with some water, to dilute our urine.

The more water that is in your blood the more toxins you are able to pull out with your kidneys for urination. Similarly, you can see in your urine if you are drinking enough water to support this process. If your urine is clear to pale yellow, you are good. Having a darker yellow urine on a regular basis can be a sign of a potential infection or simply a sign that you need to be drinking more water. Be sure to pay attention and see a doctor if you are concerned.

Other signs that you should be drinking more water is if your mouth is dry, if you get headaches, or are dizzy frequently. Your mouth being dry is not only a sign that you should drink water in that moment, it

is a sign that you are generally not getting enough water. It takes a little time to set up a water balance so that your mucus membranes are fluid with enough water, so when you are thirsty, it is too late to shift the balance for that moment. Similarly, if you spray when you talk, or if you can see saliva in your mouth when you talk you need more water.

MOVEMENT INTRODUCTION

Now, again, most of us do not get enough movement in our lives either. But that is alright. We all have busy lives and through this book we will continue to give you tools to help you find ways to add these wellness inputs into your life more effectively. Movement is one of those things that people often just do not like. It is work in itself, so I do not blame you for wanting to just skip this section right now. I would highly advise against this. Let's just start with a little true and false quiz.

True False

- | | | |
|-------|-------|--|
| _____ | _____ | Sitting in the office all day does not have any positive or negative effects. It is neutral. |
| _____ | _____ | Walking is a great way to start exercising. |
| _____ | _____ | Walking is an excellent way to get all of the exercise you need. |
| _____ | _____ | Movement does not help with detoxing our body. |
| _____ | _____ | Moving is not good for heart wellness. |
| _____ | _____ | Running is necessary for circulatory support from movement. |
| _____ | _____ | Wiggling is a valid form of movement. |
| _____ | _____ | If you exercise properly, you will not get injured. |
| _____ | _____ | Exercise causes stress and anxiety. |
| _____ | _____ | Exercising hurts. |
| _____ | _____ | Exercising can be fun and enjoyable. |

Answers:

FALSE Sitting in the office all day does not have any positive or negative effects. It is neutral.

Sitting itself can be detrimental to your health. It is being suggested that sitting for 2-3 hours in a row will negate the beneficial effects of 30 minutes of vigorous movement. This suggests that just standing to do your everyday tasks such as computer work will be better for you than sitting.

TRUE Walking is a great way to start exercising.

Yes, it sure is. If you are used to sitting all day and you need to start moving in some way, then walking is a great way to get onto your feet. Don't forget, when you see this little walking person throughout this book, take a few minute break to get up and walk around. This is an easy way to add in a few more minutes of movement each day.

FALSE Walking is an excellent way to get all of the exercise you need.

Unfortunately, walking does not meet the standards of movement suggested by the American College of Sports Medicine. It is suggested that three 30-minute exercise bouts a week, of moderate to vigorous activity is a minimum place to be at for movement wellness. Ideally, they suggest that you do five 30 minute bouts a week. We will get there. Just start with walking until you are ready for more.

FALSE Movement does not help with detoxing our body.

Movement is a great way to help your body detoxify. It works for this through two different methods. First of all, we know that when we are doing moderate to vigorous activity, we start to sweat. Sweating is one of the ways that our body releases toxins through our skin.

The other way typical movement helps to detoxify your body is by helping to move your lymph fluid through your body. Your lymphatic system collects a variety of toxic substances and flushes them out of your

body through your digestive tract. The challenge with the lymph system is that there is no muscle tissue to move the toxins to the digestive tract. Rather the lymphatic system uses all your movement to push the toxins through your body.

FALSE Moving is not good for heart wellness.

Most exercise focuses on working the muscles and yes, the heart is a muscle. Slowly increasing movement and exercise helps to increase the strength and endurance of the heart muscle itself. This comes by simply practicing using the heart muscle at a higher capacity, through moderate exercise.

FALSE Running is necessary for circulatory support from movement.

Vigorous movement is not necessary for circulatory support. Moderate energy movement is all that is needed, but over time you can build a tolerance to this. You may need to increase your energy expenditure to get the same results. There are also plenty of other ways to exercise other than running to get the energy expenditure needed for the benefits to your circulatory system. Other moderate to vigorous activities that are great include swimming, dancing, biking, and a variety of strengthening exercises.

TRUE Wiggling is a valid form of movement.

Wiggling is an excellent way to move. It is ideal to support lymphatic flow and it can be fun! Often wiggling or creative self-dancing is one of the best ways to start moving. Doing it alone in your home is a great way to build your own confidence around movement. I love to wiggle. Though it sounds funny, you know it would be fun to do too.

FALSE If you exercise properly you will not get injured.

Even the best athletes get injured sometimes. The more you get used to moving, and the stronger and more flexible you become, the

more you reduce your risk of getting injured doing everyday things. For instance, if you reach too high and hurt your shoulder, it could have been prevented if you had been stretching regularly and were used to moving your shoulder in that fashion. Similarly, hurting your back by picking up a heavy box, could be prevented if you had already strengthened your back muscles through movement.

FALSE Exercise causes stress and anxiety.

It is true that for some people, thinking about exercise can be stressful. Doing the actual exercise may feel stressful at first, in the long term will actually reduce your stress experience. Exercise releases endorphins to reduce your stress response rather than causing it.

The more you exercise the more you enjoy it.

TRUE Exercising hurts.

There are three different ways that exercise can hurt. The most obvious is if you get injured. Second, if you are not used to doing an exercise, whether it be strengthening or stretching, doing the actual exercise can be painful. With this pain, the more you do it the easier it will become and over time, less painful.

The third pain comes after exercising. This is called delayed onset muscle soreness (DOMS) which shows up 24-48 hours after exercising. DOMS occurs when your body is inflamed after exercise and the tissues then get damaged from the inflammation, causing the pain. A way to prevent this, once you are doing consistent exercise, and are experiencing this phenomenon, is to focus on reducing your body's inflammatory response to exercise by following some of the tips in the chapter on inflammation.

TRUE Exercising can be fun and enjoyable.

Exercising, of course, can be enjoyable. No one says you have to do exercise that you do not find fun. Find a friend to exercise with. Enjoy the outdoors while exercising. Listen to music or read a book while at the

gym on a treadmill. If you don't want to go to a gym there are great ways to exercise at home, too. Videos on YouTube can help you find new movements. Try laughing yoga for instance and laugh your way to starting more movement. Crank up the music and start to enjoy your movement!

SLEEP INTRODUCTION

Do I need to ask? No, few of us get enough sleep. We already know that. Everyone always says get 7-10, or about 8 hours, of sleep a night, but we never find the time to do that. Why do we need sleep in the first place?

Why do YOU sleep?

What happens to your body when you sleep?

How do you feel when you wake up?

What would a healthy sleep schedule for YOU be?

What would be the benefit for you to have a consistent sleep schedule?

What is stopping you from having the sleep schedule you want?

Sleep is something we all need. There are stories of a variety of famous people not sleeping for more than 20 minutes a day. Only one in a million people can do this, and for the rest of us, we need more sleep. Sleep is our primary method of recharging our batteries. We use the time sleeping to digest food, build new tissues, repair injuries, and detoxify our bodies.

The other big thing we do while sleeping is dream. We use our dreams to process the events of the day, and they are essential to digesting the stresses we deal with. Dreams allow our bodies to enact situations we may need to mentally process and explore more, often giving us insight to our own reasons for our actions. While not everyone needs or benefits from this mental processing, it is a key reason that having adequate sleep benefits our stress levels.

Sleep is also necessary to recharge our mental capacities. When you are not getting enough sleep, you are damaging your nervous tissue and preventing it from repairing itself while you sleep. Caffeine can be a temporary fix to this, but long term it can be very detrimental to your mental and physical health, with your body not having the time to heal and strengthen your nervous tissue during sleep.

Your mental capacity includes your reaction time as well. This is especially important when driving. Driving while being tired can be just as bad as driving while intoxicated. Do not be afraid to pull over if you are tired. I have done this, and I have had a variety of experiences with it. Once, I had a police officer come and wake me up and tell me to get off of the highway if I was going to sleep in my car. This is one dilemma you may face, but there is always a safe place, and if an officer is upset for where you are sleeping they should be able to offer you another option.

When trying to get the sleep you need there are a few basic strategies you can take. The first thing that I tried was scheduling when I was going to go to sleep along with other daily activities. It was challenging, but by having a more detailed sleep schedule, when I was going to get things done, having a space for extra activities, and a set time to stop doing each activity, I was a little more able to stop what I was doing and prepare for bed. Also, having a ritual before going to bed of brushing your teeth, turning lights down an hour before bed, and reading a book are all good steps to take to prepare for sleeping.

PERSONAL ENVIRONMENT

This pillar of wellness regards your home, work, the people around you in these places, your outdoor experiences, and other communities you are involved with. The main reason that I am including these in our main pillars of wellness is that they are the most common stress as causing things in our lives: work, relatives, and home life. Most of us know the primary events that cause us stress. What can we do with our environment to reduce our stress?

*Are there individuals you are frequently around that effect your wellness?
How?*

Are there places that you do not feel quite yourself? Why?

Home

Have a place separate from everything else that is your space. Even if that is just a chair or an office desk, or a whole separate room, have a space where you can separate yourself from the people looking for your attention or from the things that need to be done. Having an activity to do at home to take a break is also a good idea. Possibilities here include having a book to read, taking a bath, meditating, having a place to do some exercise, or taking a break to watch a television show. Some people need a quiet home to relax and having a separate quiet space can be helpful. Others need noise, and having the television or radio on can be supportive. What helps to relieve your stress and how can you add that into your home life?

Work

We all work in different environments and we all work 'well' in different environments. Create an environment in your work space that is conducive to how you work best. Taking breaks is important and the law requires that you do so. If your employer does not offer them to you, ask! It is important to your own wellness. It can also be difficult to work with some people. Not everyone has the same views of how the work place should be run. The best way to deal with your upsets regarding this is to talk to your supervisor about how you should handle challenges. When they appear to be personal problems, calmly talking to the other people involved can sometimes solve the challenge.

Though it sounds silly to most adults, really putting yourself into their shoes can make a big difference in how you interpret and react to a situation. Similarly, meditation and relaxation techniques can really reduce your stress response when someone pushes your buttons. There are more tools to help with this in our chapter on stress.

Relatives and Partners

Ah, the joy of others! A cause of stress for everyone at some level. Your family are the people that know you best, and often provide some of

the most challenging relationships through our lives. They are there through your ups and downs, and boy can that be stressful, as you are there for theirs as well. Taking the time to check in with the people around you to see what they need is a great tool to show them that you care and to help reduce their stress.

It can also help to know that you are supporting their needs, reducing their upsets, often the source of your stress. When they are not stressed or worried, they will be less likely to take their upset out on others. This opens up space for your own wellbeing. When you have relatives visiting your home, it is all right to designate a space where they cannot go, in some fashion. This will give you a way to separate yourself from them if needed.

There are also environments that can be stress reducing for us as well. These should be used as tools for when we need a little relaxation or a break from stressful environments. Ideally we would be trying to shift our home and work lives so that they do not have stress causing agents, and that they are full of communication and openness. These sorts of environments are great to bring a piece of peace into your home or work place.

Community

Having a social community outside of your family is a great stress reliever to most people, and it can be a great place to develop other areas of your life that can feel like they are restricted at home or work. Often we look to our community outside of our home as a place to escape, a place to go to for pleasure and to be around others with similar interest as ours. This can be very fulfilling, but should be something to strive for in our home and work lives as well, a place where we can be fully ourselves and still participate in the event at hand.

Nature and the Outdoors

Now, nature and the outdoors is not a good place for everyone, but if it is one for you, you should get out and enjoy it. Spending time outside in a forest can be beneficial to one's health. This is because of the cleaner air and light spectrum we experience there. Some people find

their spiritual inspiration when they are in nature, and are invigorated there as a result. Where do you feel spiritually invigorated and inspired? Use this as a tool to support your wellness.

What are the positives and negatives to each environment you find yourself in?

What can be changed to support you in each environment?

What struggles do you experience with others?

What steps can you take now to improve these relationships?

MAKING A SCHEDULE

One of the biggest things that has helped me in my work and home life to reduce stress has been making a schedule. It takes a lot of effort each week to plan when you are going to do everything, but it is also a way to set your priorities straight and to really schedule in all of the things you want to do to support your own wellness. I always use Google Calendar but there are many other ways you can keep a schedule. I like that application because I can have it on my phone, it is attached to my e-mail, I can share calendars with other people, and I can have events repeat every week with a simple click.

I make sure to schedule in when I am going to be working, eating, sleeping, driving, exercising, socializing, as well as all of my other small chores that I need to do. I also schedule in a time to do next week's schedule. This tool was great in getting me started in moving towards wellness. I may not complete all of my wellness tasks each week but I know that they have a place in my schedule. When I am ready to make the change on an individual task, I do not need to find a time or the tools to make it happen.

Accepting that I might not get to all of my wellness practices every week has been very relaxing for me. This ability to be flexible with my schedule has served me in developing my schedule into more of a routine. A routine to your day is something you do without much thought. Having

my wellness practices scheduled into my life has encouraged them to become part of my everyday life, making the commitment to them easier.

We have gone through a wide variety of different health and wellness inputs here and barely scratched the surface of how you can use each one to support your individual wellness needs. Please continue to support your own wellness path by continuing with this book. Even if you only have gotten one thing out of these pages so far you are already started on a new path to better yourself for a longer, happier, more well lifestyle.

INSPIRATIONAL ACTIVITIES

Now we are going to backtrack a little bit. I think one of the key pieces to everyone's wellness is feeling inspired. For many people this comes through spiritual practices. For others it comes through a successful business, or through friends and family. I feel that it is important to have these connections to keep us going and to get to the places we want to be in in life. It is hard to move forward if you are not thankful and accepting of the place you are in now. Let's take a look at where you are in life and where you want to be.

What pieces of your life make you happy?

What pieces of your life do not make you happy?

What is your ideal method of making a living for yourself?

What is your favorite hobby?

What are you proud of that you have done?

What are your personal beliefs about life?

What do you need in your life to be happy?

Do you have these things? Can you add them?

Where do you feel most yourself?

What do you like most about yourself?

What is your passion in life?

What steps are you currently taking towards your life's passion?

What are your goals for the next year?

What are your goals for the next five years?

What will make you most happy if you add it to your life tomorrow?

This is a self-explorative process. Feel free to go back over these questions regularly to see what has changed about your life outside of your physical wellness needs. We so often disregard our mental wellness and it is really the puzzle piece that allows us to go through our day without hurting ourselves or others through our words and actions. Having good mental health can not only serve you well, but also serve your entire community when you offer clear communication without judgements.

JILLIAN CARNRICK first became interested in plants in high school, where she took her first botany class. Jillian attended Maine Central Institute, an international boarding school in central Maine. There, she was not only introduced to many international students, but also became deeply involved in the school's ballet academy and environmental science program. Being inspired by these three communities, she earned a Bachelor's Degree in Biology with minors in Asian Traditions and Dance at Muhlenberg College. Completing a capstone project on Chinese Medicine, she was introduced to the East West School of Herbology. Under the guidance of Michael and Leslie Tierra she began her studies of herbs. After college, she moved to attend classes at the Maryland University of Integrative Health. There she studied under herbalists such as Bevin Claire, Camille Freedman, Kevin Spelman, James Snow, James Duke, and Simon Mills and graduated with a Master's of Science in Herbal Medicine in 2012.

During graduate school, Jillian continued her studies of dance and became a Certified Personal Trainer with the American College of Sports Medicine. Upon graduating from MUIH, Jillian opened The Dancing Herbalist, LLC. This topical products company combined Jillian's passion for dance and movement, her skills as a Certified Personal Trainer, and her love of crafting high quality products. With this company, Jillian is continually researching the best herbal extraction methods as well as new modes of herbal absorption through the skin. Her desire to find the best traditional herbal formulas, combined with her knowledge of scientific developments, has led to many successful products including her Ylang-Ylang Rose Geranium Cream, winning an award at the 2012 American Herbalist Guild Symposium.

Jillian has been continuing her research on various traditional uses of herbs, and now works to relate this information to modern clinical research being done on these herbs. Most recently, Jillian presented two posters at the American Herbalist Guild Symposium in 2014. Jillian's poster, "Arnica: Friend or Foe", received the award for "Most Clinically Relevant." This poster broke down the traditional uses of non-homeopathic arnica, and looked at the modern research on how this plant extract works in the body. Jillian also searched for the safety indications that traditional herbalists were using. She was able to relate these

indications to modern clinical trials to determine a safe and effective way of using arnica both internally and externally. She now continues to research herbs used topically to find new and interesting ways of making topical products for healing support. Her learning has continued from there, obtaining a level 1 Exercise is Medicine credential through the American College of Medicine in the spring of 2016. Ever learning and loving life, Jillian is glad every day to get to share her knowledge with all communities she walks into, supporting the wellness of those around her.

Feel free to follow Jillian on the following social media platforms:

Facebook: The Dancing Herbalist, LLC (business page)

The Dancing Herbalist's Herbies (group)

Word Press: The Dancing Herbalist

Twitter: @DanceHerbalist

Jillian publishes a free monthly wellness newsletter listing her classes and upcoming events. You can sign up for this by visiting her website at www.thedancingherbalist.com.