

Accept that each day is not perfect and that our identity is not based on one day. Allow ourselves conscious deviations and return to healthy habits afterwards.

DOSE, REST, MOVE, BREATHE AND LAUGH DAILY!!!

# Month

# 2022

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
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# BAROMETER

TAKE YOUR BASIC PARAMETERS,  
WITHOUT BECOMING HYPERVIGILANT

## **Pulse**

Take note of your pulse at rest and during activities. When you get up, if your pulse is more than 20 beats above your normal range, adjust your day to maximize rest and relaxation.

## **Sleeping Routine**

Bedtime :

Wake-up time:

## **Rest**

Maximize frequent, short rests outside of bed during the day. As health returns, naps will be replaced by quiet activities.

## **Alimentation**

Lunch time and easy/healthy meals:

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Dinner time and easy/healthy meals:

## **PEM**

At the end of the week, frame the days when you are reacting to a demanding activity and review your activities of the past 72 hours: more stress? more physical or cognitive effort? a cold? going off your routine?