

E - B O O K

An Essential Guide to Introducing
Mind-Body Wellness & Healing
Techniques



THE RISE & THRIVE MORNING ROUTINE

- HARNESS THE POWER OF START -

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Welcome!

I understand first-hand the difficulties of navigating life while coping with a chronic health condition. The unpredictable nature of symptoms often hinders the pursuit of a fulfilling life and the ability to plan for the future.

It impacts not only our physical well-being but also deeply influences our mental and emotional health, often leaving us feeling limited and confined from within.

However, there's encouraging news: each of us inherently holds the power to shift our experience of living with a persistent health issue; the key lies in accessing our inner wisdom to reach our health and wellness goals.

Given health conditions manifest differently from person to person, it takes a personal journey of self-discovery and it all starts with first establishing the groundwork of an empowered mindset, enabling you to embrace the benefits of mind-body wellness practices and techniques.



Thank you for joining me as I draw from my personal experience of introducing mind-body healing practices and techniques aimed at crafting a wellness morning routine. A morning routine holds the key to transforming our experience with our health condition and ushering in a new day.

I'm Zena, a trained mindset and life purpose coach living with a chronic pain and autoimmune diagnosis driven by my passion to support individuals with chronic health conditions to embark on their own personal journey towards realising their optimal health and wellness, despite their diagnosis.

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The first step sets the stage for building momentum. Once you take that initial action, it becomes easier to continue progressing, and the cumulative effect of consistent steps contributes to sustained momentum.

2 Crafting a "Rise and Thrive" morning routine

A structured morning routine helps set a positive tone for the entire day. By starting your day with intention and purpose, you're more likely to carry that state of being throughout your day.

3 Pledge of commitment

Creating a written commitment increases the likelihood of follow-through. Once we've committed to a particular course of action, we inherently feel a self-imposed pressure to align our behaviour with that commitment.

4 Additional resources

These are some of my favourite resources to help support you with creating your Rise and Thrive morning routine.



EVERY JOURNEY STARTS WITH A SINGLE STEP

What if you were presented with the chance to transform the way you navigate life with your health condition. To change your current reality so the condition is no longer the central force in your life but you are!

To rediscover a life filled with passion and purpose. Would you be willing to take the necessary first step to make it a reality?

If the answer is yes, then continue reading, because this e-book is tailor-made for you! It's designed to empower you, guiding you in cultivating a morning routine that launches your day with inspiration and positivity, ultimately influencing your overall health & well-being leading you to witness a shift towards wellness.

We all crave fast and tangible results! Without them, our motivation and interest can dwindle as rapidly as they appeared. However, if you commit to consistently tapping into the power of initiation, I assure you that results will follow. The potential lies within you; just begin each day with that awareness!

Harnessing the Power of Start

Creating a nurturing morning routine isn't just a luxury; it's a foundational step towards unlocking your inherent healing abilities, allowing you to transcend the limitations imposed by your condition.

Through consciously selecting activities that actively shape your physical, mental, and emotional states in the morning, you'll set a positive trajectory from the beginning, effectively establishing the tone for the rest of the day.

Routine as a Stability Anchor

A chronic health condition often introduces an element of unpredictability into daily life. A structured morning routine acts as a stabilising force, providing a sense of order and predictability in an otherwise fluctuating landscape of symptoms!

Knowing what to expect in the morning because of the routine you've created fosters a feeling of control, which can be empowering and supportive in managing the uncertainties.

CRAFTING A RISE AND THRIVE MORNING ROUTINE

Now, let's take that first step and embark on crafting your "Rise and Thrive" morning routine!

What follows are ten exceptionally potent science-backed mind-body connection for balancing health and well-being, ranging from traditional to more unconventional approaches. I ask you to be open to experimenting, you have nothing to lose and everything to gain!

Over the course of the next 14 days commit to practicing maximum 3 of these strategies and techniques, observe what resonates with you and swap out any practices that don't, as you feel fit.

You'll be pleasantly surprised at how swiftly they evolve into habits. What initially began as a trial will seamlessly transform into a daily routine.

Before you read on. To solidify your commitment to your "Rise and Thrive" morning routine, sign the pledge. Print it out and display it where you see it every morning to help maintain your focus and stay on track.



1) PMR

Progressive muscle relaxation (PMR) is a powerful technique for alleviating morning tension throughout the body, fostering a state of relaxation right from the comfort of your bed.

Developed by American physician Edmund Jacobson in the 1920s, PMR consists of systematically tightening and relaxing of various muscle groups in the body.

Start with tensing and then releasing the muscles in your toes working your way through the various body parts ending the session at the top of your head.

For a guided version, [download](#) my free 7-minute guided muscle tension release audio.

CRAFTING A RISE AND THRIVE MORNING ROUTINE

2) Mind-body synchronisation

Begin with a conscious breathing exercise. Sit or lie down comfortably, close your eyes, and focus your attention on your breath.

Inhale and exhale through your nose without attempting to alter the natural rhythm of your breath. As you breathe in, pay attention to the sensations—the cool air entering and the warm sensation upon exhaling through the nostrils. Stay present with the sounds accompanying each breath.

Gradually, focus on intentionally lengthening the exhale, fostering a mindful awareness of your breath.

Stay with this practice for 5–10 minutes. This practice not only induces full body relaxation but also communicates to your brain that everything is safe, influencing your central nervous system which reacts by turning down pain signals.

3) Setting positive intentions

Setting morning affirmations can be a powerful tool to manage symptoms, cultivate a strong mindset and create a reservoir of mental resilience to draw upon. It's essential to choose statements that resonate with you personally.

Repeat them with conviction and sincerity, allowing the affirmations to influence your thoughts and emotions, ultimately contributing to your overall well-being.

Here are some examples of empowering affirmations tailored to strengthen your belief in the ability to improve your health & wellbeing:

- *"My Health is my priority."*
- *"I am deserving of optimal health and well-being."*
- *"Each day, my health improves in every way."*
- *"I invest time in nurturing my body and mind."*

CRAFTING A RISE AND THRIVE MORNING ROUTINE

4) Mindful movement

Fostering a positive relationship with movement activates the muscles and contributes to increased energy levels by stimulating the nervous system. This boost in energy can set a positive tone for the day, enhancing overall vitality. Here are 2 ways to get started:

Morning stretches gradually improve the flexibility of muscles and joints, improves posture, promotes better blood circulation, delivering oxygen and nutrients to the muscles. Improved circulation helps alleviate stiffness, reduce muscle fatigue, and enhance the body's overall function.

If you're ready to step it up, adopt a **yoga sun salutation practice** or **tai chi** movements that emphasise gentle, flowing movements and can be modified to accommodate various levels of mobility.

Check out the resources section for free online videos tailored to beginners starting with these movement practices.

5) Gratitude attitude

Gratitude journaling for the mind and body involves focusing on what you can do rather than what you can't and reflecting on what you're thankful for to positively impact both your physical and mental well-being.

Journaling is a personalised practice; you may prefer to write freely without structure for authentic self-expression or if you're unsure where to begin, start with a prompt.

Experiment with the following prompts to see what resonates with you, or opt for simplicity by starting with "I am grateful for..."



CRAFTING A RISE AND THRIVE MORNING ROUTINE

Gratitude for the Mind:

- *"I am thankful for my mind's strength in overcoming challenges like..."*
- *"Today, I appreciate my mental resilience when faced with..."*
- *"I express gratitude for the clarity and focus my mind provides in situations like..."*

Gratitude for the Body:

- *"Today, I am grateful for my body's ability to..."*
- *"I appreciate my body's strength in allowing me to..."*
- *"I am thankful for the health that allows me to engage in..."*

6) Guided meditation

Guided meditation extends a multitude of benefits. Beyond promoting relaxation, it furnishes a structured, supportive, and focused practice—making it an ideal introduction to meditation for beginners.

Choosing a guided meditation involves considering your preferences, goals, and the style that resonates with you.

Guided meditations vary in length, so choose one that fits comfortably within your morning schedule.

Explore the additional resources section to find a selection of free online guided meditations. Simply find a quiet space, grab your earphones, and immerse yourself in a guided journey to complete relaxation, shutting out the external world.

7) Mindful presence

Weave mindfulness into the fabric of your day by starting with the everyday morning tasks such as showering, dressing, washing your teeth or making the tea (or coffee), eating your breakfast start to engage your senses to anchor yourself in the present moment.



CRAFTING A RISE AND THRIVE MORNING ROUTINE

Focus your mind on the activity make no judgement. Stay absorbed in the moment using your senses to notice the sounds, smells, and sensations as you go about these.

Mindfulness is a skill that develops over time, and it's normal to have moments of distraction or restlessness. Making it part of your morning routine will help you gradually extend the duration as you become more comfortable to cultivate awareness and presence as a habit.

8) Sound therapy

Acoustic therapies, renowned in the alternative medicine community are increasingly gaining popularity as a method to facilitate self-healing within the body.

Although the idea that sound can promote healing may seem far-fetched, it is supported by substantial scientific evidence that it stimulates the release of endorphins, the body's natural painkiller.

You can experience the benefits of sound therapy through various means such as listening to Tibetan singing bowls,

participating in an online Gong bath meditation, or even enjoying classical music.

Certain sound frequencies have the ability to wake up our alpha waves in the brain commonly believed to possess healing properties when they are dominant. These include:

- 174 Hz, alleviates pain, stress promote healing of tissues and organs.
- 417 Hz, facilitates change and eliminates negative energy.

Numerous recordings are accessible at this frequency to stimulate the brain. All you require is a pair of earphones and a quiet space to immerse yourself in the therapeutic properties.

Check out the resources section for recommendations.



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9) Humming

Believe it or not, the simple practice of humming can have physical and psychological benefits. The act activates the parasympathetic nervous system, promoting relaxation and helping to alleviate stress and anxiety.

The vibrations resonate not only in the vocal cords but also throughout the body. This resonance can have a calming effect, promoting a sense of balance and harmony.

Research suggests that humming may stimulate the production of nitric oxide in the sinus cavities. Nitric oxide has various health benefits, including promoting blood flow and reducing pain.



Used in traditional eastern rituals, chanting or humming carries cultural and spiritual significance that adds depth to the experience. Explore the additional resources section to delve deeper into creating a humming ritual for improving health.

10) Power poses

Power poses refer to a concept in social psychology that suggests certain body postures can affect an individual's psychological and physiological state, potentially influencing their confidence, assertiveness, and stress levels. The idea gained popularity through the work of social psychologist [Amy Cuddy](#).

The research suggests that holding power poses for a certain duration, even for as little as two minutes, could lead to increased levels of testosterone (associated with dominance) and decreased levels of cortisol (associated with stress).

Experiment with the 'Occupying Space' empowering pose to invigorate and energise you - ready for the day:

Stand or sit with an upright posture to convey a sense of presence and confidence. Open and extend the arms, legs standing with feet apart, hands on hips or at the sides. Expand the chest by pulling the shoulders back and take up physical space by expanding the body in your environment.

PLEDGE OF COMMITMENT

I (.....
insert name) am making a commitment that for a period of 14 days I pledge to courageously embark on the journey necessary to strengthen my mind and body to achieve my goal of better health and wellbeing.

I promise to explore 2-3 mind and body practices or techniques as a commitment to creating my own Rise and Thrive morning routine.

By dedicating myself to taking decisive action, I strive to prioritise my personal health and well-being, reigniting passion and purpose in my life once more.

Signed:

Start Date:

ADDITIONAL RESOURCES

Tai Chi for beginners:

[Tai Chi for Beginners | Warm Up & Flexibility Exercises](#)

Sun Salutation for beginners:

[Easy Sun Salutation Slow Flow for Beginners with Modifications - 15 Minute Gentle Yoga Sequence](#)

Guided meditations:

[Meditation for fibromyalgia. A guided meditation](#)

[10 Minute Guided Meditation for Healing the Mind, Body, and Soul](#)

[Self Healing Meditation - Daily Meditation With Deepak Chopra](#)

[10 Minute Guided Mindfulness Meditation - Relaxation - Dr Julie Smith](#)

Sound Therapy:

[Sound Serenity](#)
[Healing Active](#)

Humming:

[The Benefits of Humming for Stress Relief | livestrong](#)

[The Humming Effect: Sound Healing for Health and Happiness: Goldman, Jonathan, Goldman, Andi, Beaulieu](#)

[Humming Practice - Navigation Practice for Life - YouTube](#)

Wellbeing App:

[In-Time 5-in-1 wellbeing app](#) (free download from Google Play or Apple store)
Offers the most free resources for breathwork and guided meditation.

Journals:

[45 days of Gratitude Journal](#) - a journey to health and happiness

[The Chronic Pain Journal](#) - your Journey to Wellness

ABOUT THE AUTHOR

Firstly, a BIG THANK YOU for downloading the Rise and Thrive Morning Routine e-book.

Like you, I've also dealt with the challenges of a chronic health condition and the myriad of physical, mental and emotional symptoms that come with it.

I lived on a cocktail of prescription medication and at times, I felt alone with no-one even knowing that I was in a battle with an invisible debilitating illness.

It certainly takes strength and resilience to create any kind of life for yourself!



Fed up with not feeling better, dealing with side effects of the meds and lack of support from doctors, I started to research alternative ways to manage the symptoms of my condition.

I delved into the teachings of Dr Joe Dispenza, clinical psychologist and researcher on neuroscience and Dr David Hamilton, expert in the field of mind-body connection and many more...

This took me on a journey of self-discovery into the mind-body connection to healing and the power of our mind to change our reality.

I armed myself with the knowledge to change my thoughts, beliefs and behaviours and introduced mind-body healing practices like breathwork, meditation and mindfulness which together unlocked my healing potential.

I truly believe, everyone has the innate ability to heal, we just need the right support, tools and resources to make it happen.

Needless to say, I'm passionate about sharing my experience and now coach & mentor other people living with chronic health conditions to unlock their healing potential.

If you are seeking support on your personal journey to better health and wellness, book a free Discovery Call today!

Love & Strength,

Zena Hockley

Book a free [Discovery Call](https://www.fibrowarriorcoach.com) today
or visit www.fibrowarriorcoach.com