



# Self-Care Map

Do the Next Best Thing to Support Your System

## The Three-Basics

- Epsom Salt Pack or Bath
- Hot Pack on the Liver
  - right side, under the rib cage
- Dry Brushing
  - brush in the morning
  - massage limbs and torso in circular motions toward the heart

## Topical Remedies

- Epsom Salt Gel
- Magnesium Oil/Spray
- Esogetic Wildcrafted Herbal Oil
- Essential Oils and Lotions
  - Lavender (relaxation)
  - Citrus (alertness)
  - Eucalyptus (clear senses)
  - Frankincense (multiple uses)

## Somatic Exercises

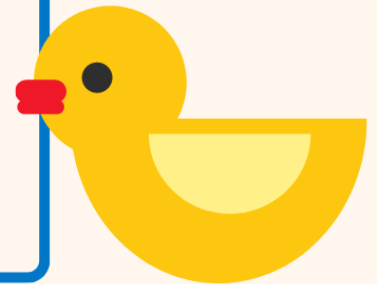
- TRE Stretches
  - Dr. Bercei
- Breathe Work
- Fascial Stretch Therapy
- Meditation
- Somatic Internal Family Systems
  - Susan McConnell

## Alternative Remedies

- Sauna/Infrared Therapy
- Cod Liver Oil Pack
- Bach Flowers
- Cupping
- Acupuncture/Colorpuncture
- Light Therapy or Salt Therapy

## Sensory Remedies

- Weighted Blanket or Ball
- Exercise Ball or Rocking Chair
- Ice packs (palm sized)
- Fidget Toy or Sandtray/Playdough
- Calming Sounds
- Drink Warm or Cold Liquids



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