



## PSYCHOTHERAPY STRESS-RELIEF SERVICES

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### Wellness Suggestions

You may feel a little tired the evening of following your session. This is natural because your body is in a mode of regeneration. If you feel tired allow yourself a nap or early bedtime. In order to optimize your session and give your body additional assistance for wellness, we suggest the following:

#### **Be mindful of your healing intention:**

“I am ready, safe, and willing to be completely healthy on all levels.”

#### **Be mindful of your diet and exercise:**

- Drink plenty of fluids (water and juices) daily, natural spring water is best.
- Please no alcohol on the day of your therapy.
- Avoid eating pork.
- Limit your sugar and caffeine intake.
- Increase your intake of green, alkalizing vegetables.
- A daily walk is invigorating and very helpful for lymph system movement.

Give yourself plenty of sleep each night – try for 8 hours. Be sure to remove any electronic items from around your bed that may create electrical stress while you are sleeping. These include: digital clocks, electronic devices, computers, televisions, computers, circuit breaker boxes, heating pads, and electric blankets. Treat yourself to plenty of fresh air and sunlight, 10-20 minutes daily as weather permits.

Remember healing is a process that occurs on a physical level as well as on an emotional and psychological level. An important part of this process is your willingness to be loving and forgiving towards yourself.