

Integrative Oncology
Daily Ritual Summary/Checklist

1. Stress management
2. Meditation. Visualization. Reflection. Prayer
3. Good sleep. Plenty of rest
4. Optimizing Nutrition
5. Exercise. Yoga. Breathing Techniques
6. Honoring our emotions. Allowing them to move through us
7. Embracing uncertainty
8. Feeling in Control. Empowerment
9. Balance. Inner Peace. Homeostasis/Homeo-dynamics
10. Grounding. Being in Nature
11. Sense of purpose. Gratitude
12. Clearing old traumas: ours, our parents, and our ancestor's traumas that we carry (epigenetically, etc.)
13. Create your own daily "checklist"

REMINDER:

- Honor all your feelings
- Trust your powerful inner wisdom, your **intuition**.
- Be with those who make you feel good, who support your inner peace in the midst of all the challenges
- You are unique. Please do not compare yourself with others
- Accept help. You are always giving
- See medicines, chemotherapy, surgery, radiation, etc. as Healing treatments, tools in your healing journey
- Visualize your potential for infinite possibilities and healing • Message of **hope**: for any condition considered "incurable" at this time, an answer may be around the corner • Miracles do happen. Spontaneous remissions