

# Holistic Habits That Stick:

A Simple Guide to  
Sustainable Self-Care

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# Introduction

If you're one of the too-many living with the core wound of unworthiness that can show up as shame, guilt, anxiety, overthinking, chronic anger, and/or unresolved trauma — that can keep you living in limited patterns that you outgrew long ago — you're in the right place!

We can get you feeling better right now — like literally, right now (I'll guess that you already know this but will remind you just in case):

Breathe through your nose. Put your hand on your belly and expand your inhales into your hand. Let your breath slow down and slowly lengthen your exhales... Now, do you feel relaxed and clearer?

What about when you feel unbalanced or fearful, doubting your worth in speaking and living your truth? Or when you feel an irresistible craving for something you know harms you?

Can you get yourself to stop and consciously engage your diaphragm through slow and steady breaths, and simply focus on doing so until you feel more centered and clear?

This is helpful, of course, but too often stress hormones have already been released, and this can keep you functioning in undesirable patterns.

**This is why we practice daily holistic healthcare — to consistently align habits in body, mind, and emotions with our true nature.**

# Why Practice Daily Holistic Healthcare

We practice holistic healthcare everyday to:

- Cleanse our bodies, minds, and spirits for more energy, clarity, creativity, inspiration, motivation, flow, and ease all-around (including financially!)
- Create and sustain a stress-free internal environment that guides and supports us 24-7
- Help heal us from pervasive (and often subtle) chronic stress to reduce physical, mental, emotional, and relational dis-ease
- Reduce physical, mental, and emotional cravings for harmful relationships, behavior, and consumption
- Change our thoughts, communication, and thus the dynamics of our relationships
- Strengthen and deepen self-worth
- Sharpen physical, mental, and emotional capacities — meaning we get smarter and feel more connected, whole, authentic, and better all-around
- Release critical neurotransmitters (endorphins, dopamine, oxytocin, serotonin) that make us feel and look younger with extensive health benefits.
- Most importantly we experience and cultivate our life with profound love, joy, and peace

# Why We Create Daily Holistic HABITS

We create *habits* of daily holistic healthcare because habits:

- SUSTAIN supportive, healthy lifestyle patterns
- Require less energy—habits are practiced with less physical resistance and/or resistant thoughts
- Reserve our energy to focus on new growth, expansion, and everything else in our lives!

Really, this all occurs with a commitment to showing up for ourselves unconditionally, like a game that we play with the inner child, discovering how to care for ourselves better than we've ever known, supporting a healthier and more grounded self to share with others.

All you need is your commitment to show up for yourself everyday, and if you have a bad day, don't sweat it! Because tomorrow is a new day. Always give that compassion to yourself.

You are your own parent now. You are your own caretaker. You deserve love and care, first from yourself. All you need to do is *practice* showing up for yourself.

## How to Use This DIY Guide

- Choose one holistic practice from the glossary that appeals to you most and is the easiest for you to begin.
- Commit to that practice everyday for one month. Write it in for that month. Check off each day that you complete that task if you desire. Write in notes if that appeals to you, like how you feel through the process each day or the results you experience.
- At the end of one month, do you feel confident to continue this habit daily while bringing in another holistic tool from the glossary? If so, choose one, put it on a new month, and check off your days and write notes if you so choose.
- If not, continue strengthening that habit—some are more challenging than others—or if it doesn't feel right or give you the results you desire, drop it, choose a new practice, and mark your progress with it through a new month.
- After each month, assess. Continue the practice, or drop it. Add another new practice and mark your progress with it. With each addition of another holistic practice, continue with all other daily holistic habits you've already created.
- If you add one holistic practice per month, by the end of a year you will practice twelve holistic HABITS everyday. Now that's a lifestyle of holistic healthcare!

## Small Steps Ensure Release Of Critical Neurotransmitters

At times you may want to add more than one holistic practice in a month—perhaps you're super focused on building your morning routine, or bedtime routine, and feel confident in adding a couple practices at a time.

You'll feel what is right for you.

Ride the wave of inspiration, but remember, small steps are easier to take and maintain. Helpful neurotransmitters are more easily released when you set yourself up to win, which simply means showing up for the practice.

You release dopamine when you know you're on the right track, moving TOWARD your goal, so completion of every small step is a win.

Give yourself a moment to pause and recognize your progress with each step you take, even rewarding yourself for certain steps that you complete, to ensure a release of dopamine. This strengthens new neural pathways that support the behavior(s) you are developing for yourself.

**Set yourself up to FEEL GOOD and confident by following through with what you set out to do. Give that to yourself.**

It's cliché and f\*cking difficult but so very true: patience is a virtue, and the steady win the race.



# The Curve of Habit Creation

1. Habits start out with a bang. Excitement. A hell-yes-I-can-do-this.
2. Then they level off. Maybe feel difficult. Maybe bring up detox symptoms. Maybe you'll feel sore or tired. Maybe challenging feelings will surface, including, "how did I let myself go like this?" Be gentle and kind with yourself. Practice self-compassion! And KEEP GOING.
3. Then they plateau. You may wonder if you'll feel better or see results. Impatience may arise. You may feel like it isn't worth it. KEEP GOING.
4. Then they start feeling easier. Then you start feeling results. Then you may see results in your body or elsewhere in your life. Then you get to feel the fruit of your labor. KEEP GOING. It only gets better!

It takes at least 21-66 days to develop a new habit. Hence, the guidelines for this handbook.

Now if you're a normal human being and need support beyond yourself to see you through the process of building holistic self-care habits, keep in mind that this eBook is solely about instilling new, daily self-care into the fabric of your daily life.

It takes a minimum of 90-days and closer to six months to release unwanted habits and fully establish new patterns. This process is guided and fully supported in the online six-month one-on-one Holistic Liberation Program.

The Holistic Liberation Program is therapeutic yoga, holistic health coaching, and EFT-tapping made specifically for you!

I work with YOU to repattern how stress is triggered in your language, your thoughts and emotions, your body, working with your lifestyle.

This can't be DIY'd or delivered in public classes, videos, or an app made for the masses!

Learn more about the Holistic Liberation Program here:

<https://jyllin.com/the-holistic-liberation-program>

## Why DIY Holistic-Minimalist?

Do you want to feel (and look) young, healthy, vibrant, all of that, but you don't have the money or time or you frequently travel? Have you been given cortisone, antibiotics, antihistamines, suffer from skin, teeth, tongue, throat, allergy, sinus, gut, liver, or hormonal symptoms? Do you care about your own health, the world's health?

Utilizing simple products is healthier and saves money in this way: processed foods, oils, salts, topical and cleaning products cost more for what they are—chemicals, toxins, and pollutants packaged in plastic. Do you want this in the world, your home, let alone in your nerves, brain, organs, and hormonal system, all consumed through the mouth, skin and air we breathe?

DIY Holistic-Minimalist is healthier, cheaper, lighter, and is mindful of...

Toxic food. Toxic cleaning supplies. Toxic beauty ingredients. Plastic health impacts. Plastic pollution. Agricultural labor and human right violations. Consumer environmental impacts.

Sodium lauryl sulfate and flouride are even in "natural" toothpastes and skin products that are mostly overpriced anyway.

In the most basic holistic and minimalist sense, read the ingredients or make your own—if you don't eat it, don't use it!

## DIY Holistic-Minimalist Ingredients

This is so simple. Four ingredients and a toothbrush are essentially all you need. Apply the details about this ingredient list to the DIY Holistic-Minimalist bathroom basics self-care practices listed in the glossary.

- A natural salt contains more minerals and less toxic additives than a processed salt.
- Himalayan salt and/or decent sea salts are available mostly anywhere and shouldn't cost much more than processed salt.
- Raw and unrefined oils, such as coconut, sesame, olive, avocado, nuts & seeds, are more nutrient-potent than processed oils (and yes, they are absorbed through your mouth and skin) and simply, they taste, smell and feel better. Use oils you enjoy.
- Apple cider vinegar is acidic like all vinegars, but ACV is the only *alkalizing* vinegar. All other vinegars increase acidity.
- Repurpose glass jars and bottles from products you already buy.
- Reuse small bottles to pack essential ingredients as carry-ons when traveling.

# Glossary of Self-Care Practices

## DIY Holistic Morning Routine

**Meditation:** Integrate the separate, shadow self for self-love and acceptance. Promote flexibility in the brain by creating new neural pathways to change the brain, supporting the release of old thought and behavioral patterns. Cultivate equanimity to feel grounded, centered, and in rest or action rather than in reaction to discover health, balance, and serenity. (Guided by Jyllin: <https://youtu.be/dYcWSAYKvyU>)

**Conscious Breathing:** (All techniques listed are included in this guided meditation: <https://youtu.be/JSpzBCQDvAI>)

- Diaphragmatic or abdominal breathing: Safe for everyone, calms the nervous system, activates the immune system, and highly effective key to enter a meditative state. Easiest to learn lying flat on back, placing hands onto belly, and breathing into the hands. Feel belly relax on exhailes.
- Consciously slowing and smoothing the breath: Impacts the entire body by slowing down the heart rate, reducing blood pressure, and decreasing stress hormones as thoughts naturally become less distressing with this breathing.
- Elongating exhailes to twice the length of inhailes: Stimulates the vagus nerve. This reduces inflammation, strengthening brain-gut communication, and increasing positive emotions and social connection. Vagus nerve stimulation (VNS) is a systemic, and therefore, potent treatment for many health conditions that stem from chronic stress and trauma.

**Movement:** Full-body yawn, twist and curve the spine, raise your arms over your head, bring your knees into your chest,

move your face and jaw around, smile wide and/or laugh—any basic movements and cat-like stretching to get blood and lymph moving, and release the happy hormones, endorphins and dopamine.

**Yoga** (All links provided are practices guided by Jyllin)

- 15-Minute Yoga for Digestion:  
<https://youtu.be/ZASPIY7PRZs>
- 15-Minute Floor-Based Yoga for Creative Inspiration:  
<https://youtu.be/qhTLpqI-Ako>
- 20-Minute Yin for Gut & Mental-Emotional Detox:  
<https://youtu.be/W31h0TS-6GM>
- Seated Yoga for Shoulder, Wrist & Neck Opening:  
<https://youtu.be/ThRoAteqLw4>

**Compress & Release Groin Lymph Nodes:** To cleanse the body, and particularly the liver, of toxins. You can do this when lying flat on your back and bringing your leg to your chest, holding for 30 seconds, releasing and lying flat for 30 seconds, and holding the alternate leg in for 30 seconds before releasing for 30 seconds. Each time you may ease deeper into the compression, and with each release, feel deeper relaxation. Enjoy as you repeat for up to four rounds.

**Bounce, Jump, and Move Arms Overhead:** Jumping jacks are simple and efficient because they pump lymph and increase circulation both through the upper body and the lower body, and to the brain, while releasing dopamine and endorphins, in other words, happy hormones!

## **Journal. Write.**

- The Morning Pages: Write by hand for increased creativity and productivity, by releasing thoughts and their emotional counterparts so they don't plague or distract you. The point isn't great writing or to even read the writing. It is solely to release thoughts. Aim for three pages.
- Gratitude Journal: Writing in lists, or elaborating on what all you're thankful for reduces stress, boosts self-esteem and interpersonal relationships. As a result, a consistent gratitude practice spills over into all aspects of life.

## **DIY Holistic Morning Routine Continued with DIY Holistic-Minimalist Bathroom Basics**

**Neti Pot:** Clear nasal passageways with a Neti Pot to clear mucus and bacteria from the sinuses for daily cleansing, while relieving sinus infection, colds, snoring, and allergy symptoms.

**Pull Oil:** Put 2-3 tsp. of raw and unrefined oil in your mouth, swish it around for as long as you can—10-20 minutes is optimal or until after it thins out—and spit it in the toilet or wastebasket. Detox your mouth and entire body, whiten teeth, reduce inflammation, clear skin, etc. Can pull oil doing anything—always on an empty stomach—or while doing the following DIY Holistic-Minimalist Bathroom Basics.

**Dry Skin Brush:** Before bathing, use a natural bristled brush or an exfoliator cloth to brush your skin in soft, swift motions, moving up the legs and arms toward the heart, circling the abdomen in clockwise circles (to run in the direction of the large intestine), and from the face down the neck toward the heart. Cover as most of your skin surface as possible to encourage exfoliation, lymphatic drainage and anti-inflammation.

**Alternate Hot & Cold Water:** Hot & Cold Hydrotherapy stimulates blood and lymph circulation and consequently detoxification. You can build in alternation counts, the amount of time you spend under hot and cold, and extremes in temperature. Practice cold water exposure in a way that you enjoy—really, it gets easier and feels incredible once you get used to it! Of course, take it easy on yourself, especially if you’ve been sick.

**DIY Holistic-Minimalist Body Wash:** Wash with 1 tbsp. of baking soda or salt or both, either diluted directly in a cup of water as you use it or have it diluted, stored, with essential oils if preferred. The graininess of salt and baking soda also feels good to apply directly to the skin while showering.

**Use Apple Cider Vinegar for Skin:** Diluted apple cider vinegar can be used for multiple skin conditions, such as acne, sun spots and sunburn, wrinkles, itchy skin, dry or oily skin, and as a skin toner, for starters. It is antiseptic, anti-inflammatory, and anti-fungal. Test it first to ensure that your skin will accept it. Add essential oil if preferred to a teaspoon of ACV with a cup of water to use on the spot or store 1 tbsp. of ACV with 2 cups of water in a bottle and apply preferably with cotton.

Note: With highly sensitive skin, it can be best to leave it alone and solely wash with water and use basic ingredients sparingly.

**DIY Holistic-Minimalist Deodorant:** Add a dash of baking soda to minimize body odor in your quality oil, or dilute a few drops of apple cider vinegar, add a drop of essential oil if preferred, and use as a DIY minimalist deodorant. If you have access to magnesium oil, using it as a spray, with essential oils if preferred, is an easy way to effectively increase your magnesium intake and curb body odor. Play around with your options to find what works and feels best for you.

**Salt Water Rinse:** Take some salt directly on your tongue and add water or dilute it in a cup, with essential oil if



preferred, for its anti-inflammatory and anti-bacterial benefits. Move it around and through the teeth, tongue, back of the throat. You can gargle, too. Spit it out.

You can do this after pulling oil, before brushing teeth (or instead of brushing if need be) or at anytime of day.

**Tongue Scraping:** You can use a tongue scraper or simply use a metal spoon to receive various health benefits, such as better breath and to amplify your sense of taste. Remove more toxins, bacteria, and phlegm.

**Brush and Rinse! Teeth and Tongue:** It's best to clean your mouth out before swallowing anything in the morning—it is a toxic cesspool after a night's sleep!

Mix one teaspoon of baking soda with one tablespoon of salt and a few drops of essential oil if preferred as a minimalist toothpaste. If you have sensitive enamel, skip the baking soda or use sparingly. With or without a DIY toothpaste, and water, brush teeth and tongue, rinse and spit out, brush more, rinse and spit again. Don't swallow! You are gathering toxins from your mouth and throat to remove them (spit them out) from your body.

**Massage Oil onto Face, Hands & Body:** Cover up in your quality oil, have it stored with essential oil if preferred, using any massage techniques, even if a quick ear massage, a mini-facial, or some foot reflexology.

**Self-Lymphatic Massage:** Lightly manipulate the lymph nodes that lie just beneath the surface of the skin with your fingertips in slow, circular motions, beginning around the temples, jaw, behind the ears, down the neck, and above the collar bones, and cup your hands into your armpits to stimulate lymph circulation in the primary nodes through the upper body. You can do the same for the nodes in the groin as well.

## **DIY Holistic Morning Routine Continued After Mouth is Clean**

### **On An Empty Stomach Drink:**

- Purified Water: Cold water shrinks the blood vessels, hindering hydration and digestion, while producing mucus in the body that taxes the immune system. Room temperature and warm water enhance hydration, digestion, and detoxification systems.
- Lemon Water: Squeeze half a lemon and add warm, purified water to stimulate digestion, detoxification, and balancing pH, for benefits ranging from more energy, clearer skin, and better breath. Add a touch of Himalayan salt if desired for extra electrolytes.
- Probiotic Beverage: Drinking any fermented drink, such as kombucha or diluted apple cider vinegar, on an empty stomach, is an easy and efficient way to ensure that the probiotics reach the gut.
- *Or mix half of a lemon with your probiotic drink.*

## Breaking Fast

- Gentle movement, exercise, or yoga practice before eating: Stabilizes insulin resistance to ensure higher energy levels throughout the day, particularly the afternoon, and increases growth hormone and testosterone production for multiple health benefits.
- Wait to eat for at least an hour after awakening: To ensure that the digestive system is fully awake for optimal and easy digestion.
- Prioritize fat and protein consumption in the first meal of your day: To ground, stabilize the blood sugar level (BSL), feed your brain, nourish your nerves, and give you *proper* calories to stabilize energy levels throughout the rest of your day. Pack in a nutritious punch with chia seeds, unsweetened nut butters, avocado, tahini, seeds and nuts, and raw and unrefined oils.

Everyone, no matter whether hyper/hypoglycemic or not, is more insulin resistant in the morning, meaning, is prone to spiking and crashing blood sugar level and along with it energy, so if you can't resist your glycemic-sweet-tooth, bread, sugars, simple starches, and super-sweet fruits are best to save for later in the day or after exercise.

## Essential Nutritional Necessities

**Eat whole, fresh foods of as many different natural colors as possible:** Particularly green, red, yellow and orange, blue and purple, white (not bleached) and brown. The colors contain different essential nutrients. To put it simply, the body thrives from the full spectrum of the rainbow! How vibrant and colorful can your meals be, NATURALLY, meaning not from artificial dyes made from chemicals?

**Get in as many different tastes as possible:** Pungent, bitter, sour, naturally salty and naturally sweet. Just like colors in food, various natural flavors differentiate in their essence, offering distinctive aspects and nutrients. We need to challenge ourselves with unusual and stronger tastes to build resilience as much as we need the (natural) sweetness of life, metaphorically and literally! The body loves diversity in real taste from whole foods, not “flavors” from processed foods!

**Use sea salt or Himalayan salt rather than processed table salts:** Salt is vital for the kidneys and energy levels, supplying crucial electrolytes, so daily consumption is necessary. We might as well use salt that has a wide array of essential minerals rather than processed salt that is bleached, stripped of all of its minerals, and has aluminum derivatives, bleaching and anti-caking agents, and a long list of other synthetic and/or toxic additives.

**Eat or drink a fermented food everyday to balance gut health, which is crucial for mood:** 90% of serotonin and 50% of our dopamine live in the gut! Gut health is fundamental to overall health, including the immune system, heart, respiratory system, and the brain. Adding a fermented drink into your morning routine can easily make this a habit and offers extra health benefits when consumed on an empty stomach, so more of the

probiotics reach the GI tract. Otherwise, eat and drink probiotic foods with healthy fats (mono- and polyunsaturated fats) to aid probiotic survival.

**Make sure to eat enough fiber to have at least one bowel movement per day:** which is covered when eating a diet of whole foods and supporting a healthy gut as noted above. If fibrous foods upset your system, or when you're sick, it's better to have cooked foods rather than raw. Steam vegetables to lighten the roughage and make it easier on the digestive system (and take less energy for a tired body to digest), but while they still retain their color for their nutrients.

**Eat quality fats, avoiding processed, hydrogenated oils and margarine at all costs:** WE NEED HEALTHY FAT IN OUR DIET. Our brain is 60% fat, so on a low-fat diet, we deprive our brain of what it needs most! Granted, going low-fat for a limited length of time helps to restore the liver, but otherwise, omega 3's and 6's and short-chain fatty acids are crucial for our brain, nerves, hormones, energy levels, and mood.

Enjoy avocado and ground seeds like flax and sesame, and use quality oils like olive, grape seed, coconut, and sesame, etc. Quality oils taste incredible and easily act as dressings, drizzles, and dips. As far as sautéing and frying go, using saturated fats is actually healthier because they withstand heat better, which reduces free radicals. Coconut oil is a great option for this. If using olive oil, though, keep the heat as low as possible.

And sure, margarine and those cheap cooking oils ARE cheap, but these hydrogenated oils are loaded with trans fats that disrupt numerous physiological functions that produce inflammation and various diseases! Take care.

**Eat or drink different spices and herbs:** Herbs can help you get special flavors and colors in beyond food sources. Use what tastes best to you—if it feels like your cells are

rejoicing in response, it is probably giving you exactly what you need!—and be open to experimenting. Any herb can be steeped for tea, and expanding the palate can give the body nutrients that help it thrive. Herbal teas are also an easy replacement when switching out sugary drinks, excessive alcohol or caffeine.

If you want a drink that isn't hot, you can store teas at room temperature, and although it isn't optimally healthy, if you want it cold, keep it in the fridge. Mint, rose hips, lavender, hibiscus, lemon, or any combination of the above are all nice cooled, for example.

**Drink clean water and herbal teas primarily:** To ease off of other common, harmful drinks. Sodas and processed fruit juices, just like sugars, are addictive, spike the blood sugar level, and are toxic to the liver. Most dairy milk is pasteurized, which has been found to increase digestive and respiratory phlegm along with neurological, heart, immune, and auto-immune disease risks! Many non-dairy milks contain added sugars, genetically modified soy, hydrogenated oils, and other harmful additives, so read the ingredients to be sure!

**Eat or supplement with superfoods:** To ensure that you get all the nutrients you need and make up for any deficiencies whether known or unknown. "Superfoods" are packed with nutrients, which is why they're called superfoods, and because they are foods, their wide array of nutrients are more easily absorbed than vitamins.

Switch off between spirulina, chlorella, or algae tablets or add them to a green veggie juice for a super-boost. Other more common powerhouse foods are dark, leafy greens, berries of different colors, raw cacao, seaweed, mushrooms, and sweet potatoes. (Can you see the rainbow?)

## Practices to Ease Falling & Staying Asleep

**Sunset Light Exposure:** Direct sunset light exposure for at least 10-15 minutes aids the release of melatonin, ultimately helping you fall asleep earlier by 15-30 minutes per week if possible to make for an easier transition to an earlier bedtime.

**Sunrise Light Exposure:** You'll also want to rise earlier by 15-30 minutes to match your earlier bedtime, to help restore hormonal balance. When you're able, getting direct sunrise exposure, even just for ten minutes, tells your brain that you need cortisol in the morning, making rising for a new day more enjoyable and effortless.

**Block Blue Light at Night:** Blue light from screens and artificial light increases cortisol, alerting the brain and body into an awake state, while suppressing the sleep hormone, melatonin, for up to three hours. The eyes have no filter from blue light, meaning that it penetrates directly to the retina, straining the eyes more than any other light exposure, even UV light.

- Night Shift: Turn night shift on your devices or install an app that does this, so the blue light shuts off after sundown and turns back on after sunrise.
- Blue Light Glasses: Buy cheap (or more fashionable) blue light glasses to use in the case you're unable to access night shift mode.

**End Screen-Time Two Hours Before Sleep and All Unnatural Light by 11pm:** Any unnatural light between 11pm-4am suppresses dopamine, destabilizes blood sugar, increases risk of depression, and strengthens the cycle of stress physically, mentally, and emotionally. Doing so also creates the space and time for other grounding, healing, and nurturing practices that aid sleep.

## **Clean Sinuses, Mouth and Face**

- Neti Pot to Clear Sinuses: If blocked sinuses induce snoring, sleep apnea, or mouth-breathing that disrupt your sleep, using a Neti Pot to clear the sinuses in the evening will help you breathe easier to enable restful sleep through the night.
- Face Cleansing: Your face will appreciate some extra love at this time, cleaning it with water, or if you wear make-up or it's particularly dirty from the day, a dab of gentle, non-toxic cleanser.
- Cleanse Teeth, Tongue, & Mouth: If you don't brush your teeth and tongue any other time than in the morning, doing so before sleep is definitely necessary since bacteria, toxins, phlegm, plaque, and any stains from that day's ingestion will only pack in more through a night's sleep. Cleaning your tongue and mouth as well as your teeth will help to cleanse your entire digestive system and all bodily systems because it's all connected!

## **Today's Reflection & Tomorrow's Intention**

- Writing (or Thinking) Today's Reflections: If you want to write your reflections and/or intentions by unnatural light, definitely make sure you do so a couple hours before you sleep. Otherwise, you can write by candlelight, think it, or speak it:

Recognize your strengths and ways you wish to enhance them. Embrace your weaknesses while discovering ways to grow. Approach with non-judgmental curiosity, learning about the nuances in your communication, relationships, how you carry yourself, and how you share yourself with the world

Give thanks for your experiences, humility, and ability to reflect.



- Tomorrow's Intention: Set an intention for your tomorrow, whether it's a feeling, an action, or words that need to be said. This way you're prepared for your tomorrow, so you can awaken clear on a new day's journey.

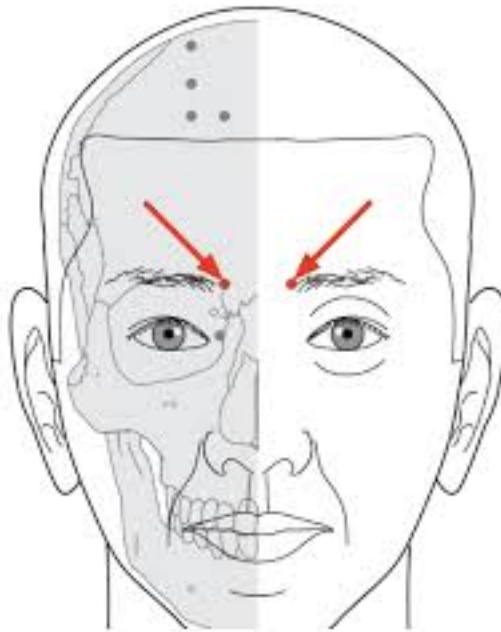
## **Self-Massage**

- Massage Kidney Point on Feet: This relieves stress, anxiety, and releases into the parasympathetic nervous system that stimulates rest and digest functions. Also realize that the foot is full of pressure points, so exploring the feet always feels good!



- Abdominal Massage: Give your belly a rub, especially if you have digestive difficulties, so digestive issues don't disrupt your sleep. Be sure to massage clockwise to aid movement through the colon.
- Massage Your Clean Face: The face is full of pressure points as well, so explore points around the eyes, temples, eyebrows, cheeks, jaw and jawline, and the scalp.

- Tap or Massage EFT Eyebrow Point: At the inside of the eyebrows, you can simply drop the weight of your head into your index and middle fingers at the inside of the eyebrows while pressing the fingers back into this point to release through the head, down the back of the neck and shoulders, through the back line of connective tissue, calming the central nervous system. You can also circle the fingertips into this point, massaging the area.



## Yin Yoga

- Yin for Stress & Anxiety: This Yin focus is particularly relaxing, soothing, restorative, calms the nervous system, and aids a good sleep: <https://youtu.be/IJuPuO8kwsO>
- Yin for Upper Body: This Yin practice opens the connective tissue through the upper back, shoulders, chest, arms, and the lung, heart, and intestine meridians with their correlating mental-emotional patterns, to release grief and create space for more love and joy: <https://youtu.be/XU1QNtCYVFs>

- Viparita Karani: Simply remaining present and mindful of your breath, sensations in the body, and unattached to thoughts that pass through the mind while lying with your legs up against the wall in Viparita Karani, as seen below, for ten minutes equals an hour of deep sleep by restoring the kidneys and nervous system, relaxing into the PNS, drains lymph and fluids from the legs and detoxes the blood, and is an easy preparation for sleep or when you're unable to sleep. Use this video for guidance: <https://youtu.be/xGXi8J17pxM>



**Meditation & Simple Breathwork:** Diaphragmatic or abdominal breathing is a highly effective way to release into the PNS—rest and digest functions—as means to rock you to sleep. Smoothing out the breath, slowing the breath down, and extending the length of exhales, all without any force but rather consciously allowing this to occur, can all act as a lullaby to ease you into sleep. Use this 15-minute meditation to guide you through conscious breathing and meditation techniques to help you deeply rest... and heal: <https://youtu.be/JSpzBCQDvAI>

**Sleep by 10-11pm for medicine unlike any other:** Our bodies kick into repair-mode after 10pm. This healing only happens when we sleep. If we're awake, our energy isn't used to repair damaged cells and clear free radicals. Sleeping earlier is the key to not only living longer but better, as this deeply restorative and healing medicine of earlier sleep reduces risk for disease in general and gives us grounded and stable energy, vitality, clarity, and ease.

## **In Conclusion**

The easiest and most effective means of releasing limiting beliefs and behaviors is one small step at a time, recognizing and rewarding your progress along the way, and keeping at it.

Because it gets easier, and every aspect of life changes with perseverance and commitment to a lifestyle of holistic self-care.

If you need one-on-one guidance and support to thrive as your true Self — the real you who's free from limiting patterns gathered from past generations, this lifetime, and society at large — the Holistic Liberation Program provides exactly that.

<http://jyllin.com/the-holistic-liberation-program/>

# DIY Holistic Healthcare Journal

# January

Holistic Practice: \_\_\_\_\_

Check everyday practiced. Add notes as desired: Thoughts, emotions, physical sensations that arise. How it feels. Progress felt or seen.

1:	2:
3:	4:
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Do you feel confident to continue this habit daily while bringing in another holistic practice from the glossary? If so, choose one for next month. If not, continue strengthening this month's holistic habit—some are more challenging than others—or if it doesn't feel right or give you the results you desire, drop it. With each addition of another holistic healthcare practice, continue practicing all other self-care habits you've already created.

# February

Holistic Practice: \_\_\_\_\_

Check everyday practiced. Add notes as desired: Thoughts, emotions, physical sensations that arise. How it feels. Progress felt or seen.

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# March

Holistic Practice: \_\_\_\_\_

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# April

Holistic Practice: \_\_\_\_\_

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# May

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# June

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# August

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# September

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# November

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# December

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## After Twelve Months, One Year

Congrats!

You made it through twelve months of stepping up your sustainable self-care. How do you feel now compared to the beginning of this book?

Taking time to look back on your progress offers clarity and insight into yourself — what inspires and motivates you, and what feels right for you — specifically for YOU and only you, day to day.

Weaving holistic self-care into the fabric of your daily life is a lifelong journey, always learning more on the way and updating practices as life, and you, evolve.

Continue to use this guidebook through the coming year(s), and let me know how this handbook has helped you at [contact@jyllin.com](mailto:contact@jyllin.com).

Congrats to you!

May you grow and thrive for the well-being of all life and the planet.

Blessings,  
Jyllin