

Patty's PT Tips

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Restore/Rejuvenate—Where do you start?

It may not be what you think

1. Yoga-the restorative version
2. Modify your sleep/nap regimen
3. Light aerobic exercise-i.e. chair running 10 seconds with 10 second rest 3x
4. Meditation/Spiritual Practice- one minute or 20 minutes-you get to choose
5. "Nature Bathing"
6. Seek counseling when needed-don't keep putting it off
7. Talk to a friend
8. Avoid talking to a "friend" if you know the timing isn't right
9. Three slow, deep breaths
10. Lighten up on your dietary regimen-i.e. less food, better quality food, less food obsession
11. Make a "to do" list and scratch off the items that just aren't necessary
12. Just say "NO"
13. Restructure your anticipated day/week
14. Dodge situations you know will be stressful-it's ok, life goes on...
15. Engage in your "art" form
16. Make a gratitude list
17. "Dance" to music in any way that makes you feel good

18. Find a “tiny habit” that will de-stress your life-not create a new obligation
19. Consult a PT or OT about modifying your ADL’s or exercise regimen
20. Coffee/tea anyone??

Different strokes for different folks-there will be a different strategy at different times.
Forgive yourself if you don’t live up to your own expectations.

Any other suggestions from the floor????