



Rooted

WELLNESS RETREATS

YOUR WELL-BEING IS WELL WORTH IT



FREE WELLNESS

Resources

[WWW.ROOTEDWELLNESSRETREATS.CA](http://WWW.ROOTEDWELLNESSRETREATS.CA)

Edmonton, Alberta | CANADA

# FREE WELLNESS RESOURCES

June 13, 2020 is the day our inaugural retreat was set to occur. As a result of COVID-19, we had to reschedule the event to 2021 but we still wanted to provide folks with some resources to help enhance individual wellness practices in the absence of the retreat.

We hope the resources enclosed help you on your personal journey and especially during these unprecedented times. We are all in unique situations and require different approaches to self-care so we included a few different things in hopes that some of it resonates with each of you!

There is a bonus worksheet at the end but the goal is for this to and not overwhelm you so be gentle with yourself and create your own timelines if needed.



# KRIS CARR, Author, Activist & Cancer Thriver

[www.kriscarr.com](http://www.kriscarr.com)

This one is brought to you by Candice. It really resonated with her when it came to personal health and Kris has been a huge inspiration that she felt the need to share her message. We hope you find value as well.

Kris Carr is a cancer thriver. Since 2003 she has had a rare type of stage 4 cancer. When she was diagnosed she made the decision to be in charge of her own health. She chose to make changes in the areas she highlights in her 5 pillars of wellness. Kris will always have stage 4 cancer but because of the health choices she makes, she has never been healthier.

Kris believes in progress not perfection. She honours the humaneness in each and every person. Don't take our word for it. Check out her website and all of her resources alongside her endless and contagious positive energy.

## 5 PILLARS OF WELLNESS

- What you eat
- What you drink
- What you think
- How you rest
- How you renew

On the next page, you will find one simple way each of Kris Carr's pillars can be incorporated in to your day to day life. You can start with one of the pillars and focus on that for a while until you feel ready to move on to another pillar. It's important to go at your own pace in order to avoid overwhelm when making changes in your life.

## WHAT YOU EAT

Kris Carr's website has a bountiful amount of recipes that are plant based. She is realistic that not everyone has the same access to fresh produce and that changing your diet is a process. Trying to add a vegetable to each meal is a great start. Learn how to cook veggies so that you will love them.

A simple example is blanching your vegetables which is a way to partially cook veggies to remove some of that "raw" quality and bitter flavor without overcooking or losing the vitamins in the vegetables. A bonus is the process is a simple 2 steps.

1. Boil your chosen veggies in a pot of salted water for 1-5 minutes (depending on the greens)
2. Put them into cold water to immediately stop them from cooking further. Enjoy!

## WHAT YOU DRINK

Of course this pillar has do with water, water and more water. Kris Carr gets just about as excited about water as Candice does. Kris Carr also recommends having a warm glass of lemon water when you first wake up to help your digestive system get moving. Here are her specific instructions which you can also find on her website:

- Fill a mug halfway with room-temperature water and add the juice of a quarter of a lemon
- Fill the cup the rest of the way with boiling water
- Sip and listen to your cells cheer!

This is so good for digestion and immunity. Lemons have a lot of Vitamin C and who doesn't want an immunity boost?!

## WHAT YOU THINK

We have included some ideas for mindfulness practices in this resource guide already but in essence, our thoughts are critical to a happy life. With constant negative self-talk/talk, it's hard to have a positive mindset. By switching our words to add a positive tone, we create habits of positivity that create a ripple effect in other areas of our lives.

Kris Carr suggest using tapping as a mindfulness meditation. In combination, Ancient Chinese Acupressure and Modern Psychology work to physically alter your brain, energy system and body all at once. It consists of tapping with your fingertips on specific meridian points while talking through traumatic memories and a wide range of emotions. Check out [this video](#) for a brief introduction to tapping.

## HOW YOU REST

The quality of our rest is critical to our well being. Sleep adds up to approximately a third of your life. Sleep boosts mental health and physical well being. Physically it helps us with our immunity and healing. Mentally it helps us with our memories and helps us deal more effectively with stress. Each person is so unique and the amount of sleep needed differs. Do you know how much sleep you need to be your best self?

Want to improve your quality of sleep? Pick one or more habit to change and create an alternative healthier habit. Here are some suggestions.

- Keep your room as dark as possible
- Shut off electronics an hour before bed
- Eat a couple hours before bed and no later
- Go to bed and wake up at the same times
- Use topical or diffused essential oils

When your habit becomes second nature, choose another to continue improving your rest.

## HOW YOU RENEW

We all have different activities that fill our buckets. How and how often we recharge is important. What healthy ways do you renew and recharge? Three simple ways to renew are **exercise, play and connection** and we can even do all three at once.

# PASSION PLANNER, A Personal Goal Planner

[www.passionplanner.com](http://www.passionplanner.com)

Journalling, setting intentions and goals are excellent tools to stay on track with wellness. There are many journals and planners to purchase depending on what price point you choose but there are also ways to create your own journal/planner.

I chose to highlight the Passion Planner in this resource guide because it has been an enormous help in my day-to-day life.

I have explored other planners that I think would be excellent as well; Moleskin Wellness Journal, Panda Planner, Happy Planner, Bullet Journal and Kris Carr's results journal.

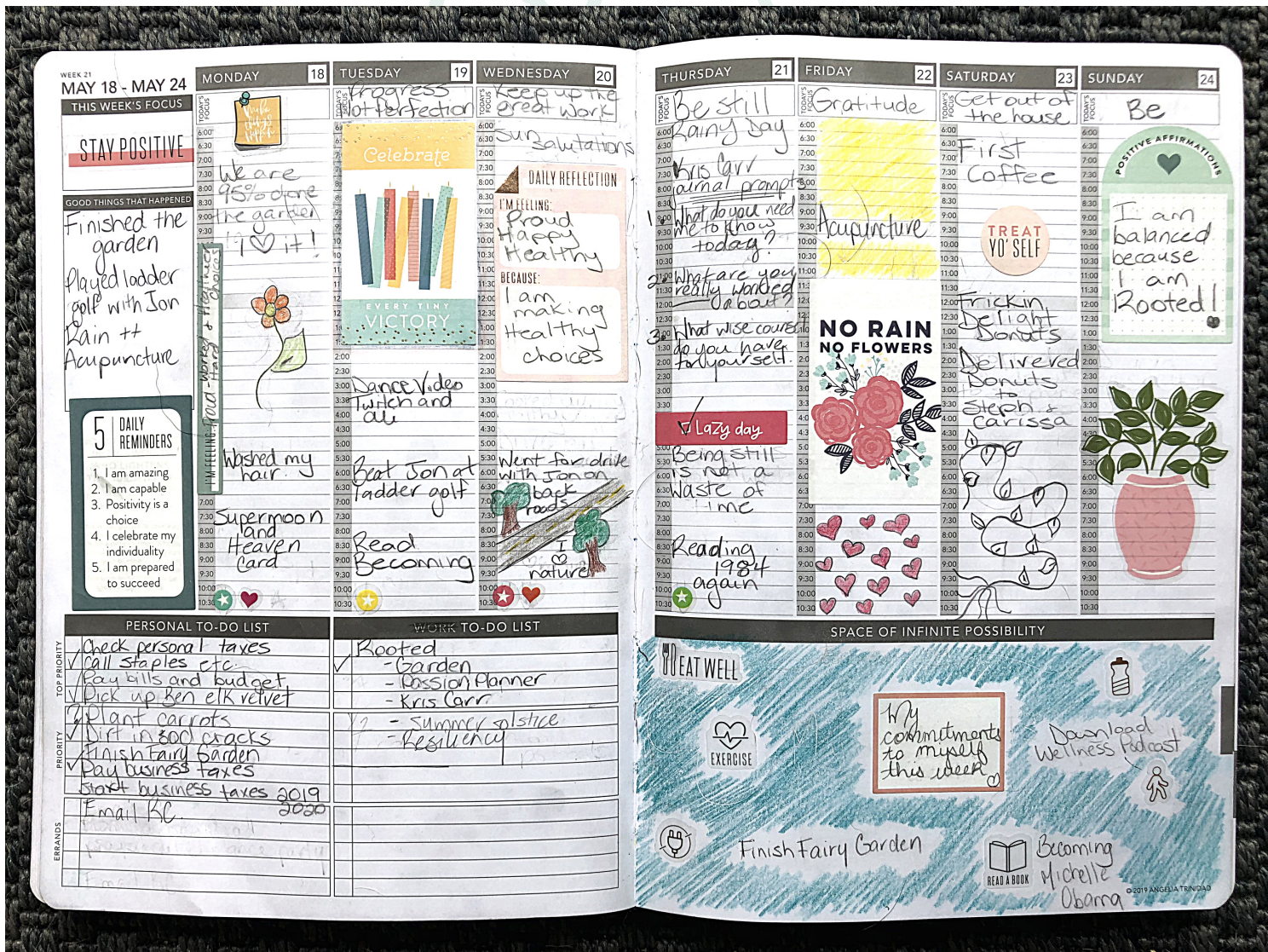
One of the main reasons I highlight the Passion Planner is because they have free planner samples and inserts for YOUR wellness. They are aware that the Passion Planner is not financially achievable for everyone and they believe that "anyone should be able to use Passion Planner regardless of their financial ability. That's why we continue to share it for free." Now that is something I can stand by!

Having the free options for resources helps us get extra creative which in turn helps us be more motivated to continue working on the Passion Planner and furthermore allowing us to truly get closer to reaching our goals and dreams.

Hope you enjoy Passion Planners free resources. Happy Planning!

*Candice*

# Sample of Candice's Passion Planner



Things I include in my passion planner include wellness appointments, fun memories, commitments/goals, gratitude list, my own art Lol! On the monthly view I write my meal plan, not to do's, places to go and people to see. On the blank pages I write my budget and keep a list of books to read. I reflect on my past month and decide what steps I need to take to ensure the next month is even better than last.

# INSIGHT TIMER, Free Meditation App

[www.insighttimer.com](http://www.insighttimer.com)

Stephanie uses this app for most of her meditations because the list of free meditations and courses is vast and varied making it perfect for both the beginner and advanced. There are several meditations that she loves and would like to share with you so please check out the list below. Does anything resonate with you?

## **For Sleep or Deep Reflection**

"I Am Here" by Swami Madhuram

## **For confidence**

"Quick Confidence" by Andrew Johnson

## **For Personal Empowerment**

"She Let Go" Written by Safire Rose, by Dion LaQuinn Nichols

## **For Manifesting**

"Manifest Abundance" by Krystle Stevenson

## **For Deep Breathing**

"Deep Breathing" by Rev Lee Wolak





# NATURE, easily found all over the world!

Nature is literally found all over the world. Even for folks who live in cities, nature is often nearby in a park or just outside the city limits. Because it can be so easily accessible, it's a resource I use frequently to improve my own well-being.

Spending time in nature is critical for me as I grew up in the country and always feel like it's an element I need to thrive. Working at the University of Alberta provides me with the opportunity to spend almost every lunch hour outside within any of the many nearby trails and parks (or at least before COVID it did). I have discovered new trails and paths almost weekly and many of them are truly secluded where I can get a real sense of seclusion within the city and a solid personal connection with nature. Some parks and trails have lots of people but seeing people enjoying nature can be delightful to my soul.



I encourage you all to add a little nature to your routine. Even getting out once per week can significantly increase your mood. Not only is the vitamin D a crucial tool but so is the fresh air! It's filled with oxygen provided by all the trees so a highly forested area is more ideal however even a couple of trees in your backyard can have an immense impact so get out side - no excuses!

For the best results in nature, I highly suggest slowing down and taking it all in using all your senses . For example, in Forest Bathing, it is recommended to take 15-20 minutes to walk at a truly slow pace and to listen. Listen to everything you hear; the birds, the sound of the wind, the trees dancing in the wind and even the grass under you feet as you step on it. Observe and listen closely.

In a similar experience, you can use your sense of touch to see how trees, branches and grass feel on your fingers or even how the breeze feels on your skin and face.

Make sure to use your sense of smell too while you are at it. Breathe in deeply and discover what smells surround you. Do you smell some sweet pine or are there blossoms nearby that completely suck you in to a state of relaxation? Whatever sense you explore out in nature, make sure you appreciate it and take the feelings with you to use in future meditations.

If you choose to use your sense of taste, please be aware of what you are ingesting. There are many poisonous plants out there so it's imperative that you know what you are eating is safe. If you are 100% certain, enjoy the bounty that nature provides! The goal is to immerse yourself so completely that you start to feel one with the earth.

The idea of tapping into your senses came to me from [Wilderness Awareness School's 5-day Kamana eCourse](#). Check it out for more courses and information!

Feel free to get creative and add different elements to your nature walk. The important thing to remember is that any time outside is good for your health so get out there, have fun and be healthy!

*Stephanie*

# RISING APPALACHIA, Folk Music Sisters

[www.risingappalachia.com](http://www.risingappalachia.com)

Explaining our love affair with Rising Appalachia might be a bit complicated but there's many reasons we love them and here's just a few:

- They are empowering
- Their music is so powerful and beautiful
- They create awareness
- They are sisters with a natural ability to create sweet sounds
- They display authenticity, pride, love and strength

Songs we recommend you listen to are listed below with snippets of lyrics:

## RESILIENT

My voice feels tiny and I'm sure so does yours, put us  
all together we make a mighty roar

## WIDER CIRCLES

I'll march with you my sister  
To your place of fearing  
We'll dive into those waters  
Swim into the clearing

## NOVELS OF ACQUAINTANCE

It's boundless what we're in  
The movements growing, spreading kin  
Teach me treasure, grow me strong  
Give me strength in every song

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# BONUS ~ Worksheet

## *I commit to...*

Taking the time to commit to some easy self-care tasks can tremendously improve your well-being. It's worth a shot so here's 5 things you should try to commit to this month based on the resources we have provided and MORE.

Print this sheet to write down your personal commitments.

1. I commit to focusing on this pillar from Kris Carr's 5 Pillars of Wellness for the next month:

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2. I commit to finding my favourite yoga pose and doing it daily for a month. My favourite pose is:

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3. I commit to taking in my favourite nature smell weekly for the next month. That smell is:

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4. I commit to a new short meditation once a week for the next month. That meditation is:

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5. I commit to doing something unique for myself that is beyond these resources. I commit to:

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