

JUMPSTART

FOR HEALING MIND AND BODY



THIS E-BOOK IS DESIGNED TO HELP GUIDE YOU THROUGH
SELF-CARE TOOLS TO USE AS YOU BEGIN YOUR HEALING JOURNEY

VITAE
FUNCTIONAL MEDICINE

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WELCOME!

As you may already know, overall wellness is not just the physical, but also includes the mental, emotional, and many other pillars of well-being.

As you begin your wellness journey, it is important to build a strong foundation in those other pillars.

Our bodies were created to heal themselves, we only need to remove the interference

01

JOURNALING

Journaling forces you to slow down and process. Writing things down can help get unwanted emotions out of the body and can help to identify what you are really feeling and experiencing.

Journaling also helps to access the parasympathetic mode our body needs to be in to rest, digest, and heal.

HOW TO GET STARTED

DIFFERENT FORMS OF JOURNALING:

- Processing your day
- Free-write journaling
- Following specific prompts
- Gratitude journaling
- Bullet points
- Drawing or doodles

If you have not done much journaling in the past, I would suggest experimenting with these different forms to see what suits you best.



PRINT OUT THE PROMPTS ON THE NEXT 2 PAGES TO GET STARTED!

THE “STATE OF THE UNION” JOURNAL PROMPT

Take an assessment of where you are at the beginning of your healing journey and repeat this prompt every few months as you progress. These will be milestones to look back on as you heal and remember where you started from.

DATE

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PHASE IN YOUR JOURNEY

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PHYSICAL: HOW YOU FEEL, SYMPTOMS, PAINS, ETC

--

SLEEP

--

ENERGY/MOTIVATION

--

DIGESTION

--

OTHER

--

EMOTIONS: MINDSET, RELATIONSHIPS, SELF TALK, ETC

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OTHER

--

GRATITUDE JOURNAL

DATE

TODAY I'M FEELING

/ /

POSITIVE AFFIRMATIONS

TODAY I'M GRATEFUL FOR

1

2

3

SOMETHING I'M PROUD OF

MY FAVORITE MOMENT FROM THE DAY

TOMORROW I LOOK FORWARD TO

FREE-WRITE



02 BREATHWORK

There have been thousands of studies done on proper breathing and the amazing effects it can have on the body.

Before starting any breath work, get into a comfortable position whether that is sitting or laying down.

HOW TO GET STARTED

BOX BREATHING

One method of breath work that you can get started with is box breathing. To practice box breathing, simply breathe in for four counts, hold that breath for a count of four, exhale for a count of four, and finally, hold your breath out for a count of four. That equals one box!

*The goal would be to build up to 20 "boxes" or set a timer for 5 minutes.

7-4-8 BREATHING

- First, make a whooshing sound, exhaling completely through your mouth.
- Next, close your lips, inhaling silently through your nose for a count of four.
- Then hold that breath for seven seconds.
- Make another whooshing exhale from your mouth for eight seconds.

When you inhale again, you initiate a new cycle of breath.

*Start with 4 full breath cycles. You can build up to 8 full cycles but no more.

03

VAGUS NERVE STIMULATION

Stress can have a negative impact on your vagus nerve and its ability to switch OUT of fight or flight and IN to its rest, digest, heal, and thrive mode.

This is important for many reasons. Vagus nerve stimulation is actually used to treat seizures in some cases. On the other hand, vagal dysfunction has a known correlation with Type 2 Diabetes, heart disease, even depression, and anxiety. And we don't even yet know the impact it could very well have on numerous other bodily functions - research on this is currently ongoing.

HOW TO GET STARTED

WAYS TO STIMULATE THE VAGUS NERVE:

- Cold plunge or cold shower
- Singing/Humming - 30-60 sec
- Massaging the bones behind your ears
- Tapping on your collarbone
- Gargling

Ideally doing 5 minutes a day of vagus nerve stimulation is a good rule of thumb. Try these and see what suits you the best.





04 WATER INTAKE

Drinking water is simple and can radically change our health, yet for some reason, so many of us still struggle to get enough. Without enough water, our detox pathways will not be draining properly. This is one of the most impactful changes we can make, and a great place to start on the healing journey.

DRINK ENOUGH WATER

Most people aren't drinking enough water. A gallon a day is ideal. The bare minimum is half of your body weight in ounces.

To make it easier, get a good 30-40 oz water bottle and note a time that each bottle should be finished by in order to hit your ounce goal for the day. For example, "I need to finish 2 refills by noon and 2 more refills by dinner."

MAKE IT ENJOYABLE!

Make drinking water something you look forward to! Here are some ideas:

- Add fresh fruit! A few options are strawberries, lemon, oranges, or lime!
- Add electrolytes! Our favorite is Redmond Re-lyte. Use this link for 15% off: [Redmond Re-lyte](#)

DRINK ONLY PURE WATER

It has to be good, purified water. There are 'forever chemicals' in water that greatly affect our health. Here are some options for making sure you have pure water:

- GOOD: If you can't do anything else, start by buying distilled water. Some people see huge change with this alone.
- BETTER: Reverse osmosis is a great, cost-effective option over time. Check out some great options on Dr Greg's [Amazon kitchen swaps](#) page.
- BEST: At Vitae, we use and love the Greenfield Water Solutions systems. If it's financially possible for you, it's the way to go to get pure water. Use this link for 10% off: [Structured Water Filters](#)

PLAN OF ACTION

QUESTIONS TO ASK YOURSELF

Which of these practices can I commit to practicing everyday this week?

What are the obstacles that could keep me from adding these things to my daily rhythm. How can I overcome these obstacles?

What is my strategy for incorporating these habits into my day?
State your intentions: when, where, how long, etc.



952-905-0008



SUPPORT@VITAEFM.COM



3000 COUNTY RD 42 W. SUITE 100
BURNSVILLE, MN 55337

VITAE
FUNCTIONAL MEDICINE