

10 STEPS TO NOURISH YOURSELF So you can THRIVE

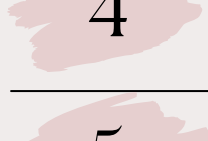
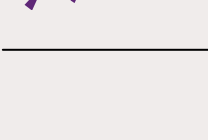
A 10-step guide to keep
you at your best and far
away from “typical”
health traps.



CINDY SHERIDAN MURPHY
FOUNDER/ FACILITATOR/SURVIVOR
EACH MOMENT WE'RE ALIVE

Table of Contents

10 Steps to Nourish Yourself so you and Thrive

 1	<i>Nourish Yourself with Water</i>	PAGE 2
 2	<i>Nourish Yourself with Quiet Time</i>	PAGE 4
 3	<i>Nourish Yourself with Whole Foods</i>	PAGE 6
 4	<i>Nourish Yourself with Decreasing Inflammation</i>	PAGE 9
 5	<i>Nourish Yourself with Supplements & Oils</i>	PAGE 11
 6	<i>Nourish Yourself with Relaxation Therapy</i>	PAGE 12
 7	<i>Nourish Yourself with Movement</i>	PAGE 14
 8	<i>Nourish Yourself by Doing Something Nice for Yourself</i>	PAGE 15
 9	<i>Nourish Yourself by Accepting Help</i>	PAGE 17
 10	<i>Nourish Yourself by Creating a Bedtime Routine</i>	PAGE 18
 BONUS	<i>How Will you nourish yourself today?</i>	PAGE 19



A Health Survival Guide For You!

Nourishing yourself is not only about food and nutrition. It's about tending to all the parts of you that hunger for balance — your mind, your heart, your spirit. The books you read, the air you breathe, the company you keep, and the way you speak to yourself all feed your wellbeing. A meal can fill your stomach, but laughter, rest, movement, and meaning fill your life. True nourishment is found in what restores your energy, not just what's on your plate.

A 10-step guide to keep you at your best and far away from “typical” health traps.

Cindy Sheridan Murphy



1. Nourish Yourself With Water

Your body is mostly water, so every system from digestion to brain function depends on it. Staying hydrated is the simplest way to boost energy, keep skin clear, support your joints, and even lift your mood. Start each morning with a glass, and keep sipping steadily through the day.

Drink plain room temperature water . Your body absorbs it more easily than ice-cold, and it's gentler on digestion. A refillable bottle nearby makes it a habit instead of an afterthought.



Teas - oh, the many options

Tea is more than a drink—it's a ritual. Herbal blends like chamomile or lavender soothe and relax. Green tea sharpens focus with gentle caffeine and antioxidants. Black tea offers a light lift without the crash of coffee. Rooibos, naturally caffeine-free, helps you wind down in the evening. Even peppermint or ginger tea can aid digestion and calm an unsettled stomach. Each cup hydrates while bringing its own character, turning a simple sip into self-care.

Lemons

A squeeze of lemon in your water does more than brighten flavor. It adds vitamin C, which supports immunity, and can gently nudge digestion—especially if you drink it warm in the morning. The ritual of starting the day with lemon water sets a mindful tone, reminding you to pause and care for your body before the rush begins.

Spa Water

Hydration doesn't have to be boring. Slice cucumber for a cooling effect, toss in berries for sweetness, add mint for freshness, or use citrus for zing. Suddenly water feels like a treat instead of a task. Preparing spa water can become a small ritual: a pitcher in the fridge, waiting to refresh you throughout the day. It turns “drink more water” from a chore into a pleasure.

Power Sips:

- *Coconut Water* → *electrolyte-rich, great after exercise*
- *Mineral Water* → *fizz + trace minerals, a soda swap*
- *Infused Ice Cubes* → *freeze fruit, herbs, or juice for flavor bursts*
- *Bone Broth* → *warm, protein-rich comfort in colder months*



2. Nourish Yourself with Quiet Time

Stillness is not wasted time—it's renewal. In a world that praises busyness, giving yourself even five minutes of quiet is a radical act of health. Quiet time helps regulate your nervous system, improves clarity, and allows space for emotions and thoughts to settle instead of swirl.

Meditation

Keep it simple. Sit comfortably, close your eyes, and notice your breath moving in and out. When thoughts pull you away—which they will—just return to the breath without judgment. Start with two to five minutes and build from there. Meditation isn't about emptying your mind; it's about creating a bit of space between you and the noise so calm can rise naturally.

- Guided meditations on apps like Headspace, Calm, or Insight Timer.
- Walking meditation: focus on each step, the feel of the ground, the rhythm of your pace.

Breathing exercises

Your breath is a built-in reset button. Try box breathing: inhale for four counts, hold for four, exhale for four, hold for four. Or lengthen your exhale—inhale for four counts, exhale for six to eight. Both calm your nervous system, lower heart rate, and reduce stress hormones within minutes. Use them before bed, during anxious moments, or even between tasks at work.

- 4-7-8 breathing: inhale for 4, hold for 7, exhale for 8.
- Breath counting: silently count each inhale/exhale cycle up to 10, then start again.

Journaling

Writing is a quiet form of self-care. It clears mental clutter, helps untangle emotions, and makes space for gratitude. Try stream-of-consciousness “morning pages” where you write whatever comes to mind, or end the day noting three small wins. Even five minutes with pen and paper can shift perspective, track progress, and show you patterns you might otherwise miss. Over time, your journal becomes both a release and a record of resilience.

Gratitude journal:

- List three things you’re thankful for daily.
- What energized me today?
- What’s one thing I want to let go of?





3. Nourish Yourself with Whole Foods

Eat Real, Whole Foods. Every bite is a message to your body. Whole, unprocessed foods deliver steady energy, balance hormones, and build immunity. Processed foods, on the other hand, confuse your system and leave you running on empty. The simpler the ingredient list, the better. The goal isn't perfection—it's direction. Swap out one processed food for a whole food at each meal and watch your energy shift.

- **Vegetables and fruits** – Each color offers a different set of vitamins, minerals, and antioxidants. A rainbow plate isn't just pretty—it's protection.
- **Leafy Greens** - Spinach, kale, arugula, and collards fuel your body with fiber and plant power.
- **Lean proteins** – Beans, fish, eggs, poultry, or tofu give your body the building blocks to repair, strengthen, and keep hunger in check.
- **Whole grains** – Brown rice, oats, and quinoa digest more slowly, providing steady energy instead of spikes and crashes.
- **Healthy fats** – Olive oil, nuts, seeds, avocado... fuel for the brain, heart, and hormones.



Tips:

- Cook with real foods – Meals made with fewer, recognizable ingredients are easier for your body to process.
- Avoid processed foods, sugary drinks/juices – They drain energy and stoke inflammation.
- Shop the perimeter – Fresh foods like produce, dairy, and proteins usually live on the edges of the grocery store



Whole Food Snacks:

- Swap soda for sparkling water with lemon.
- Add leafy greens to your morning smoothie.
- Choose nuts or fruit over packaged snacks.
- Try one new vegetable a week to expand your “rainbow plate.”

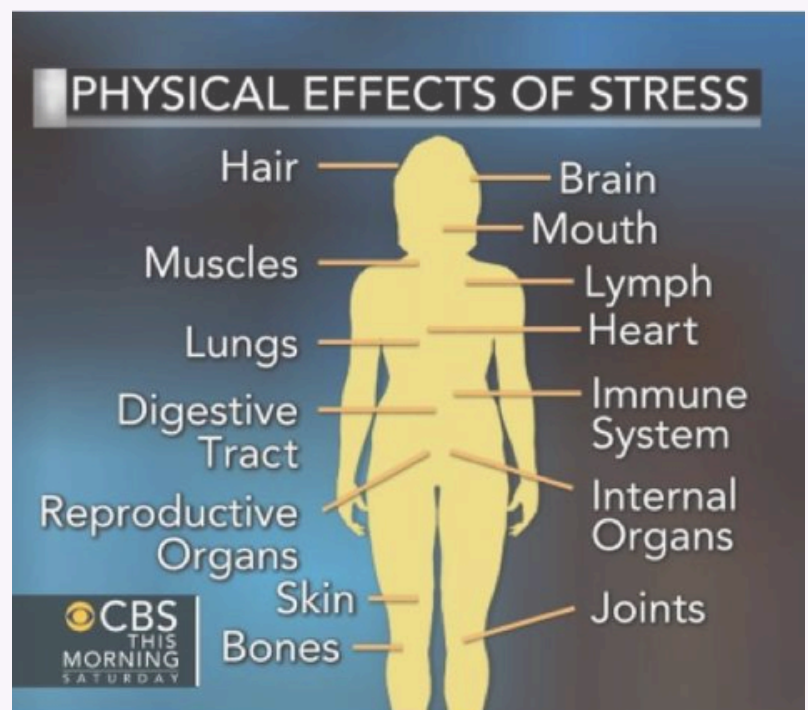


4. Nourish Yourself by Decreasing Inflammation

Inflammation can either help you heal or slowly wear you down. Chronic, low-grade inflammation is linked to illness—body and mind. The foods you choose each day either cool the fire or add fuel.

Foods that Fan the Flames →
Swap for These Instead

- Vegetable oils, margarine → Olive oil, avocado oil, or coconut oil – less processed and full of healthy fats.
- Fatty/processed meats → Lean cuts, fish (especially salmon, sardines, trout), beans, or lentils – rich in anti-inflammatory omega-3s or plant proteins.
- Whole 2% milk, cream cheese, processed cheeses → Plain Greek yogurt, cottage cheese, or plant-based milks – protein and probiotics without the heavy additives.
- Sugar-added cereals → Steel-cut oats, overnight oats, or muesli with fruit – fiber plus slow-burning energy.
- Full-fat, sugary yogurts → Unsweetened yogurt with fresh berries honey, or nuts, naturally sweet, nutrient-dense.
- White bread → Whole-grain or sprouted grain breads packed with fiber, vitamins, and steady energy.



Inflammation = illness, mental or physical... you choose.

In your daily choices...



And in your LIFE...





5. Nourish Yourself with Supplements & Oils

Even with good nutrition, your body sometimes needs backup. Supplements help fill gaps, and essential oils can support mood, focus, and rest. Neither is a cure-all, but both can be steady allies when used wisely.

Supplements

- **Quality, clean fish oil** - Brain, heart, and joint support; look for sustainably sourced brands.
- **Vitamin D** - A boost for immunity, bones, and mood; often taken with meals for best absorption.
- **Vitamin C** - An antioxidant shield that supports healing.
- **B-12** - Vital for energy and focus; available as capsules or sublingual drops
- **Calcium/Magnesium** - Work together for bone health and relaxation; evening doses may support sleep.
- **Probiotics** - Best taken daily, often in the morning, to balance digestion and gut health.

Essential Oils

- **Peppermint** – Add a drop to a diffuser for focus, rub diluted oil on temples for tension, or inhale for a midday energy lift.
- **Lavender** – Place a few drops on your pillow, add to a warm bath, or diffuse in the evening to ease stress and prepare for sleep.

Note of Caution:

Always check with your healthcare provider before adding new supplements, especially if you're on medication or managing a health condition.

Essential oils should be diluted before applying to skin, and some can interact with medications or cause irritation. When in doubt - less is more.

6. Nourish Yourself with Relaxation Therapy

Your body heals best when it's not in fight-or-flight mode. Relaxation isn't laziness, it's medicine. Creating rituals that calm the nervous system lowers stress, supports immunity, and restores energy so you can show up fully in life.

Showers and relaxing baths

Warm water soothes muscles, calms the mind, and signals the body it's safe to rest. The steam and heat loosen tight muscles, calm the mind, and tell your body it's safe to rest. For a quick spa-like lift, even a hot towel scrub refreshes the skin and boosts circulation.

The Ocean

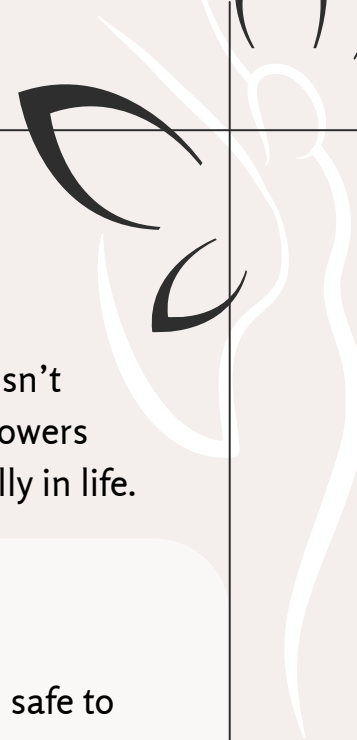
Salt water, waves, and wide horizons bring a grounding calm no pill can match.

- When you can get there, the ocean offers its own medicine: salt water to cleanse, waves to steady your breath, and horizons wide enough to quiet the chatter inside. Nature in any form—woods, rivers, or even a small garden—offers a similar kind of grounding.

Reiki - Yoga - Massage

The gentle energy works to balance, release tension, and restore flow.

- Energy practices like Reiki bring balance and flow.
- Yoga pairs mindful movement with breath, easing both stress and stiffness.
- Massage does the same through touch—melting knots, lowering cortisol, and leaving you lighter.





Not all relaxation requires movement.

Breathwork practices like 4-7-8 or box breathing quickly shift your nervous system. Guided imagery takes your mind somewhere safe and calm. Progressive muscle relaxation teaches your body the rhythm of tension and release. Even sound and scent can be therapy. Music, drumming, or singing bowls steady the heartbeat. Aromatherapy—lavender, eucalyptus, citrus—wakes or soothes the senses.

Together, these practices remind you that rest is not idle. It's nourishment just as vital as food, water, or movement.

Relaxation Tips

- Two minutes of slow breathing before a meeting.
- Roll your shoulders and stretch your neck at your desk.
- Step outside, close your eyes, and listen to natural sounds.

7. Nourish Yourself with Movement

Movement isn't just about workouts—it's about how you live in your body all day. Functional movement builds strength, balance, and flexibility for the things you actually do: carrying groceries, climbing stairs, bending, reaching. Done with intention, even the simplest routines can become health practices.



Functional:

Bring mindfulness into your daily rhythm. Notice your posture, pace, and breath as you move through the ordinary.

- **Parking lots** – Park a little farther away to add extra steps. Walk tall instead of rushing.
- **Stairs over elevators** – A built-in cardio and leg workout.
- **Housework with awareness** – Squat to lift, stretch with purpose, bend safely.
- **Carrying bags** – Engage your core, alternate sides, build grip strength.

Mindful Exercise:

Yoga, tai chi, or walking meditations remind your body that movement is more than burning calories—it's connection.

Joyful play:

Dance, swim, garden. If it makes you smile, do it!



Develop a good balance of:
Functional

- Do your daily “routine” with intention and mindfulness.

Cardio- break a sweat 3-5 x's per week

- Running, biking, walking, hiking, swimming

Stretching & breathing – 4-6 x's per week

- Yoga, Thai chi

Movement Tips (1–2 minutes each):

- Shoulder rolls at your desk.
- 10 bodyweight squats before coffee.
- A quick walk around the block or office floor.
- Standing calf raises while brushing your teeth.
- Deep stretch while the kettle boils.

These small bits of movement add up, keeping your energy steady and your body resilient.

8. Nourish Yourself by Doing Something Nice for Yourself

It's not selfish—it's survival. "Put your own oxygen mask on first" isn't just airline advice; it's a reminder that caring for yourself gives you the capacity to care for others. Small acts of kindness toward yourself refill the tank, steady the mind, and remind you that you matter outside of your responsibilities.

- Prioritize self-care without guilt.
- Mani/Pedi – A little polish, a lot of reset.
- A cup of tea with a good friend – Simple ritual, deep nourishment.
- Use your "good dishes" – Save nothing for "special." Every day counts.
- Date night – Connection with your partner keeps life balanced.
- Girls' night – Laughter, stories, support—it's medicine in disguise.
- Take a 20-minute nap – Rest doesn't waste time; it restores it.
- Go for a walk or run without the jog stroller or the dog – Move for you, no multitasking required.
- Book a massage or bodywork – Release tension and come home to yourself.
- Read something just for fun – No purpose, no agenda—pure enjoyment.
- Spend time in nature – Sit by water, wander in the woods, or garden with your hands in the dirt.
- Cook your favorite meal – Not for the family, not for an event—just for you.
- Practice saying no – Declining what drains you is an act of care, too.



Self-care doesn't have to be grand. It's often the tiniest gestures that bring us back to ourselves.

Self Care Tips:

- Step outside for five minutes of fresh air.
- Light a candle while you eat dinner.
- Play your favorite song and dance in the kitchen.
- Stretch before bed.
- Let laughter count as exercise.
- Take what feels good, leave the rest.

The goal isn't to do more — it's to feel alive while you do it.

9. Nourish Yourself by Accepting Help

Strength isn't about carrying it all alone. Accepting help isn't weakness—it's wisdom. Whether it's a ride to an appointment, a meal dropped off, or a listening ear, letting others show up for you deepens connection and lightens your load. It also gives the people who care about you a chance to do what they most want: to support you.

- Say yes when offered – Don't dismiss it with "I'm fine." Let the soup, the ride, or the errand happen.
- Ask directly – People often want to help but don't know how. Be specific: "Could you pick up milk?" is easier than "I need help."
- Trade support – Some days you're the giver, some days you're the receiver. Balance keeps relationships strong.
- Release guilt – Help doesn't make you a burden. It makes you human.
- Use your circle – Spread requests among friends, neighbors, or coworkers so no one person carries too much.
- Lean on professionals too – Counselors, patient navigators, or community resources are part of the net. Help doesn't always have to come from friends or family.
- Accept in small ways – Even little gestures—someone holding the door, carrying groceries—train you to soften your reflex to decline.
- Let it be mutual joy – Receiving is a gift for the giver too; it allows them to feel useful and connected.

Acceptance Tips

- Simply say "thank you."
- List a few tasks you'd hand off.
- Keep a small "help menu" ready.
- Start with low-stakes asks.
- Recall a time you enjoyed helping someone.



10. Nourish Yourself by Creating a Bedtime Routine



How you end the day sets the tone for tomorrow. A gentle evening rhythm signals to your body that it's safe to rest, quiets a busy mind, and makes mornings smoother. Think of it as tucking yourself in with care.

- **Check tomorrow's calendar** – Two minutes of planning clears mental clutter.
- **Tidy up** – Quick reset: dishes done, clothes folded, desk clear.
- **Pack lunches** – One less decision for morning-you.
- **Prep for tomorrow** – Lay out clothes or set the coffee maker.
- **Unplug early** – Step away from screens 30 minutes before bed.
- **Add comfort** – Warm shower, stretch, or tea to unwind.
- **Care for your skin** – Wash, moisturize, and let the day go.
- **Pause for gratitude** – Note one thing that went well.
- **Keep a steady bedtime** – Consistency builds calm.

Bedtime Tips:

- *Write down one thing you're grateful for before turning out the light.*
- *Do 5 slow, deep breaths lying in bed.*
- *Sip a small glass of water to stay hydrated through the night.*



How Will You Nourish Yourself Today?

You now hold ten practical steps to nourish yourself, but this isn't the finish line, it's the starting point of a new way of living. Some days these steps will feel natural, other days they may feel like effort. Both matter.

Each choice to care for yourself adds strength and steadiness, even when life is messy. Let these tools be a guide you return to, a reminder that thriving isn't about perfection but persistence.

Share them when someone else needs encouragement, and keep asking yourself:

What is one act of nourishment I can give myself today?

What question will carry you forward, one day, one step at a time?

Just imagine...

How good you
could feel!



For more information:
Visit us at



www.EachMomentWereAlive.org

Resources:
Beating Cancer with Nutrition
Patrick Quillin, PhD, RD, CNS

How Will You

Nourish Yourself Today?

You now hold ten practical steps to nourish yourself, but this isn't the finish line, it's the starting point of a new way of living. Some days these steps will feel natural, other days they may feel like effort. Both matter.

Each choice to care for yourself adds strength and steadiness, even when life is messy. Let these tools be a guide you return to, a reminder that thriving isn't about perfection but persistence.

Share them when someone else needs encouragement, and keep asking yourself:

What is one act of nourishment I can give myself today?

What question will carry you forward, one day, one step at a time?

Just imagine...

How good you
could feel!



For more information:
Visit us at



www.EachMomentWereAlive.org

Resources:
Beating Cancer with Nutrition
Patrick Quillin, PhD, RD, CNS