

Daily
Wellness
Empowerment
Program

Manual

Morning Routine

- Sitting Meditation (10min)**
- Hindu Squats and Hindu Pushups**

During the Day

- Whole Food Plant-Based Diet < 7pm**
- No Intoxicants**
- Nature**
- Mental Nourishment**
- Mindfulness**
- Meaningful Human Connections**

Evening Routine

- Arms Swinging (10min)**
- Bed By 10pm**

[Print your DWEP Sheet here](#)

Sitting Meditation

▶ *Sitting Meditation: 10min guided mindful breathing, beginner-friendly*

In a quiet place, I sit with my back upright and a gentle smile on my face, feeling my natural in- and out-breaths, and I gently bring my attention back to my breath whenever I get distracted.



Posture

▶ *How to Sit for Meditation: useful tips for beginners*

In a quiet place where you won't be distracted, sit on the front third of a chair or a cushion. If sitting on a chair, place both feet flat on the ground. If sitting on a cushion, try to have both knees touch the floor. Sit with your back upright and relaxed. Tuck your chin slightly in and gently pull the center of the crown of your head up to help elongate your spine; this should feel soothing and gently opening. Eyes can be closed or half-closed. Close your mouth and smile gently with your lips and eyes. Allow your breath to unfold naturally and freely. In

summary, a good sitting posture is one where your back is quite straight, you feel comfortable, and you can breathe freely.

1

Without over focusing and without controlling your breath, simply observe when you are breathing in and when you are breathing out. When you find yourself tensing up and or controlling the breath, loosen up a bit. And when you find yourself getting distracted, smile at the distraction (it's part of the game!) and gently bring your attention back to the breath.

This is a training in attention. Expect discursive thinking and distractions to come up. Every time you find yourself distracted, simply redirect your mind back to the breath, with patience and kindness. The aim is not to over focus on one single breath but to sustain your gentle attention on as many breaths in a row as possible. Simply aim to know whether you are breathing in or breathing out at any given time during your sitting meditation.

Breath awareness should not be only intellectual but rather experiential; you are feeling the sensations of the breath. As you naturally breathe in, feel the cold air touching your nostrils, your lungs and belly expanding. As you naturally breathe out, feel your belly and lungs collapsing and warm air leaving your nostrils. Again, you are not aiming to control the breath or only think about the breath; you are feeling the breath, just as it is.

2

Notice how over time, your breath naturally grows slower, deeper, more rhythmic, and more enjoyable. This is not something that you can force; it is something that happens naturally as a result of paying gentle and continuous attention to your breath as it is.

3

Once your sitting meditation practice grows stronger, you can begin to expand your inner awareness (interoception) to your whole body. Suffuse your attention to your whole body, not neglecting any part of your body. You are not trying to create any new sensation, but simply to tune in all the physical sensations currently unfolding at the same time. You are still aware of each in- and out-breath, but now you are also aware of all your other physical sensations.

4

Allow your whole body to relax. This happens naturally with the slowing of the breath (2) and

your whole body awareness (3). Relaxation is not something we do but something we allow to happen.

5

Once your mind has settled down on your breath and your body is able to relax, joy naturally springs up. A gentle smile can also help. Stretch your lips very gently; then smile with your eyes; smile with your brain; smile with your whole nervous system; and smile with your whole body. There is a subtle, but nonetheless very real joy in being alive in the present moment, body and mind united.

6

Allow your joy to settle into a feeling of deep happiness. In happiness, there is still pleasure and aliveness, but without any more bubbliness or agitation.

7

Now that your mind is clear, strong, and happy, open it to the part of you that is in pain; the part of you that calls for your attention; the part of you that you are less proud of; the part of you that feels less comfortable to be with. This could mean opening your awareness to better include painful physical sensations that are currently manifesting, or expanding your awareness towards unprocessed memories or unresolved issues that may be lingering in your consciousness. The aim is not to invite any difficulty to come up but rather to become more inclusive and accepting of any difficulty that was already present in you. More than feeling good, you want to feel *whole*.

8

Hold this part of you with tenderness and compassion. Allow all sensations to flow within the warm embrace of your awareness. You are still breathing mindfully, aware of your whole body, and smiling; but now, your smile has become a smile of kindness and wholeness.

1. Breathing in, aware of my in-breath. Breathing out, aware of my out-breath.
2. Breathing in, aware that my in-breath has grown slower. Breathing out, aware that my out-breath has grown slower.
3. Breathing in, aware of my whole body. Breathing out, aware of my whole body.
4. Breathing in, relaxing my whole body. Breathing out, relaxing my whole body.

5. Breathing in, feeling joy. Breathing out, feeling joy.
6. Breathing in, feeling happy. Breathing out, feeling happy.
7. Breathing in, opening my mind to the part of me that is in pain. Breathing out, opening my mind to the part of me that is in pain.
8. Breathing in, embracing and soothing the pain with compassion. Breathing out, embracing and soothing the pain with compassion.

After 10 minutes of sitting meditation, mindfully open your eyes, trying to stay aware of your breath and body as you get ready for physical exercise.

Hindu Squats and Hindu Pushups

📺 *Hindu Squats and Hindu Pushups: daily calisthenics for mental health*

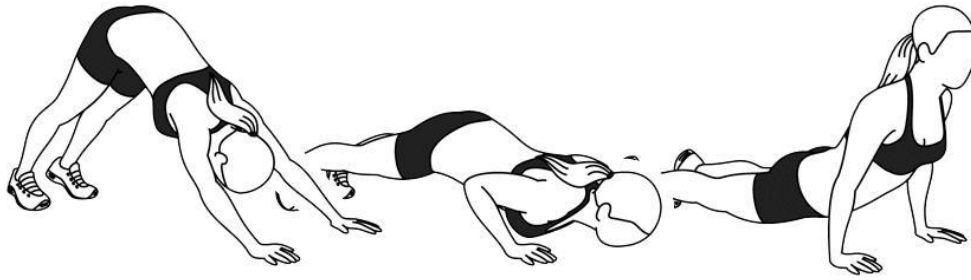
I do Hindu squats and Hindu pushups at a 2:1 ratio, breathing through the nose, starting with a very low number of repetitions and increasing very gradually over the weeks.



Hindu squats

Begin with your feet shoulder-width apart and your toes pointing straight ahead. Raise your arms in front of you, chest height. Breathing in through your nose, swing your arms behind you, and, keeping your back quite straight, lower your buttocks until your thighs are parallel to the floor and your heels are off the floor.

Breathing out through your nose, push off your toes while swinging your arms upward, coming back to the beginning position. This forms one repetition.



Hindu pushups

Start with your hands on the floor shoulder-width apart; feet on the floor also hips-width apart or slightly wider; buttocks in the air, and chin tucked in with eyes looking behind you. Try to stretch as much as comfortably possible, by pushing on your hands and bringing your heels as close to the ground as you can.

Breathing out through the nose, unlock your elbows inward and, using controlled arms strength, lower your body in a circular arc with your head leading forward, feeling each vertebrae stretching. When lowering your body, your head first comes close to the ground, then chest, then belly, and then hips, without ever touching the ground. After the pushup, your arms are straight, your chest is up, your hips almost touch the ground, and your eyes are looking up.

Breathing in through your nose, go back to the starting position, by directly leading backwards from your hips (and not by performing the push-up backward), feeling each vertebrae stretching. Tuck your chin back in. This forms one repetition.

Begin with a very low number of repetitions, at a ratio of 2 Hindu squats for 1 Hindu pushup, making sure your form is correct, and *very gradually* increase the number of repetitions over the weeks, keeping a 2:1 ratio.

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An **easier alternative** to the Hindu squats and Hindu pushups: the **Down-Move-Up**.

Begin in a standing position. Slowly go down to the ground, whichever way feels most comfortable. Once on the floor, move a little: either turn gently from your back to your belly

or belly to back; or crawl a few steps; or stretch one way or another; or twist your body gently. Then stand back up again, whichever way feels comfortable.

Throughout the exercise, breathe naturally through your nose and into your belly. Move slowly, mindfully, gracefully, and continuously. Gently solicit your muscles and stretch to the extent that feels safe and comfortable. Be creative and playful in exploring different ways to go down, to move on the ground, and to stand back up. Enjoy moving – slowly, mindfully, and gracefully.

If you have difficulties keeping your balance, a sofa or a chair can help you transition safely from standing to the ground. *Safety first.*

Going down to the ground, moving a little, and standing back up counts as one repetition. Begin with a very low number of repetitions and increase *very gradually* over the weeks.

If in the future you ever feel confident and inspired to, try to replace the Down-Move-Up with two Hindu squats and one Hindu pushup.

Whole Food Plant-Based Diet Before 7pm

I base my meals around whole grains, legumes, vegetables, and fruits, and I stop eating at 7pm.



The more whole / unrefined plant-based foods you consume, the healthier your diet is.

These include:

whole grains such as barley, brown rice, buckwheat, millet, oats, popcorn, quinoa, rye, teff, whole-wheat pasta, and wild rice.

legumes such as black beans, black-eyed peas, butter beans, cannellini beans, chickpeas, edamame, english peas, great northern beans, kidney beans, lentils, navy beans, pinto beans, small red beans, split peas.

greens such as arugula, beet greens, collard greens, kale, mesclun mix, mustard greens, sorrel, spinach, swisschard, and turnip greens.

other vegetables such as artichokes, asparagus, beets, bell peppers, bok choy, broccoli, brussels sprouts, cabbage, cauliflower, carrots, corn, garlic, horseradish, okra, onions, purple potatoes, pumpkin, radishes, sea vegetables (arame, dulse, nori), snap peas, squash, sweet potatoes/yams, tomatoes, watercress, and zucchini.

mushrooms such as button, oyster, portobello, and shiitake.

fruits such as apples, dried apricots, avocados, bananas, cantaloupe, clementines, dates, dried figs, grapefruit, honeydew, kiwifruit, lemons, limes, lychees, mangos, nectarines, oranges, papaya, passion fruit, peaches, pears, pineapple, plums, pluots, pomegranates, prunes, tangerines, and watermelon.

berries such as acai, barberries, blackberries, blueberries, cherries, concord grapes,

cranberries, goji berries, kumquats, mulberries, raspberries, and strawberries.

omega 3 rich seeds such as flax seeds and chia seeds.

herbs and spices such as allspice, barberries, basil, bay leaves, cardamom, chili powder, cilantro, cinnamon, cloves, coriander, cumin, curry powder, dill, fenugreek, garlic, ginger, horseradish, lemongrass, marjoram, mustard powder, nutmeg, oregano, smoked paprika, parsley, pepper, peppermint, rosemary, saffron, sage, thyme, turmeric, and vanilla.

healthy beverages such as water, green tea, hibiscus tea, decaffeinated coffee, and herbal infusions.

non omega 3 rich nuts and seeds, and fatty fruits *in moderation* such as almonds, brazil nuts, cashews, hazelnuts, hemp seeds, macadamia, pecans, pistachios, pumpkin seeds, sesame seeds, sunflower seeds, and walnuts; coconuts and avocados.

once a week, supplement with **200 micrograms of vitamin B12 (cyanocobalamin)**.

Avoid

all animal products such as meat, fish, eggs, and dairy

highly processed foods and chemical additives

refined grains such as white rice and white bread

salt, oil, and sugar

soda, fruit juice, and sports/energy drinks

Simple meal and snack ideas you may want to incorporate:

Oatmeal breakfast: rolled oats topped with fruits and seeds

Green smoothie as a snack: water, greens, and fruits in a blender

Whole grains, beans, and steamed vegetables on bed of greens for lunch

In-season vegetable soup at 6pm

When going shopping, you will save money by buying your whole grains, dry legumes, and dried herbs and spices in bulk. Then you'll only need to shop your vegetables and fruits at the frozen or fresh produce section.

We recommend you stop eating at 7 pm.

Resources:

- [NutritionFacts on YouTube](#) Nutrition research.

- [NutritionFacts.org](https://nutritionfacts.org) Nutrition research.
- Daily Dozen App
- [Well Your World](https://www.wellyourworld.com), sos-free plant-based recipes

No Intoxicants

*I abstain from smoking, alcohol, and recreational drugs,
and I use better ways to meet my emotional needs.*



If you have been struggling with a substance addiction, we invite you to bring awareness, compassion, and inner strength to the situation. **Begin by mapping out your addiction:**

<u>Triggers</u>	->	<u>Behaviors</u>	->	<u>Rewards</u>	/	<u>Harms</u>
<i>what usually happens before you use, where are you, with whom</i>		<i>where do you go, what do you use</i>		<i>what do you gain from the experience</i>		<i>how the behavior negatively affects you</i>
-		-		-		-

Then, determine your plan of action:

Avoiding Triggers. Upgrading Behaviors.

your concrete strategies, to prevent, solve, or avoid your triggers; to minimize unnecessary stress in your life; to recreate conditions of the past when you struggled less with addiction; and to use more effective and rewarding ways to meet your needs

-

and reach out for support:

People On My Team

names of people who are aware of your issues and who can accept you, encourage you, and hold you accountable - family members, friends, peers from a support group, and/or professional help

-

Mental Nourishment

I filter my media consumption to protect and nourish my contentment, compassion, and clarity; and I avoid using electronics at night.



Feeding Our Mind Well

	Harmful - To Minimize	Helpful - To Maximize
Contentment	Advertising; anything triggering jealousy or competition on social media; pornography.	Thinking about the conditions of happiness we already have; keeping a gratitude journal; expressing appreciation to family and friends.
Compassion	Violent movies or video games; discriminatory / divisive speeches; frustrating news.	Learning about what we can do to help the world; learning about other cultures or ways of life; wishing other people well.
Clarity	Excess information; excess stimulation; mindless browsing; distractions.	To-do lists; free time; silence; mindfulness.

Digital Sunset

Every evening before 9pm, turn off your phone, laptop, electronics, wi-fi,... and leave them far from you. You can do this as an individual or as a family. Start using them again after your

morning routine.

Mindfulness

I bring presence and relaxation into my daily activities with breathing breaks, mono tasking, mindful walking, and I manage my emotions mindfully.

Breathing Breaks

Take some mindful breathing breaks throughout the day - when you feel the need, before starting a new task, or at regular intervals using a mindful clock application. You can practice breathing breaks either sitting or standing. Simply pause what you are doing and feel your natural, nasal, in- and out-breaths. Allow your breath to go deep into your belly. Enjoy the sensations of the breath as it is, establishing your mind in the present moment and allowing your body to relax. Three mindful breaths can be all it takes to leave you more relaxed, centered, and refreshed. If this feels comfortable and socially acceptable, smile gently before resuming your activities.

Monotasking

Try to focus on one thing at a time. When working, just work. When talking with a friend, stay with the conversation. When relaxing, just relax without any distraction. To help you monotask, consider setting your phone to airplane mode. Inform your family or coworkers that every day, during this slot of time, you won't be available to them because you need time for undistracted focus. To gently help your mind stay in the present moment, as an occasional self-reminder, feeling your in-breath think "Enjoying ...", and feeling your out-breath, name silently what you are doing such as, "... reading" or "working" or "eating."

Mindful Walking

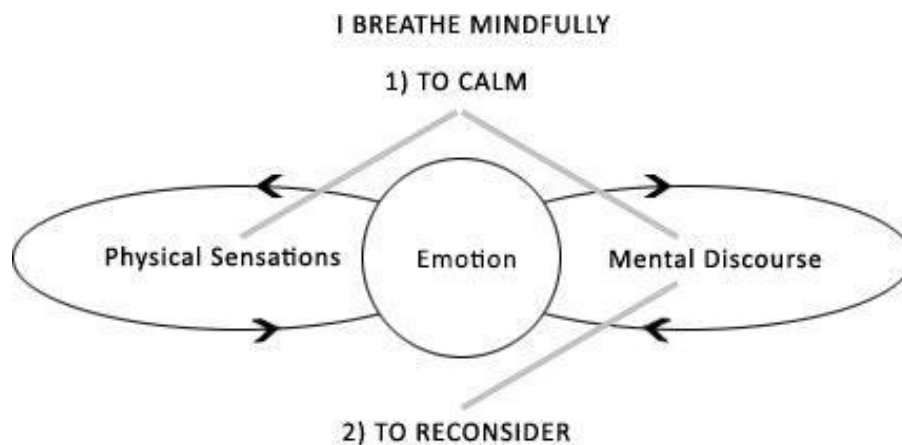
To practice mindful walking is to enjoy walking, aware of each in- or out-breath and each step. You can choose a particular route to walk mindfully each day, or you can practice mindful walking whenever you feel inspired. To the extent that it is socially acceptable, try to walk a little bit more slowly than usual. Feel the sensations of your natural, nasal, in- and out-breaths.

Tune your mind into your whole body as you walk, paying particular attention to the sensations of the sole of your feet touching the ground. Whenever you get distracted, gently bring your mind back to your breath and steps. A micro smile can help you enjoy walking meditation more. Do not over focus, or control your breath, or stiffen your legs by walking too intentionally. Mindful walking should feel natural, soothing, and mentally liberating. Enjoy each natural breath and step, gently bringing your mind back every time you get distracted.

Mindfulness of Emotions

Recognize your emotions as they come up and leave throughout the day. Identify and accept all of your feelings such as your sadness, excitement, anger, joy, desire, fear, and so on. Breathing mindfully, you may say to yourself, “Hello, anger” or “Hello, sadness.” Do not repress your emotion, but do not identify too strongly with it either. Breathe mindfully with your emotion, knowing that it will eventually pass.

When experiencing a strong emotion, it might be a good idea to extract yourself from the situation that triggered it and practice walking meditation outside. Otherwise, just bring your attention back to your breath from where you are.



1) Breathe mindfully to calm down

Invite the emotion to breathe with you mindfully, through your nose, patiently, and allow your breath to slow down by itself. Do not pay attention to the mental discourse that has been fueling your emotion (“I can't believe she did this,” or “Why does it always have to be me?”) Focus solely on the sensations of the breath coming in and going out. Of course, you will need

to address the problem at some point, but you only want to do it when you will be calm enough. Patiently focus on your breath until it becomes slow, quiet, regular, and enjoyable.

2) Breathe mindfully to reconsider

With your mind still anchored on the sensations of your breath coming in and going out, ask yourself, “Am I sure?” Gently question your mental discourse. Ask yourself questions such as, “Did he really say this? Can I check with him directly?” or “What difficulties in her life led her to act like this?” or “What would be a more constructive and empowering way to look at this?” Remember that no problem is so big that it cannot be broken down into smaller, easily solvable parts. Wish yourself and others well, and focus on the small things you can do to improve the situation.

Meaningful Human Connections

*I spend time with people who make me feel safe and valued;
I communicate mindfully; and I contribute in ways that make me happiest.*

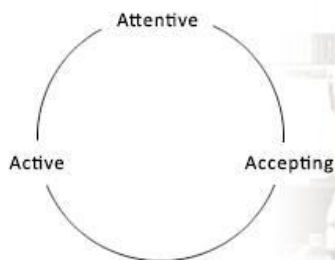
Social Moments



Surround yourself and interact with people who make you feel safe and at ease; people who share similar values and meaningful aspirations in life.

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Deep Listening



Loving Speech



- **Attentive** to the other person's words and expressions.
- **Active** in trying to understand them.

- **Appreciate** the other person. "Thank you for ..."
- **Apologize** for your mistakes. "Sorry for ..."
- **Acknowledge** your pain without blaming. "When

- **Accepting** of their feelings and perceptions.

you did/said ..., I felt"

- **Ask** for concrete support, ready to receive a "no" gracefully. *"Would you be willing to help me by ...?"* / Ask the other person how they would like you to support them, concretely. *"This issue seems important to you and our relationship is dear to me. If you could let me know in which concrete ways you would like me to support you, I will be able to inform you if yes or no I can meet your request."*

In your relationships, make sure to use all four of these elements but in the right proportions (see pyramid).

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Joyous Giving



To help you recognize your place in life, the place for you to thrive, be happy, and find purpose, identify and write down:

- **What you love doing** - what makes you happy, what you would do in your free time.
- **What you're good at** - your talents, know-hows, and life experiences.
- **What the world needs** – physical, spiritual, and environmental needs waiting to be met.

Try to be, as much as you can in your personal and professional life, at the intersection of the three.

Nature

I expose myself to fresh air, sunshine, and plants.



Find ways to get more in touch with nature.

You can begin by inviting plants to your home and your office. Ask your local seller for indoor plants that purify the air well and do not need much maintenance, and place these plants somewhere you can see them.

When the weather allows, open your windows for fresh air.

Go outside every morning (for instance to practice your Hindu squats and Hindu pushups) to enjoy some morning sunlight.

Choose greener, even if slightly longer, routes to go about your day, walking or biking when possible.

If you feel inspired, create a small vegetable garden where you live. You can also join a community garden.

In your free time, go to a park, forest, or lake to walk, to bike, to swim, and/or to picnic, whether alone to enjoy some quiet time, or with family and friends for a meaningful social moment. Walk barefoot when the weather allows, and hug trees if this feels inspiring.

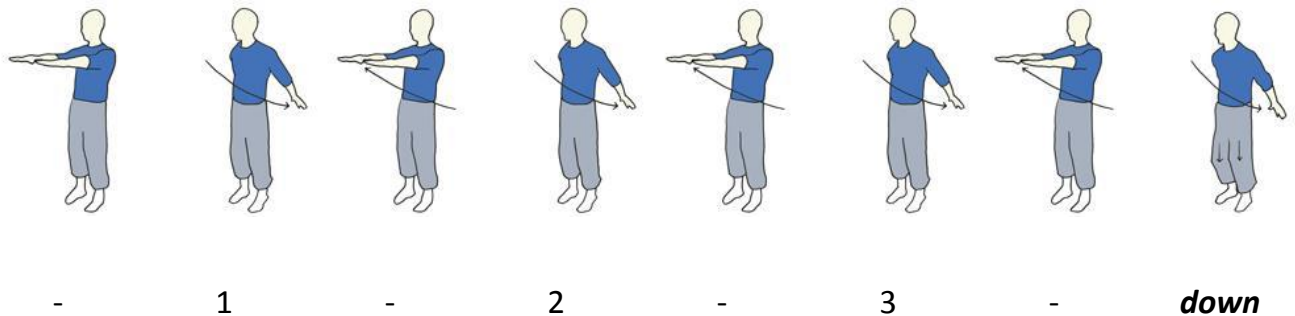
Resources:

- The Nature Fix (book)

Arms Swinging

▶ *Arms Swinging: a simple yet deeply restorative exercise*

Standing in a quiet place, I swing my arms back and forth, neither too fast nor too slow, bending my knees gently on each fourth count.



In a quiet place where you won't be disturbed, stand with feet shoulder-width apart and parallel to each other. Your legs are straight but not rigid. Eyes can be open or close, but as a beginner, keeping your eyes open will help you ensure your form is correct. Your mouth is closed. Smile gently to relax your face and nervous system. Throughout the exercise, only breathe naturally through your nose, not trying to coordinate the breath with the movements.

Bring your hands to chest height, palms facing down. Arms are parallel to the floor, straight but not stiff. Allow both arms to drop and swing backwards naturally, like a pair of pendulums. Swing comfortably, not using any strength or force. When swinging backwards, your arms reach as far as naturally comfortable. When coming back up, your arms are parallel to the floor. Throughout the exercise, your arms should remain parallel to each other, with palms facing down. Find the swinging speed you feel most at ease with; neither too fast, which would make you feel agitated, nor too slow, which would make you feel sluggish. Maintain this speed throughout the exercise, swinging your arms continuously and relaxingly.

On the fourth time your hands drop behind you, bend your knees very slightly and dip down twice, without passing your toes. This knee bent should feel natural and loosening. Make sure you bend your knees when your hands are at their lowest position, and that the knee bent is small and relaxed. Do not thrust your head forward when bending the knees; keep your back

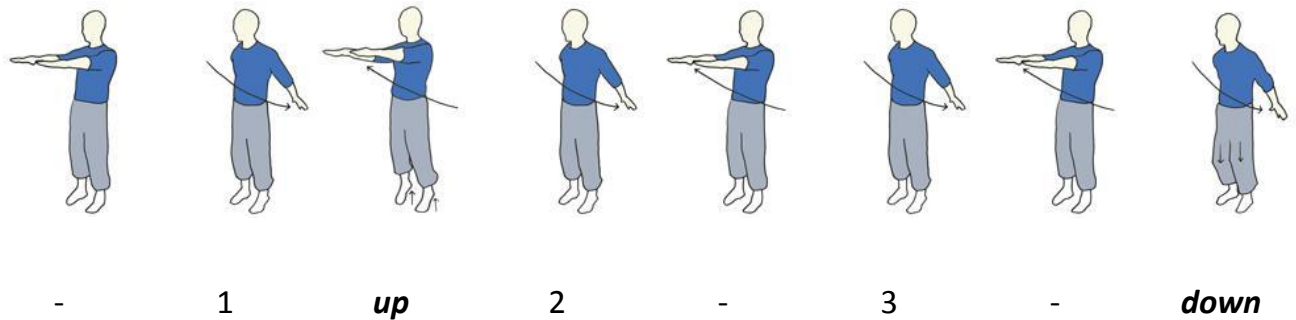
straight. At the completion of the second dip, your arms return to chest height.

Keep on swinging your arms, mentally counting “1 ... 2 ... 3 ... down”, bending your knees slightly as your hands drop on the 4th count, and back to 1 again.

After 10 minutes, keep your legs straight but continue to swing your arms for about 15 seconds. Then, relax your shoulders and allow your arms to naturally come back to your sides. Stand still for another 15 seconds. Breathe mindfully, aware of any new sensations manifesting in your body.

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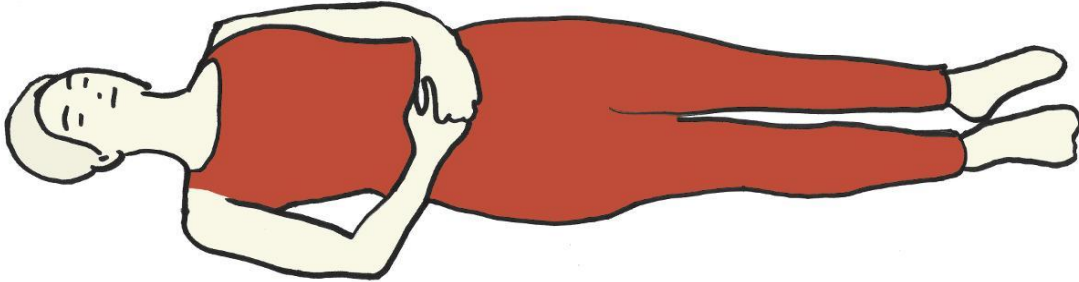
After practicing the exercise every day for a week, you can experiment with the following variation: between the 1st and the 2nd count, raise on your toes as high as you comfortably can.



On the second count, bring your ankles back down to the ground.

Bed by 10pm

*Before 10pm, I lie on my back with hands on my lower abdomen,
and I breathe mindfully waiting for sleep.*



Before 10pm, lie down in bed, on your back, feet together but relaxed, with your spine and neck in a straight line. Use a low cushion to rest your head on or, if it feels comfortable, no cushion at all, to gently stretch your spine. Place the thumb of one hand in your navel, and the other hand on top of the first hand. The fingers of each hand are not spread apart but close together. The thumb of the hand on top can rest on the crevice between the thumb and index finger of the bottom hand. If your hands cannot reach your lower abdomen, simply rest them by the sides of your lower abdomen. Keep your mouth closed and smile gently. Breathe naturally through your nose, aware of the sensations of your belly rising and falling. Allow your breath to progressively grow slower, deeper, and more quiet. When sleepiness comes, turn to your right side.

Resources:

- Why We Sleep: The New Science of Sleep and Dreams, a book by Matthew Walker, PhD

General Resources:

- Undo It!: How Simple Lifestyle Changes Can Reverse Most Chronic Diseases, a book by Dean Ornish MD and Anne Ornish
- Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment, a book by Martin EP Seligman
- A Culture of Happiness: How to Scale Up Happiness from People to Organizations, a book by Tho Ha Vinh and Thakur S. Powdyel

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