



**A Better Death LLC**  
May 17, 2023  
**Death Doula's**  
Margo Nelson  
Pat Campanaro  
Jean Skeels  
Nancy Larson  
Suzanne Sherman

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Welcome!



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Join us  
Put Yourself First  
TODAY

*inhale*  
*exhale*  
*breathe*  
*relax*

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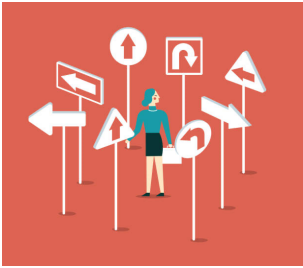
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**Choose YOUR Path**

Experiential  
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Tangible

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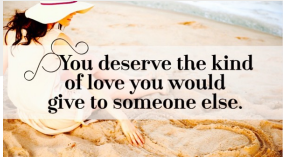
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**Love Yourself  
FIRST**



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**Tree Roots -- How To**



Calm yourself  
Ground and center, and  
Send coherent heart wave patterns to each other.

Connect Imagine Repeat

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## Tree Roots



TREE ROOTS  
GROUNDING





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**Tree Roots Grounding**  
Stand up and quietly notice how you feel right now.  
What sensations do you feel in your body,  
what thoughts are in your mind?

Imagine tree roots from your feet  
going down into the Earth  
as far as you want to go.

Breathe up from your roots  
through your heart  
up through your arms, your tree branches  
and up into the sky  
and then back down to your roots.

Breathe in and out -  
up from your roots to the sky and back down to the earth,  
3X

Quietly notice how you feel now.

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## Heart Math

More resilience  
**less stress**  
Unlock the power of your heart



Attain Coherence

- Heart
- Brain
- Nervous System

Heart Energy Extends Up to 8 feet out of our Body!

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**Self-Care Categories**

Emotional self-care

Physical self-care

Spiritual self-care

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**Emotional self-care**

Self-talk

Weekly bubble baths

Say "no"

Pause

Weekly catch-up with friends

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**Physical self-care**

Sleep  
Exercise  
Healthy / Nourishing Food



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**Spiritual self-care**

Faith Based  
Nature  
Regular Acts of Kindness  
Keeping a gratitude journal

Find some quiet, private time. Allow yourself to slow down and relax. Find nature, meditate, or do nothing. Take a mental break. You'll gain the benefits of a quiet mind.

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**The Importance of Spirituality**



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Relaxation  
Technique



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**Chart Your Course**

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**A Better Death LLC**

Thank You!

**Death Doula's**

Margy Nelson  
Suzanne Sherman  
Pat Campanaro  
Jean Skeels  
Nancy Larson

Join Us:  
Death Café 4<sup>th</sup> Thursday  
6:30 PM @ The HUB

No Bones About It!  
Workshop June

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