

**SLEEP:**

7 - 9 hrs

No caffeine or alcohol after 2 pm

Turn off devices 3 hrs before bedtime

Optimize Sleep Environment (light, temperature, ambiance)

**NUTRITION:**

<https://www.foundationforpn.org/living-well/lifestyle/nutrition/>

Avoid/Limit smoking and alcohol

Blood Sugar Control

Anti-Inflammatory diet: Omega 3 fats (fish oil, SMASH fish, nuts, flaxseeds) & Fiber/Antioxidants

**MOVEMENT:**

Aerobic Exercise, Strength Training, Balance, and Stretching

<https://www.healthline.com/health/exercises-for-peripheral-neuropathy#outlook>

**EMOTIONS:**

Breathwork

Chi Gong

Massage

Journaling

Play

Exercise

**MENTAL:**

Focus

Beliefs

Meaning

Story

**SOCIAL:**

Positive Nurturing Relationships

Homework:

**SPIRITUAL:**

Authentic Self

Serving Others