



COSMIX
INNERSPACE
CAMP
PREP

BREATH.HYDRATE.MOVE.

KAMMIEK.COM

welcome

I encourage you to practice **extreme self care** during our Innerspace Camp experience.

Staying hydrated, well rested, making space for lots of quiet reflection time, journaling, getting out in nature, moving your body - are all super important to creating space for new activations and upgrades within your system.

As with any DEEP inner exploration-stuck emotions, limiting beliefs, old ways of being, and outdated mindsets, may shake loose, or rise up for release & letting GO.

You may choose to increase fruits and veggies and healthy snacks into your diets at this time, and possibly limit or cut out alcohol while Camp is in session.

You know YOU best, so listen to your intuition and increase/decrease accordingly.

01.

BREATHE:

Breathwork might be new for you, or you might just need a reminder to focus on this critical function.

Breathing exercises can help you relax, because they make your body feel like it does when you are already relaxed.

Deep breathing is one of the best ways to lower stress in the body. This is because when you breathe deeply, it sends a message to your brain to calm down and relax.

Here's a link to help you begin a breathing practice:

<https://www.health.harvard.edu/mind-and-mood/relaxation-techniques-breath-control-helps-quell-errant-stress-response>

02.

HYDRATE:

Still stuck on the sugary drinks or slamming coffee to getcha through the day? No shame! Just be sure to keep adding more WATER into your daily mix.

- You'll glow
- Productivity peaks
- No more migraines
- Get your body lubed up
- Smooth move
- No more aches
- 8 glasses a day, keeps the doctor away

Here's 7 Health Benefits of Drinking Water:

<https://www.healthline.com/nutrition/7-health-benefits-of-water>

03.

MOVE:

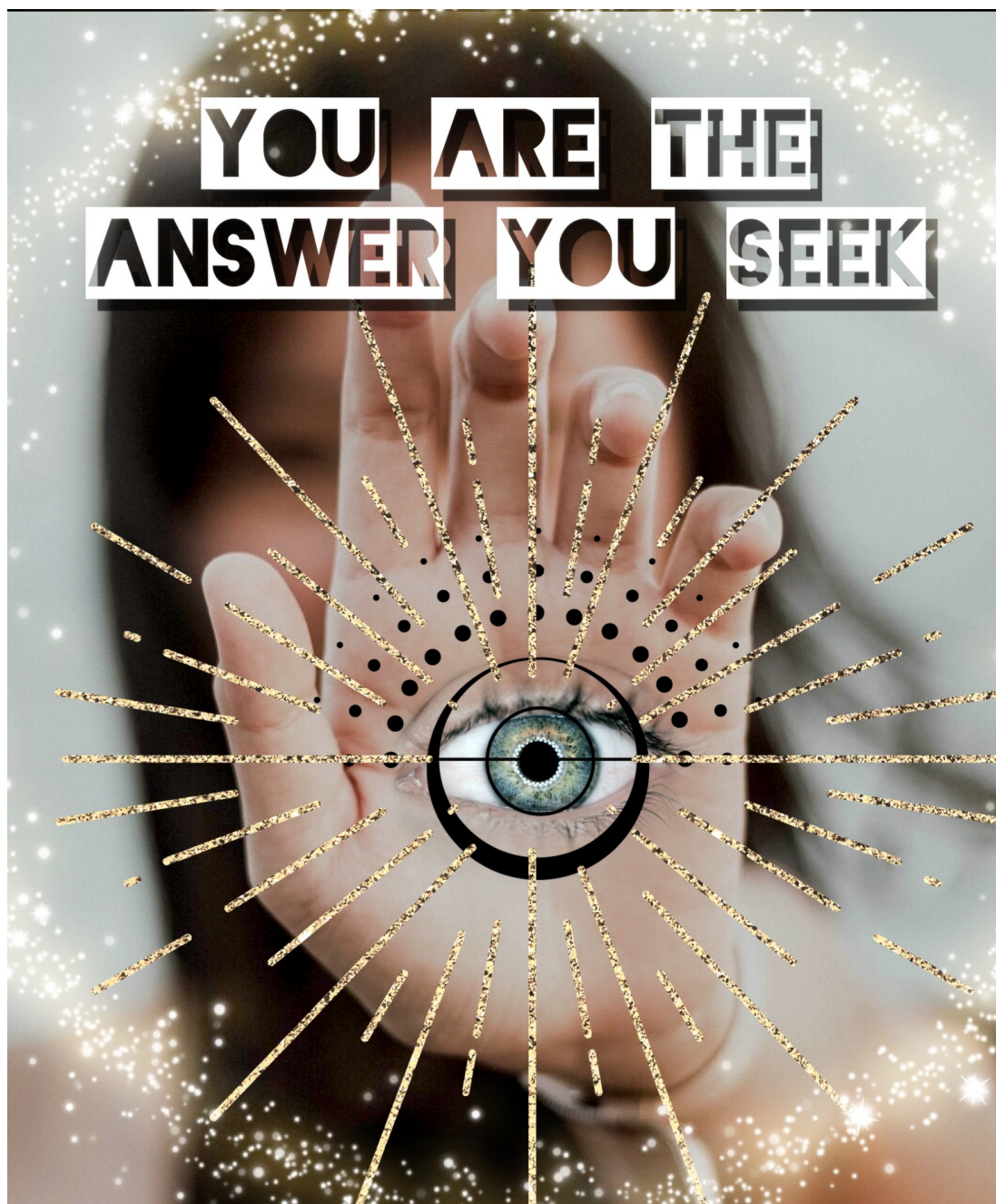
Covid-hangover is real. And working from home has likely decreased many of our daily movement habits. Movement is medicine – free medicine with almost zero side effects that offers the following benefits:

- Lowers blood pressure
- Controls blood sugar
- Helps control weight
- Good for the heart
- Lowers cholesterol
- Relieves pain
- Reduces falls

Here's a quick reminder of the benefits of daily movement:

<https://anschutzwellness.com/just-move-benefits-everyday-movement/>

TAKE CARE OF YOU BABE!



XO,
KK