

10 Tools for Empaths:

1. ***Affirmations:***

Daily: “Oh God help me to see hear feel and know only that which is for my greatest good today.”

As Needed: “The only energy exchanged is for my greatest good and their greatest good at this time.”

2. ***Yoga and/or vigorous exercise*** even if brief (HIIT).

3. ***Meditation:*** Daily or as often as possible. Example of Empath specific mediation (energy release and drawing yours back to you).

4. ***Deep slow breathing***

5. ***Balanced Diet*** that includes high vibration foods like fruits and vegetables and whole grains. When using sweetener choose natural sources like honey, maple syrup, stevia, agave, and brown sugar.

Moderate: Caffeine, Wheat, Cheese, other dairy, and meat (especially red meat).

Avoid: Alcohol, Additives/Sugar substitutes, refined sugar, white Bread, and processed foods,

6. ***Relaxation and Cleansing Practices:*** Examples: restorative yoga; guided meditations; essential oils; soft gentle music; hot baths; relaxing in candle-lit dark room; reiki, massage and other healing services; salt baths, lamps, or salt spas/caves; smudging; using crystals; and stand barefoot outside once daily or as often as possible. Follow your guidance/intuition for what services/practices are most beneficial and resonate most for you.

7. ***Spend time in nature*** going for walks or hikes or sit/ meditate-alone preferably.

8. ***Take time to yourself*** daily to restore and rejuvenate in whatever way gives you a feeling of being “re-filled” even if this means 15 minutes/day.

9. ***Close your eyes often and take frequent breaks,*** especially in situations that have overwhelmed you or made you feel ill, anxious, or stressed.

10. ***Avoid crowds as much as possible until these tools take effect.***

Examples: grocery stores, malls, crowded public places. If you are at events, meetings or in crowded public places sit or stand in the back of the room.