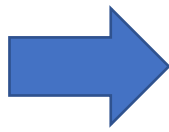


Physical well-being



- Keep the home clean
 - Get a dishwasher (wear a glove if not)
- Have iron-fortified cereal in the morning (with lactose-free milk) and a good (Turkish) breakfast during lunch time (NB: black tea or coffee an hour later from both – place it far from me)
- A spoon of Manuka honey every day (UMF 15+)
- ‘A-Z’ vitamin & mineral supplement once a week
- Neti syringe to rinse my sinuses ~once a month
 - Use good quality salt & lukewarm filtered water
- Wrist & elbow rest on table (tennis/computer elbow)
- Face exercises
- Good sleep: Raise my thorax & head and put night-mode on mobile phone before sleep
- Fruit & water on table (nudge)
- I don’t eat anything after 9pm (only Jasmine/linden tea allowed)



Mental well-being

- Keep home tidy
- Sell/give away unnecessary stuff
- Open windows and meditate/sit/lie on the floor several times
- Have photos of people and quotes that make me happy & motivate me on office desk/table
- Fast internet
- Go to a (English) movie at Traumpalast once a week
- Play Wordle and/or Sudoku every day
- Get help/meet up with friends

