

Write Pray Recover

A Journey to Wellness Through Spiritual Solutions and Self-Care

"Self-care is the actions that we take to achieve wellness
and wellness is where we stand in our **power!**"



Wendy Blanchard, M.S., INHC, NYCPS

S.P.E.A.R. and S.W.I.M. Into Wellness

E-Book by Wendy Blanchard, M.S., INHC, NYCPS

"Self care is the actions that we take to achieve wellness and wellness is where we stand in our power!" - Love and blessings, Wendy

S.P.E.A.R. AND S.W.I.M. INTO WELLNESS!

Using these steps has been very successful for my clients. Clients are using these tools as their reminder that every thought and behavior in their recovery is their choice, and these tools have reduced relapse rates amongst my clients.

Using these methods as part of my "Integrative Approach to Recovery," clients are raising awareness of self through the body/mind connection when they feel triggered or they feel their symptoms escalating. They develop the ability to self regulate to make decisions that promote wellness on a cellular level.

I have included below two mindfulness strategies that I use in my own recovery, as well as using with clients! And...enjoy two bonus recipes!

Wishing you wellness, peace and love.

Love and blessings,

Wendy

For information on my holistic health and wellness program, visit

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Find me on Instagram: [@https://www.instagram.com/harmonious_health_4_life/](https://www.instagram.com/harmonious_health_4_life/)

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To read an excerpt from my upcoming book

Write Pray Recover: A Journey to Wellness through Spiritual Solutions and Self Care

please visit www.writeprayrecover.com

S.P.E.A.R. and S.W.I.M. into Wellness!

When you feel triggered, or your symptoms escalating, **S.P.E.A.R.** first.

STOP where you are.

PAUSE TO BE PRESENT AND PROCESS Take one slow deep breath through your nose, and exhale slowly through your mouth. Repeat three times. Your breath is your most accessible tool to intervene with your physiology in real time. Focus on your breath to align with the present moment.

EMOTE safely anything that you are feeling. You are allowed to feel whatever you feel! Try the *Alternate Nostril Breathing* below to self soothe as you release your feelings/emotions.

ACCEPT your emotions and feelings. Take as long as you need to practice acceptance and validate your authenticity in a safe space without self judgement. Acceptance promotes peace.

REST and RE-ALIGN, and allow yourself time to process. Hydrate! Write about it! Use the *Gong Bath Meditation* below as you practice *Alternate Nostril Breathing*, if you choose, and use my Detox Bath Recipe below to rid all of the toxins from your body. **RE-FRAME** using a healthy mindset and being open to new perspectives to re-frame the experience as you move forward. Set a **S.W.I.M.** Wellness Recovery Plan into place to be used at a glance, and to be referred to in bringing yourself into wellness! This plan is your personal written reminder to be used at any time you begin to feel unwell. This is *YOUR* recovery plan.

NOW...S.W.I.M. INTO WELLNESS!

This is a non-linear recovery plan that is specific to your health and wellness goals.

Speak your truth to a trusted person. This is where your freedom begins!

What do you need in this moment/situation to provide yourself with wellness and peace? **Who** can assist you with meeting this need?

(Implement an) Integrative Approach, whatever this means for you using the body, mind and spirit wellness approach. (See examples below).

Make a Daily commitment. Create a recovery wellness plan with a professional. This could be a counselor, coach, PEER. Also share with a loved one, trusted friend, or accountability partner for support in your recovery. See examples below.

Research shows us that when we practice a new healthy habit at the same time each day, we create a new healthy lifestyle change.

EXAMPLES:

Speak: I am living with an addiction/Substance Use Disorder, to drugs and alcohol, food, sex, shopping. (Truthful and authentic)

What do I need/**Who** is someone I trust that may be able to guide me? (I need to meet with a counselor. I need to go to treatment. I need a mindful practice to help me through this situation. I need a 12 step program. I need a crisis intervention. I need an accountability partner. I need to create a healthy lifestyle plan.)

(Implement an) Integrative approach: This will include: (Examples):

Body: sleep, rest, short walks, exercise, mindful breathing, healthy food, water.

Mind: a support group/coach/peer/accountability partner, meditation/yoga, music, writing, essential oils, therapy, medication.

Spirit: prayer, nature walks, meditation, mindfulness practice, quiet time.

**I suggest to commit to one small change/wellness routine at a time. For example, take a short walk, (Body), listen to your favorite music, (Mind), Try a 5 minute meditation (Spirit), daily, at the same time each day. Begin with a 30 minute self care/wellness routine. Stick with this routine for 66 days (see Make a Daily Commitment below), using the same self care tools every day. You can always practice your tools for longer periods, or shorter periods, according to your needs.*

Make a Daily Commitment: I am committing to my wellness. As I implement my healthy lifestyle plan, I will practice the tools that resonate with me for at least 66 days at the same time each day to create structure for myself.

I will continue to practice, ongoing, to achieve harmonious health for life!”

Mindfulness breathing/tools:

Gong Bath: “Gong baths offer a psycho-acoustic gateway to heightened states of awareness and consciousness. It's an amazing healing tool because the frequencies surpass the intellectual part of the brain and travel to the core of the cellular system where the healing qualities are fully absorbed!”

https://www.youtube.com/watch?v=_HgXUBXERMU&t=900s



Alternate Nostril Breathing:

What It Is: “Similar to kundalini, pranayama is a type of meditative practice that involves controlled breathing, turning your focus to your body and finding balance internally. Nadi shodhana, or alternate nostril yoga breathing (ANYB), is the technique of breathing through one nostril at a time while closing the other nostril manually, to alternate breathing and airflow. According to a [study published in December 2017 in *Medical Science Monitor Basic Research*](#), ANYB significantly reduced blood pressure and increased alertness.”

<https://www.harmonioushealth4life.com/relaxation-through-alternate-nostril-breathing-wendy-blanchard-m-s-chhc/>

FAVORITE WINTER RECIPE!

ORGANIC AND GLUTEN FREE TURKEY POT PIE – WENDY BLANCHARD, M.S., INHC

INGREDIENTS – (USE ORGANIC, WHEN POSSIBLE)

- 4 tablespoons organic butter
- 1/2 cup organic parsnips
- 1/2 cup organic diced sweet onion
- 1/2 cup organic diced carrots
- 1/2 cup organic diced celery
- 2 cups chopped organic cooked turkey
- 1/4 teaspoon Pink Himalayan salt
- 1/4 teaspoon black pepper
- 2 tablespoons all-purpose gluten free flour
- 1 1/2 – 2 cups organic chicken or turkey stock
- 1/2 teaspoon fresh thyme, or 1/4 tsp. ground thyme
- pie crusts, gluten free (store bought or homemade) (I used a gluten free Shoprite brand) and I used 4 small corning ware/Ramekins – which were perfect – any size, which I found at Target.
www.target.com
- 1 organic egg + 1 tablespoon water, whisked, for brushing

INSTRUCTIONS

Preheat oven to 350 degrees.

Cook the pot pie base: Add the butter to a large skillet over medium heat.

Once the butter has melted, add parsnips, onions, carrots, and celery.

Cook for 3-4 minutes until the vegetables start to soften. Stir in chopped turkey and season with the salt and pepper.

For the gravy, Add flour to the filling and stir until the mixture is smooth. Stir for about one minute. Then, slowly whisk in the stock to form a light gravy. If the gravy seems too thick, add more stock or water, a little at a time. Add Thyme.

Divide the pot pie filling between corning ware dishes. Fill up about 3/4 of the way full to prevent overflowing.

Fit the dough for the crust around the top of the corning ware and with your fingers make little scallops around the top edge. Cut two or three slight steam holes on the top of each pot pie, and brush with egg.

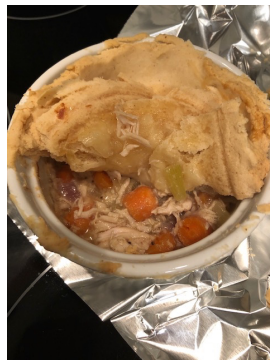
Bake the turkey pot pies at 350°F for approximately 25-30 minutes, or until the crust is golden brown around the edges and in the center. Let cool for a few minutes before serving.

Leftover pot pie will keep well in the refrigerator for about four days. Reheat them in a 350°F oven until warmed through and piping hot.

YUM!

Wishing you harmonious health 4 life!

Wendy



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BONUS! DETOX BATH RECIPE!

Use my recipe to rid your body of toxins!

<https://www.harmonioushealth4life.com/detox-bath-recipe-wendy-blanchard-m-s-chhc-2/>



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