

# WELLNESS TOOL KIT

This is a comprehensive set of tools that are vital to maintaining and managing your health. Even though Realm of Caring's primary expertise is cannabinoid therapy, we want to acknowledge the multiple assets that can support a sustainable and healthy lifestyle.



## CANNABINOID THERAPY

Cannabinoid Therapy is the therapeutic usage of CBD (cannabidiol), THC (tetrahydrocannabinol) and other cannabis plant compounds.

## RELATIONSHIPS

Maintain healthy friendships, family and love interests.



## HEALTHY DIET

Eat fresh food and avoid processed food.

## CREATIVITY

Be you! Expressing yourself can improve your life.



## SLEEP

Get 7-8 hours per night. Nap if you need to.

## GIVE BACK

Volunteer. Donate to an organization you like (if you can).



## WATER

Reduce sugary drinks and caffeinated beverages.

## SUPPORT TEAM

Like minded friends, family, and professionals will help you use and maintain your tool-kit and reach your goals.



## EXERCISE

Find something you enjoy, and make it routine.

## SPIRITUALITY

Devote some time to your beliefs and practices.



## BALANCE

Over emphasis on any one area may reduce your quality of life.



## MEDICAL/ DENTAL CARE

Regular check ups are important!

