

# MIND-BODY Assessment

WITH HEATHER MUNRO

Discover simple strategies in order to help you Awaken Your Inner Vitality

This self-assessment checklist will help you recognize the degree to which the stress and overwhelm in your life are inhibiting your ability to live your most vital life.

## About me

My path and passions have allowed me to take a deep dive into Yoga, Meditation, Spirituality, Body Mechanics and Functional Movement, the unique study of Mind-Body Eating, Whole Living foods preparation and nutrition, organic farming and herbal studies and more. I have lived in many different places, learned from handfuls of exceptional human beings, and gleaned as much as I could.

The work I do today is a reflection of all of my life and educational experiences combined. I am inspired by nature, the feelings of awe and wonder and, ultimately, the great mystery that IS this human existence. I arrive to each day filled with curiosity as to what magic and growth I might experience every day. From there, I invite all those I come in contact with to do the same through the conduit of mindful movement and deep inner inquiry.

## My Credentials

- Certified Gourmet Raw Food Chef
- Certified Eating Psychology Practitioner
- Food & Spirit Practitioner
- 90 Monkeys Graduate: 200hr
- Registered Yoga Teacher
- Graduate of Yoga Anatomy Academy
- 500 plus hours of workshops, retreats and seminars in the fields of functional movement, biomechanics, yoga movement and philosophy, meditation, sutra studies and more.

NOTE: Please read through the README.PDF file for help with the content.

## STEP 1: Looking inwards

Do you ever wonder why you're so tense, or which path is yours? Read through the list below and add a checkmark to all that apply to you.

- I am completely overwhelmed
- I feel like I am living in survival mode
- I feel depleted and undernourished with no idea how to find balance
- I feel frazzled
- I am reluctant when it comes to taking care of me
- I'm experiencing information overload when it comes to the best way to eat, exercise, and take care of me
- I don't know if I will ever feel at ease in my body and life
- My life is so stressful
- My body is tense, and my mind is constantly racing
- I am stuck
- My mind and body are completely depleted
- I feel unfulfilled in my relationships
- I wish I could feel more radiant and alive
- I wish I had more balance and clarity in my life
- I wish I had a clear direction for my life
- I am ready to love myself and step into my radiance
- I thought I knew what to do in order to care for myself but what I have tried is still not working
- I am frustrated and ready to make a shift
- I wish I could trust my body, myself and life
- I have been searching for a solution for far too long
- I am ready to feel alive and thrive
- I wish I knew the most effective ways to care for my aging body
- I need to shift my lifestyle habits in order to adapt towards my Best Self

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## STEP 2: Scoring

Each check mark counts as 1 point. Total up your score and see where you fall.

### 15+ Points

Right now, your life is filled with stress, and you feel chronically depleted and overwhelmed. That's because your mind and body are disconnected from one another and your whole self is yearning for balance. You are long overdue for a huge shift and are now ready to dive in deep. You are ready to awaken to your inner vitality!

#### **Next Steps:**

##### Step 1: Down-Regulation of your Nervous System

Check out the Ultimate Relaxation Experience: Yoga Nidra Audio Guide (you can find it on the course page in Step 3). Listen to the audio guide to begin this process.

##### Step 2: Drink a cup of Tulsi Tea

Tulsi Tea helps relieve stress<sup>1</sup>, improve sleep<sup>2</sup> patterns, regulate blood sugar<sup>3</sup>, and prevent chronic disease. It also helps protect respiratory health, soothe inflammation, regulate digestion<sup>4</sup>, and increase circulation.

##### Step 3: Move your body.

Check out the 30-minute video of some of my favorite movements in order release some tension and find your center point (you can find it on the course page in Step 3).

#### **Links**

<sup>1</sup>STRESS: <https://www.organicfacts.net/home-remedies/home-remedies-for-stress.html>

<sup>2</sup>SLEEP: <https://www.organicfacts.net/home-remedies/top-10-tips-for-good-sleep.html>

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<sup>3</sup>SUGAR: <https://www.organicfacts.net/health-benefits/other/jaggery-and-sugar.html>

<sup>4</sup>DIGESTION: <https://www.organicfacts.net/home-remedies/20-tips-to-improve-digestive-health.htmlx>

## 6-14 Points

The stress and overwhelm in your life have you feeling frazzled and undernourished. You have dabbled in self-care practices, you have taken a yoga class or two, but life is still getting the best of you. You are ready to try something new, and this time you're ready to make a conscious shift toward your overall vitality and growth.

### Next Steps

#### Step 1: Down-Regulation of your Nervous System

Check out the Ultimate Relaxation Experience: Yoga Nidra Audio Guide (you can find it on the course page in Step 3). Listen to the audio guide to begin this process.

#### Step 2: Drink a cup of Tulsi Tea

Tulsi Tea helps relieve stress<sup>1</sup>, improve sleep<sup>2</sup> patterns, regulate blood sugar<sup>3</sup> and prevent chronic disease. It also helps protect respiratory health, soothe inflammation, regulate digestion<sup>4</sup>, and increase circulation.

#### Step 3: Move more parts of yourself more often.

All of us need to move more. The simplest way to accomplish this going is to incorporate more movement in your daily routine. Follow along on [my Facebook Page](#) where I share many movement practices that you can use in your daily rituals or whenever you feel like you need to move.

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<sup>3</sup>SUGAR: <https://www.organicfacts.net/health-benefits/other/jaggery-and-sugar.html>

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## 1-5 Points

You've already come a long way in managing the stresses in your life, but (as with all things) there is still room for growth and evolution. You're ready to take your mind, body and life to the next level. You are ready to step into your most radiant life!

### **Next Steps:**

#### Step 1: Drink a cup of Tulsi Tea

Tulsi Tea helps relieve stress<sup>1</sup>, improve sleep<sup>2</sup> patterns, regulate blood sugar<sup>3</sup>, and prevent chronic disease. It also helps protect respiratory health, soothe inflammation, regulate digestion<sup>4</sup>, and increase circulation.

#### Step 2: Variety in Movement, try something new

All of us need to move more. The simplest way to accomplish this going is to incorporate more movement in your daily routine. Follow along on [my Facebook Page](#) where I share many movement practices that you can use in your daily rituals or whenever you feel like you need to move.

#### Step 3: Retreat with Me

Check out the Retreat section on my website to have an immersive experience in all things YOU. Come immerse yourself in nature, a variety of practices for body and mind connection and evolution and in order to connect with your essential nature. Mention you filled out the assessment when signing up for a special discounted rate. [CLICK HERE.](#)

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# 3 Simple Steps to Bring Mindfulness into your Everyday

Choose one Tip at a time to integrate into your everyday life. Work with that tip for a few weeks then move on to the next one. Before you know it, you will be living more mindfully with each action you take.

## 1) Wake up Early

Get to bed 30 minutes earlier than your usual bedtime beginning this week. Set your alarm to wake up 30 minutes earlier. Aim to wake up 30 minutes before the rest of your household.

During this early morning time make it all about YOU time.

- a) First, drink a large glass of water
- b) Next, brew your favorite tea or coffee
- c) Finally, mindfully sip while gazing out at the early morning sky, your Altar, or the fire crackling in the wood stove. Aim to sit or stand and be present with your beverage and the sounds and sights around you for 10-30 minutes.

This practice can be used as your one and only mindfulness practice or you choose a few other times in the day where you will sip and savor whatever you might be consuming.

### **Remember This!**

*More YOU time = Greater ability to listen into body wisdom and what you truly desire.*

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## 2) Breakfast Moment

Your next mindful moment of the day can be found during breakfast. Set an alarm for a time when you generally eat your breakfast or for when you would prefer to be eating breakfast. Title the alarm, "Breathe."

When the alarm goes off, soften your abdominal muscles and allow the air you take in to fill your low belly space. If you are eating, stop, put your utensil down and breathe. If you are engaged in another activity, do the same. That's it! Plain and simple. Mindful moment accomplished.

### ***Remember This!***

*More oxygen = Shifting the body into a parasympathetic state = Relaxation mode*

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### 3) Evening Ritual

Time to give yourself another few minutes of mindful time with you, your breath and your thoughts. Your number one focus here is to first find a place in your home that you can dedicate for this daily practice. It does not have to be fancy, simply a space where you can set a cushion or chair where you will not be disturbed for 5-10 minutes.

Next, sit (or if you prefer lie down) and listen to the 10-Minute Restorative Experience included with the booklet. The audio guide will lead you on a short journey to restore your inner balance after all the experiences of your day.

Once you have listened for a few weeks, you can practice this without the recording. Plain and simple. Pop in your ear buds and follow my voice, and when you are finished give your body a nice deep stretch and then continue on with the rest of your evening.

#### **Remember This!**

*More Ritual = Greater capacity to heal and live a life you love feeling all the ways you desire to feel*

**If you are ready to awaken your inner vitality through movement, mindfulness and positive lifestyle habits, I am here to be your guide.**

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