

Feeling Better Starts Here: 3 Shifts to Regain Control of Your Health

A GUIDE TO FINDING BALANCE, EVEN WHEN
LIFE FEELS OVERWHELMING



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YOU'RE NOT ALONE, AND YOU'RE NOT BROKEN

If you're overwhelmed, exhausted, or not feeling like yourself, you're not alone. This guide was created with you in mind: someone who's doing their best to keep everything together while also managing their health. You'll find calm, clarity, and confidence here, without having to overhaul your life.



Here's good news! Small shifts can make a big difference. Let's explore 3 changes you can make today that will help you regain control of your health, reduce stress, and start feeling more balanced. These aren't quick fixes, but simple steps that, over time, can help you build a healthier relationship with your body and your well-being. You've already taken the first step by seeking out support, now, let's make sure you feel empowered, calm, and ready to take on the world.

Cheri Sacks, RN, CDCES
"Your Neighbor the Nurse"

Your body hears everything your mind says.

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SHIFT #1: SIMPLE STEPS TO REDUCE OVERWHELM TODAY

Breathe Before You React

Take 5 deep breaths before answering a text, saying yes, or making a decision. It only takes 30 seconds, and it helps your nervous system regulate before you jump into doing mode.



The “1-Minute Check-In”

Pause for just 1 minute. Ask: What do I need right now? Rest, water, or a boundary? Name it, then honor it.



Stop Chasing Perfection

Your health doesn't require perfection. It needs consistency, kindness, and the ability to pivot. Start with “good enough.”



SHIFT #2: DECODE YOUR SYMPTOMS WITH LESS STRESS

Your body isn't broken, it's communicating. Learn to listen with curiosity instead of fear.



1. Listen Without Panic

Symptoms are signals. Don't jump to worst-case scenarios, notice your body's messages with a neutral, nonjudgmental lens.

Think: "What's this trying to tell me?" not "What's wrong with me?"



2. Notice Patterns Without Pressure

Start small. Track just one or two key symptoms (like fatigue or headaches), and notice what seems to make them better or worse.

Focus on patterns. You're learning, not grading yourself.



3. Separate Fact from Fear

When you're overwhelmed, your brain naturally goes into fear mode that clouds your ability to interpret what's happening. By slowing down and grounding yourself, you can respond instead of react.

SHIFT #3: SUPPORT YOUR BODY'S BALANCE WITH YOUR ECS

Your body has a built-in balancing system - let's help it thrive.

The Endocannabinoid System (ECS) is like the nervous and endocrine systems. It plays a role in maintaining internal balance, or homeostasis, by influencing sleep, mood, appetite, inflammation, pain perception, immune function, and more.

When the ECS is functioning properly, it helps the body respond to stressors, communicate between systems, and stay in a state of balance.

But when it's disrupted, often due to chronic stress, illness, or lifestyle factors, imbalances can occur that contribute to persistent symptoms and decreased quality of life.

How to Support It (No Supplements Needed)

Rest: Quality sleep gives your ECS time to restore and repair.



Food: Omega-3s, dark chocolate, leafy greens, and spices like turmeric naturally support balance.



Movement: Gentle exercise like walking, stretching, or yoga boosts ECS activity.



Stress Relief: Mindful breathing and laughter aren't just feel-good—they're ECS-boosters.



“The ECS is perhaps the most important physiologic system involved in establishing and maintaining human health.”

DR. DUSTIN SULAK, INTEGRATIVE MEDICINE PHYSICIAN

BONUS MINDSET REFRAME: BALANCE BEGINS WHEN YOU STOP PUSHING

Healing isn't about doing more, it's about listening more.

Remind yourself, "My body is not the enemy. It's my guide."

Take a breath. You're allowed to slow down, realign, and let your body lead.



*Your body is your home. Treat it with kindness,
listen to its whispers before they become screams.*

UNKNOWN

READY TO FEEL BETTER WITH CARE THAT ACTUALLY FITS YOUR LIFE?

Hi, I'm Cheri Sacks, RN, CDCES, "Your Neighbor the Nurse"

I support busy people living with chronic conditions like fatigue, stress, autoimmune issues, and diabetes.

With over 25 years of experience, I blend clinical knowledge with compassion, so you feel heard, supported, and empowered.

I offer:

- Health coaching supporting a mix of Western medicine and holistic care
- Help to see how your daily habits, symptoms, and treatments work together.
- Guidance that feels like talking to a trusted friend



Book a free 30-minute call to:

- ✓ Get support for what's going on
- ✓ Discover what's possible
- ✓ See how my coaching can help you feel more like you again

👉 Book your free session at 1 (415) 489-0887
Or visit www.chronichealthwisdom.com