

HOW TO BOOST YOUR IMMUNE SYSTEM - 1

FOCUS ON THE MONOTONOUS GOODNESS IN YOUR LIFE

The greatest source of stress today is **ourselves!**

Other than extreme physical stress,
the **STORY** we tell ourselves about what is going on
determines not only our physical health and **immunity**,
but also our emotional health
and our stress levels.

If you constantly listen to the drama in the media,
or speak only about all the bad things going wrong,
you will soon have a very weak immune system
and be ripe for any sort of virus
even ones much worse than Covid19.

Instead - tell yourself a **story** that reminds you of
the **MONOTONOUS GOODNESS in your life.**

It's a choice you make to appreciate
ALL the good things happening right now -
your heart is beating; your kidneys are working;
you can see, hear, feel; people are helping each other;
you can make rational judgments if you stay calm;
nature persisting; your friends and family who love you;
you can move; there is cleaner air to breathe; you are well,
your body and spirit are resilient. SO much goodness.

Everything changes
when you choose to **look for** and tell yourself a story about
the **MONOTONOUS GOODNESS in your life.**