



Your Environment Action Plan Guide



PACT

The Threat: **CRAZY is C-Careless R-Risky A-Accident Z-Zones that injure Y-You**

Being careless, risky and accident-prone are THREATs that can increase injury and pain. Being CRAZY may increase muscle and joint injuries and any re-injury interferes with recovery. CRAZY environmental threats can include;

- Tripping and falling from lack of paying attention and carelessness
- Car and other motor vehicle accidents from driving crazy
- Infections from unclean practices and eating unclean food
- Toxic adverse poisoning from food, air, water, and noise pollution
- Adverse side effects from medications, surgeries, and other treatments
- Avoid being CRAZY! It will injure you.



The Solution: **SANE is A-Safe A-Actions & N-Natural E-Environments**

Being SANE can help you in many ways;

- Preventing accidents and injury from carelessness and risky actions
- Prevent infections from unclean practices
- Prevent toxic poisoning from the environment
- Use safe, effective, and side effect free treatments
- Prevent injury and chronic pain
- Take SANE steps daily! It will protect you from injury and pain



Your Environmental Action Plan: For each realm, there are 3 components to your action plan; Healthy HABITS, daily PAUSEs, and CALMING practice. Each one is important in both paying attention to your environment and safety within it. This will prevent re-injury and more pain. Let's review each one.



1) **HABITs: H-healthy, A-Actions B-Bring I-Improvement & T-Transformation.**

You need to take dedicated time each day to work on enhancing the safety and protectiveness of your environment to decrease risk of injury to prevent more pain. Your environmental HABITs should include the following strategies to be SANE each day;

- Be safe and avoid danger
- Drive defensively and safely. Be aware of other drivers.
- Be organized and orderly in your life to avoid accidents
- Be clean and sanitary with food to avoid food poisoning and infections
- Support natural environments with minimal use of toxic chemicals
- Protect yourself from pollution in your air, water, and environment
- Avoid medications and surgeries if they have a high potential for side effects.



2) **PAUSE: P-pause, A-assess, U-understand, S-Start new, & E-enjoy the moment.**

Taking **PAUSEs** means taking a brief time-out for a few seconds to check-in and notice your environment and safety right now in a non-judgmental way. An environmental **PAUSE** can help you see how you interact with your environment to prevent injury, illness, and pain. This is essential to living your life in the present and being mindful of how important your safety is to maintain your health and well-being.



3) **CALM: C-Calming, A-Actions, L-Lift the, M-Mind.**

CALMING practice means spending a few minutes practicing a relaxation meditative exercise with deep breathing to shift from being careless and risky to maintaining a high safety consciousness. The benefits to calming practice include preventing accidents and injury and improving your safety, health and well-being.

