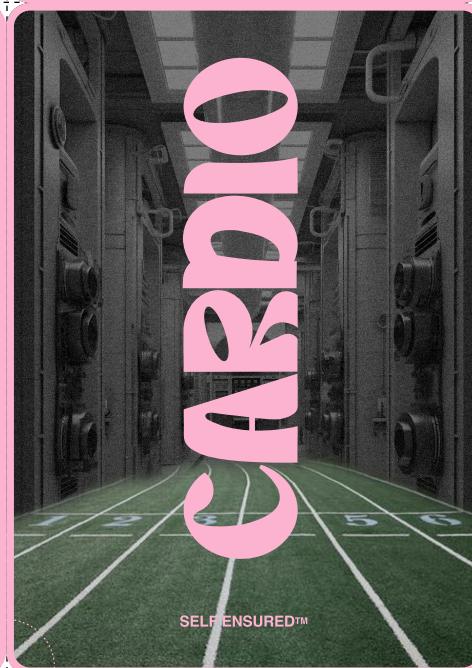
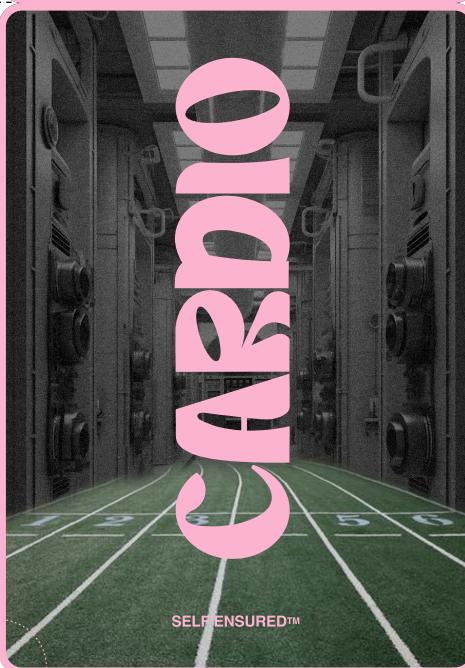
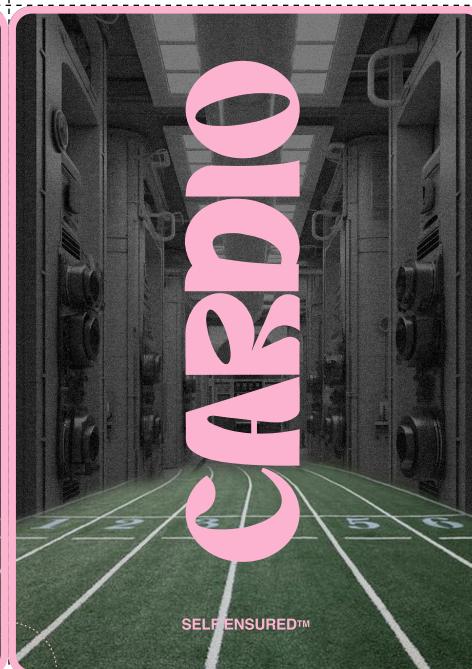
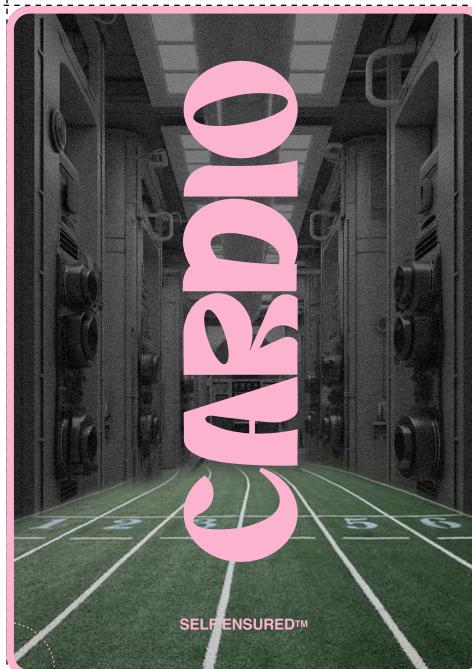
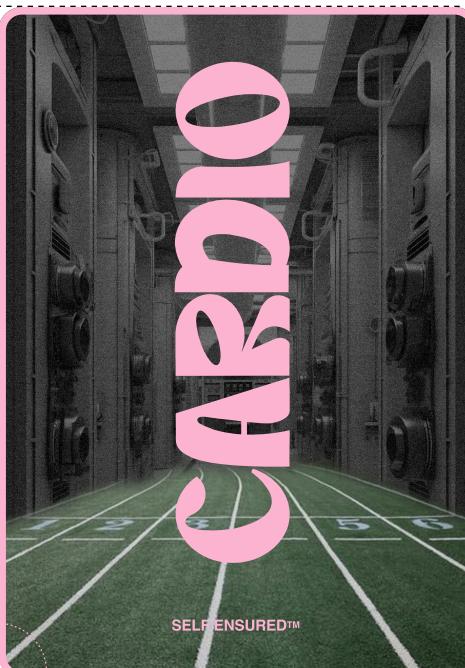


SELF ENSURED

Welcome to the **CARDIO** card suit of the Self Ensured collectible deck. Printing instructions are on the other side.

The theme of this suit is to get your heart rate up!

*Designed by Shuya Gong and Timber Schroff
as part of the Summer of Protocols.*



WANT MORE

SELF ENSURED?

Missing instructions, hungry for more, suggest a card to the set, just get the full set delivered pre-printed and pre-cut, or tell us what health protocols you added to your workplace? Awesome.

Want even more? Find the whole cardkit and more protocol tools at forum.summerofprotocols.com/

10,000 STEPS

The average person gets about 4,000. You start to get great benefits around 8,000 - so try doubling what you do now.

If you drive to the office, park a 5 minute walk away.

WALKING PATHS

Take some time to find good walking paths around your workplace. Bonus points if you can combine them to make new routes.

Drop a pin in your maps app to make it easy to find again.

WANT MORE

SELF ENSURED?

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1.001

CARDIO

SELF ENSURED™

1.003

CARDIO

SELF ENSURED™

+

+

ANTI-COMA STROLL

Going for a quick stroll after eating might reduce your chances of a food coma, and it will help with your step goal.

Add a 10 minute invite to your calendar to get a reminder—and maybe add a friend!

1.002

CARDIO

SELF ENSURED™

1.004

CARDIO

SELF ENSURED™

+

+

+

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1.005

CARDIO

SELF ENSURED™

+

+

SELF ENSURED™

+

WALKING CALLS

Taking calls walking is one of the ultimate cheat codes for steps. Plus, many people prefer phone calls to Zoom calls.

Turn off your camera and get ambulating.

CARDIO

SELF ENSURED™

+

+

SELF ENSURED™

+

ZONE 2 SESSIONS

Walking is great but some form of more challenging (but still slow) cardio, to get your heart rate up every couple days works wonders.

Schedule a hike, swim, or ruck—taking a walk with a heavy rucksack on!

CARDIO

SELF ENSURED™

+

+

SELF ENSURED™

+

SMART COMMUTES

Try finding a more manual way to commute. Cycling, scootering, skateboarding, rollerblading, and walking are great alternatives.

If you must drive, try parking a 5-10 minute walk from your workplace.

CARDIO

SELF ENSURED™

+

MOVEMENT DAYS

Dedicate one day a week to moving as much as possible. Pack a lunch and go explore or play. Try to spend the whole day outside :)

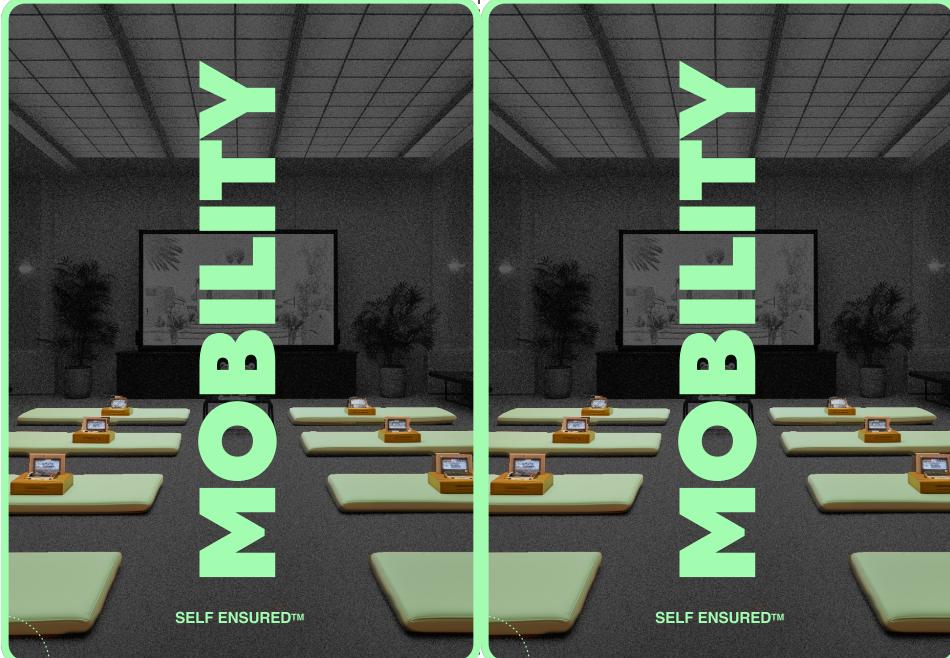
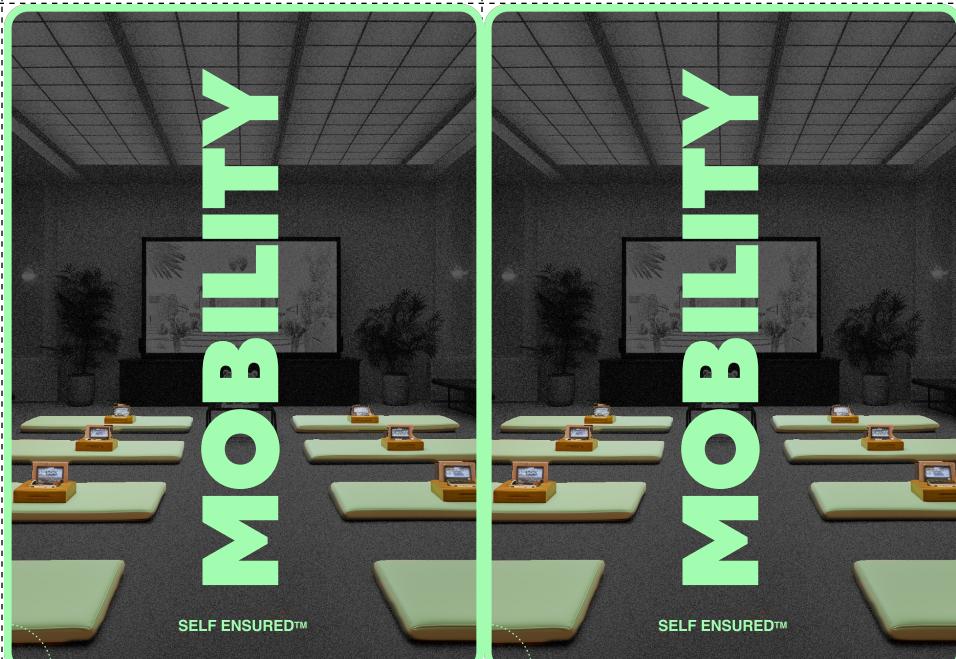
Plan a team day to be out of office for face to face work!

SELF ENSURED

Welcome to the **MOBILITY** card suit of the Self Ensured collectible deck! Printing instructions are on the other side.

The theme of this suit is to keep things moving!

*Designed by Shuya Gong and Timber Schroff
as part of the Summer of Protocols.*



WANT MORE

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ELEPHANT WALKS

Release the hamstrings! With your feet together on the ground and your legs straight, reach down until you feel a stretch. Bend one leg at a time, walking like an elephant. Another good mobility protocol for those who sit all day.

NECK ROLLS

Stop nerd neck. For chronic phone, laptop users (all of us). Years of bowing to our computers has messed with our ability to move our necks.

Gently doing neck rolls can help you regain mobility.

WANT MORE

SELF ENSURED?

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2.001

MOBILITY

SELF ENSURED™

2.002

MOBILITY

SELF ENSURED™

+

LUNGE & REACHES

This is the ultimate mobility protocol. Stand with legs hips width apart, lower your body, and try to touch your toes. It unlocks your upper back, your core, and your hips. Do a few reps per side. **Everyone should do this one.**

2.007

MOBILITY

SELF ENSURED™

2.003

MOBILITY

SELF ENSURED™

+

CAT-COW'S

An awkward, but effective exercise. Get on hands and knees and alternate between a full arched and fully rounded back. Might help those struggling with lower/mid back issues.

2.004

MOBILITY

SELF ENSURED™

+

COUCH STRETCHES

This is a particularly important exercise for those who sit. Having tight quads and hips might prevent you from standing up straight later in life. In a lunge position, with your front foot on the ground, place your back foot on a low couch or against wall.

2.006

MOBILITY

SELF ENSURED™

+

PEC STRETCHES

If you lean over a desk or spend a lot of time on your phone, your chest might be pulling your shoulders in. Having a tight chest might increase your risk of neck, back, and shoulder pain. This stretch will make your upper body more resilient.

2.005

MOBILITY

SELF ENSURED™

+

LEG LIFTS

Sit on the ground with your legs straight in front of you. Keeping them straight, lift one leg at a time a few times in a row. This will help you build valuable hip mobility, which we lose quickly if we sit all day.

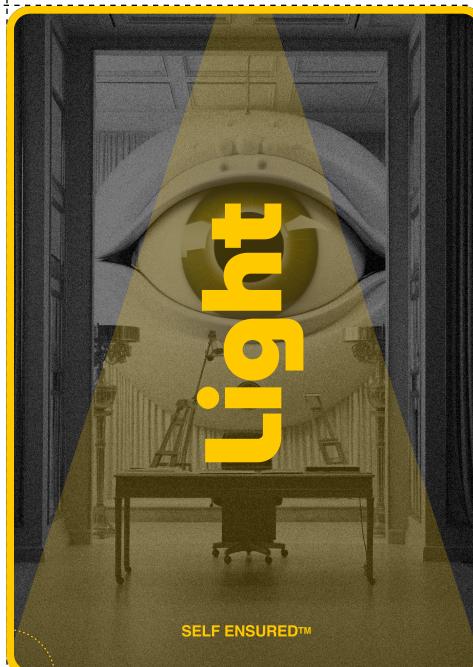
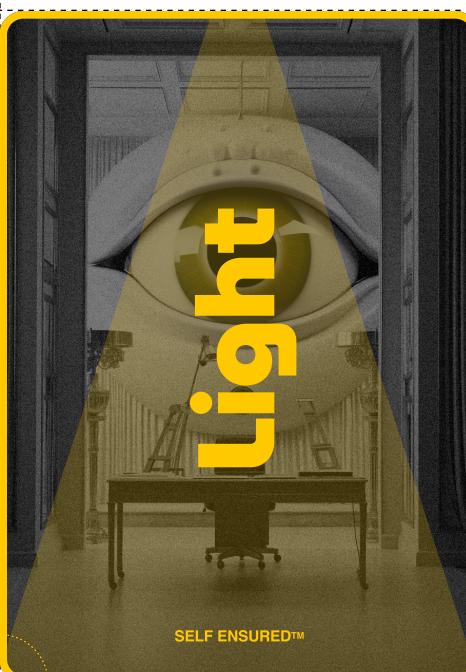


SELF ENSURED

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*Designed by Shuya Gong and Timber Schroff
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WANT MORE

SELF ENSURED?

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Sunrise Viewings

Try to get some sun in your eyes (don't look at the sun, just go outside) shortly after you wake up. This will help initiate the hormonal cascade that results in evening melatonin production, which will help you sleep.

Wavelength Hacks

The wavelength of lights is usually talked about in terms of warm vs. cold and blue vs. yellow. Blue light, like a bright overhead light, helps keep us alert, whereas warm light, like a nice lamp, is calming. Try to use warmer lights later in the day, and bluer lights when you need to wake up.

WANT MORE

SELF ENSURED?

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Want even more? Find the whole cardkit and more protocol tools at forum.summerofprotocols.com/

3.001

LIGHT

SELF ENSURED™

3.003

LIGHT

SELF ENSURED™

+

Horizon Checks

Your desk is really close to your eyes. Every 15ish minutes spent looking at something close up, like a screen or paper, take a minute to look at something far away. This might help with headaches and fatigue.

Screen Temperatures

Screens are usually cold - using blue light. Fortunately, this is easy to change. In your device's settings, you can slide your screen warmth up. Most devices can set time ranges. Try setting your phone to automatically turn to night mode an hour before your usual bedtime.

Eye Rub Bans

Just don't!

3.002

LIGHT

SELF ENSURED™

3.004

LIGHT

SELF ENSURED™

+

LIGHT

SELF ENSURED™

+

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3.005

LIGHT

SELF ENSURED™

+

Light Covers

Electrical tape is a great way to assassinate unwanted bright lights. Also, certain kinds of tape can be used to make panel lights warmer, or reduce how much light they put out. Just make sure to use something that won't melt.

LIGHT

SELF ENSURED™

+

Another Light

This is the ultimate mobility protocol. Stand with legs hips width apart, lower your body, and try to touch your toes. It unlocks your upper back, your core, and your hips. Do a few reps per side. **Everyone should do this one.**

SELF ENSURED

Welcome to the **NUTRITION & HYDRATION** card suit of the Self Ensured collectible deck. Printing instructions are on the other side.

The theme of this suit is to make sure your body is getting the fuel it needs to run your brain!

*Designed by Shuya Gong and Timber Schroff
as part of the Summer of Protocols.*

NUTRITION &
HYDRATION

SELF ENSURED™

WANT MORE

SELF ENSURED?

Missing instructions, hungry for more, suggest a card to the set, just get the full set delivered pre-printed and pre-cut, or tell us what health protocols you added to your workplace? Awesome.

Want even more? Find the whole cardkit and more protocol tools at forum.summerofprotocols.com/

Macro Nutrient Splits

To build muscle and lose fat, it's fair to aim for 30% of your daily caloric intake from protein, and the other 70% from fats and carbs.

Hydration Quotas

Roughly 3 litres per day (~100oz), with most of it in the morning and around noon

WANT MORE

SELF ENSURED?

There are 12 total suits to Self Ensured. Collect them all through the Summer of Protocol series!

Want even more? Find the whole cardkit and more protocol tools at forum.summerofprotocols.com/

4.004

NUTRITION & HYDRATION

SELF ENSURED™

Caloric Balances

To estimate your basal metabolic rate (the amount of calories you burn daily) using the following calculations: Men: $BMR = 88.362 + (13.397 \times \text{weight in kg}) + (4.799 \times \text{height in cm}) - (5.677 \times \text{age in years})$ Women: $BMR = 447.593 + (9.247 \times \text{weight in kg}) + (3.098 \times \text{height in cm}) - (4.330 \times \text{age in years})$

4.001

NUTRITION & HYDRATION

SELF ENSURED™

Snack Upgrades

For workplace snacks, opt for vegetables and fruit over sugary treats. This will help you avoid that afternoon crash and keep your energy level more constant throughout the day

+

NUTRITION & HYDRATION

SELF ENSURED™

Booze Thresholds

Alcohol is a poison (albeit a fun one). Trying to keep your weekly consumption to fewer than 7 drinks a week is a good idea, healthwise. Also try not to have all 7 in the same night...

4.005

4.005

NUTRITION & HYDRATION

SELF ENSURED™

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4.003

NUTRITION & HYDRATION

SELF ENSURED™

Food Sequences

Eating vegetables, proteins, or fats prior to carbohydrates like rice, bread, and potatoes can reduce blood sugar spikes, which will help you avoid energy crashes

4.002

NUTRITION & HYDRATION

SELF ENSURED™

Fun Foods

"Fun foods" have their place. Donuts, cookies, croissants, candies... As long as your caloric intake is close to your BMR, and you're getting enough protein, don't sweat the sweets too much.

4.006

4.007

NUTRITION & HYDRATION

SELF ENSURED™

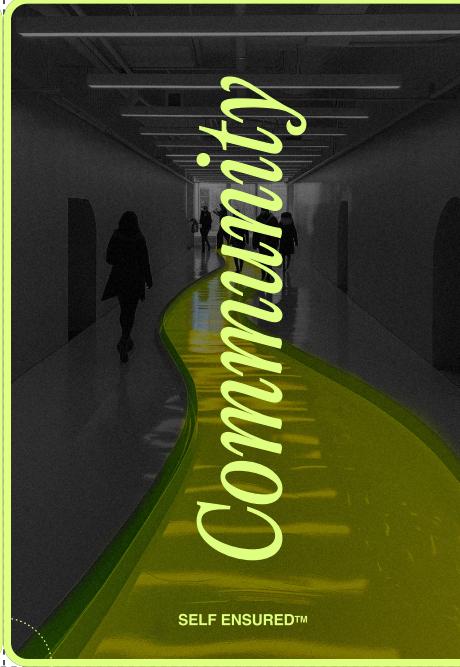
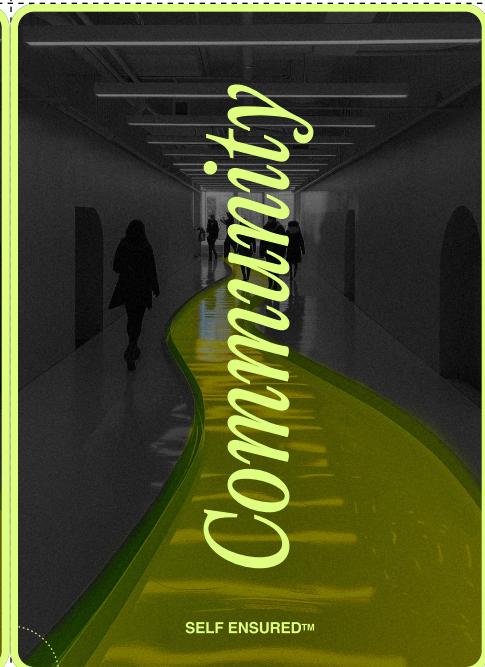
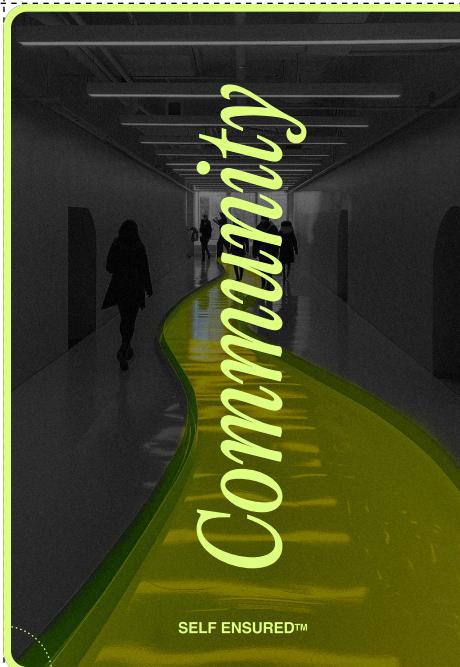


SELF ENSURED

Welcome to the *Community* card suit of the Self Ensured collectible deck! Printing instructions are on the other side.

The theme of this suit is to be mindful of your social health!

*Designed by Shuya Gong and Timber Schroff
as part of the Summer of Protocols.*



WANT MORE

**SELF
ENSURED?**

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Community Service

Contributing to a place, neighborhood, or group creates a sense of belonging. Volunteer some time to get to know your local non-profits and spend some time with other people who are also interested in communal care.

Monday Lunch Meeting

Set aside Monday lunches to be with co-workers catching up on the weekend, finding out about announcements, or sharing a skill or work hack. Consider using lunchtime as a space to feed communal curiosities—what would it be like to try inviting a guest or company leader to share what they're working on?

WANT MORE

SELF ENSURED?

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Want even more? Find the whole cardkit and more protocol tools at forum.summerofprotocols.com/

5.006 COMMUNITY

SELF ENSURED™

5.001

COMMUNITY

SELF ENSURED™

+

Journal Club

Not enough time for reading a whole book? Try out a journal club instead. Appoint one person to suggest a (short!) article for everyone to read, and another person to lead the creation of a discussion guide. Take a lunch break to discuss!

5.007 COMMUNITY

SELF ENSURED™

5.002

COMMUNITY

SELF ENSURED™

+

Coffee Chats

Have some get to know each other prompts on hand, and create the option to go deeper if people feel comfortable being more vulnerable. Take your water cooler chatter on the road and take a break from screens altogether if you can!

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5.003

COMMUNITY

SELF ENSURED™

+

Group Stretch

5 minutes to warm up the body and roll out that tech neck! Take 5 during a meeting to do some stretches together—the synchronicity of body movements will bring you closer together, and don't be afraid to be a little bit silly.

5.005

COMMUNITY

SELF ENSURED™

+

Time Sharing

Open up your calendar to others so they can see when you're available. Consider setting up time slots for a casual chat, or office hours to ask about your area of expertise.

5.004 COMMUNITY

SELF ENSURED™

+

BYOKids

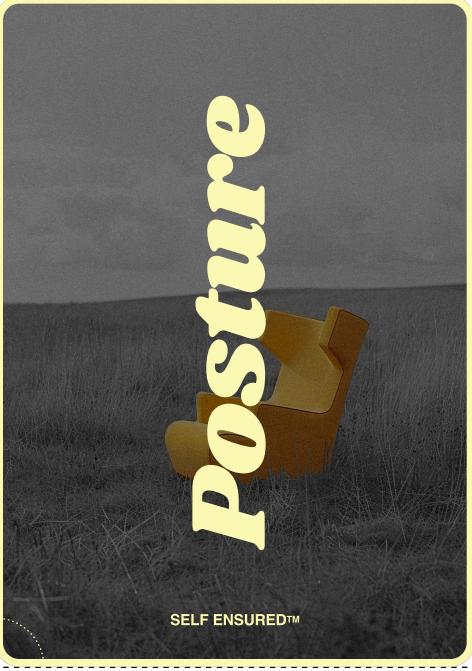
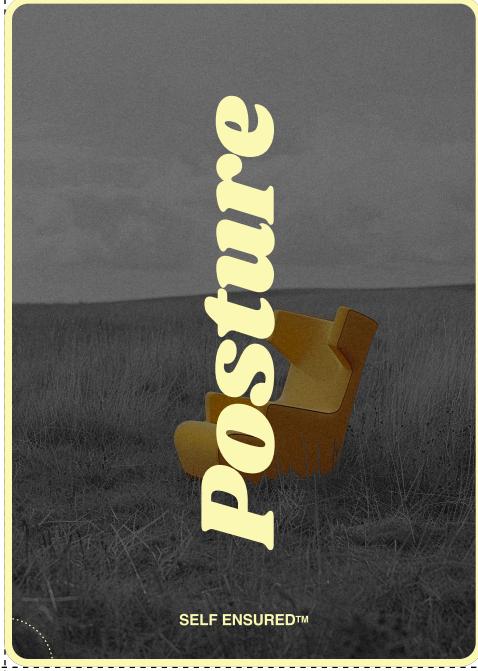
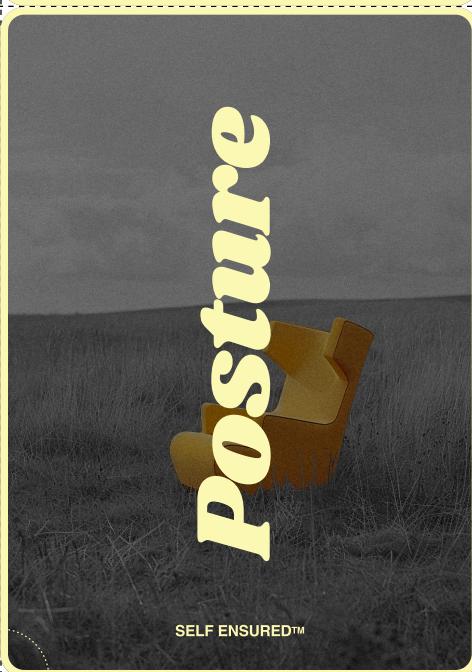
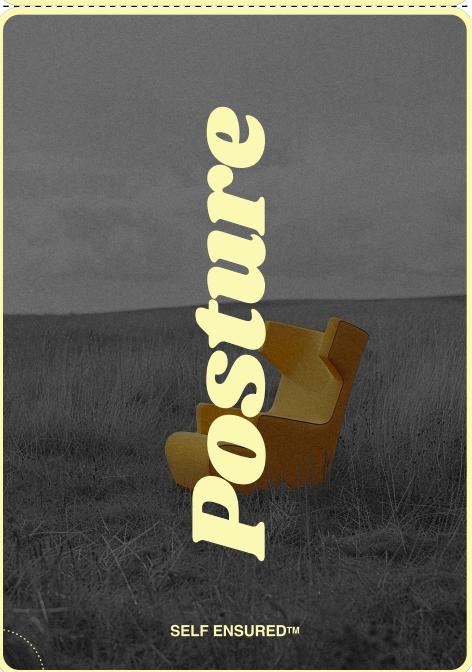
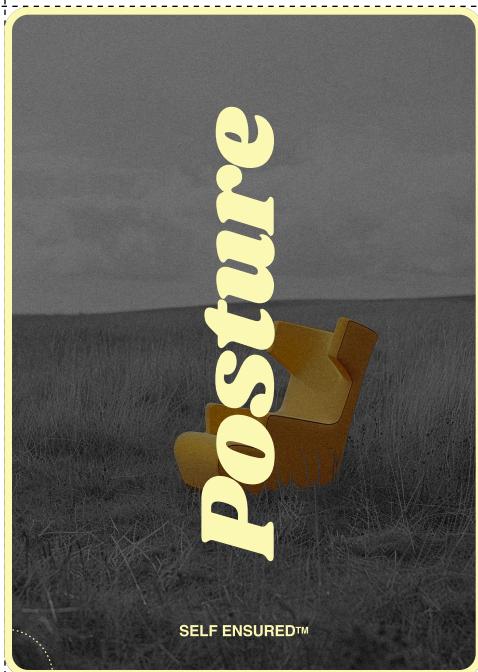
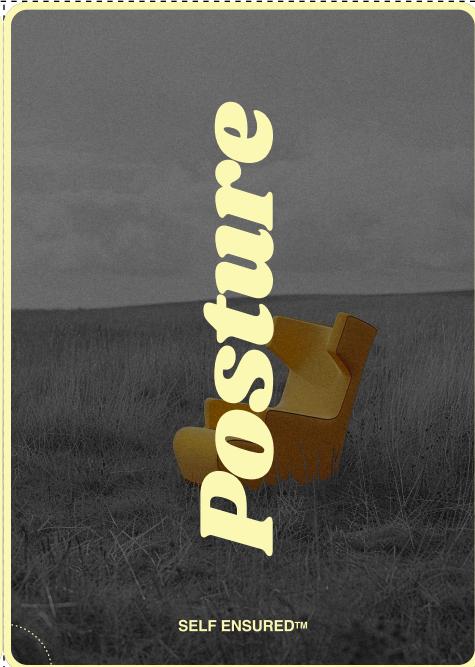
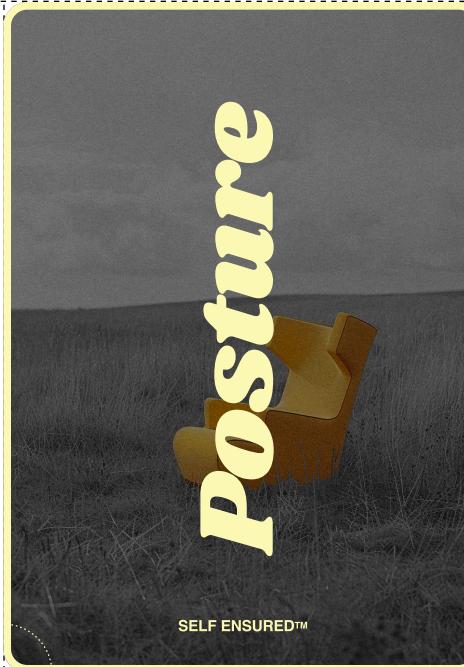
Planning a day to bring in friends and family to see what you do all day when you're gone is a nice way to remind ourselves of our human sides—consider organizing a tour of your space, or creating a workshop where anyone might be able to contribute to the conversation

SELF ENSURED

Welcome to the **Posture** card suit of the Self Ensured collectible deck! Printing instructions are on the other side.

The theme of this suit is to watch your back—and other ergonomics of the body!

*Designed by Shuya Gong and Timber Schroff
as part of the Summer of Protocols.*



WANT MORE

SELF ENSURED?

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Chin Tucks

Don't look at the floor, but don't get aurora neck. Keep your head up and tuck your chin in a bit. This cue is from the Alexander Technique, and can help promote good posture throughout your body.

6.006

POSTURE

SELF ENSURED™

6.001

POSTURE

SELF ENSURED™

+

Office Socks

Walking without shoes can be very good for your feet. Having good foot posture can preserve the health of your knees and hips. Healthy posture starts with healthy foot posture! Wearing socks in the office is cool!

Another Posture

This is the ultimate mobility protocol. Stand with legs hips width apart, lower your body, and try to touch your toes. It unlocks your upper back, your core, and your hips. Do a few reps per side. **Everyone should do this one.**

6.007

POSTURE

SELF ENSURED™

6.002

POSTURE

SELF ENSURED™

+

Seat Ergonomics

When you're sitting, keep your knees below your waist. Otherwise you're restricting bloodflow, which you generally don't want to do.

6.003

POSTURE

SELF ENSURED™

+

WANT MORE

SELF ENSURED?

There are 12 total suits to Self Ensured. Collect them all through the Summer of Protocol series!

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Shoulder Checks

A lot of people who work on computers roll their shoulders inward to accomodate the ergonomics of a keyboard. To correct your shoulder position, try to direct your palms forward when your arms are by your sides.

POSTURE

SELF ENSURED™

+

Sit-Stand Ratios

Get a standing desk, or fashion one somewhere. It's a bad idea to sit all day, then go home and sit some more. Depending on your comfort level, try standing 1/3 of the time. With sitting, less is more.

POSTURE

SELF ENSURED™

+

Bent Knees

Keeping your knees slightly bent, rather than locked out, when you stand will help keep your knees strong and your back in fighting shape. Hold your shoulders back, palms forward, and let your knees push forward a bit.

POSTURE

SELF ENSURED™

+

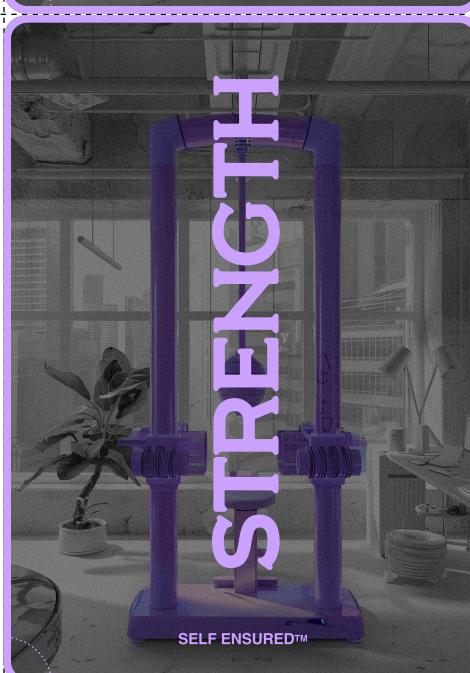
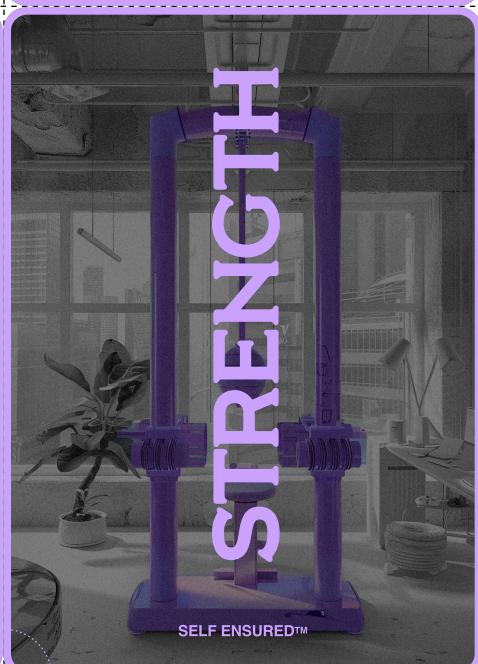


SELF ENSURED

Welcome to the **STRENGTH** card suit of the Self Ensured collectible deck. Printing instructions are on the other side.

The theme of this suit is to build capacity for better support and carrying yourself!

*Designed by Shuya Gong and Timber Schroff
as part of the Summer of Protocols.*



WANT MORE

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CORE EXERCISES

Your core is not just abs. It's also the sides and back of your torso. To strengthen these, do planks, side planks, and supermans.

Try to build your way up to holding a plank for a full minute.

BAND PULLS

Most of us have weak backs and daily activities rarely target this area. Doing 50 reps of these band pulls a couple times a week will go a long way to building a strong back and comfortable posture.

WANT MORE

SELF ENSURED?

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7.003

STRENGTH

SELF ENSURED™

7.005

STRENGTH

SELF ENSURED™

+

+

WALL SITS

Wall sits are a quick and easy way to get your legs strong and your blood pumping.

Challenge a coworker or two and take a water cooler break while wall sitting!

7.004

STRENGTH

SELF ENSURED™

7.006

STRENGTH

SELF ENSURED™

+

+

+

CALF RAISES

Two simple exercises to give you cyborg calves. Aim for 20-40 reps of each exercise. Good for balance as well!

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7.007

STRENGTH

SELF ENSURED™

+

+

PUSH UPS

Push-ups are probably the least important of these exercises, but they're fun and easy to regress to any level. Balance them out with band pulls.

7.002

STRENGTH

SELF ENSURED™

+

SQUATS

Weights help, but you can build strong legs without. Work through some of these variations to see what your level is. Work on that exercise every couple days, 10-30 good repetitions

CURLS & PRESSES

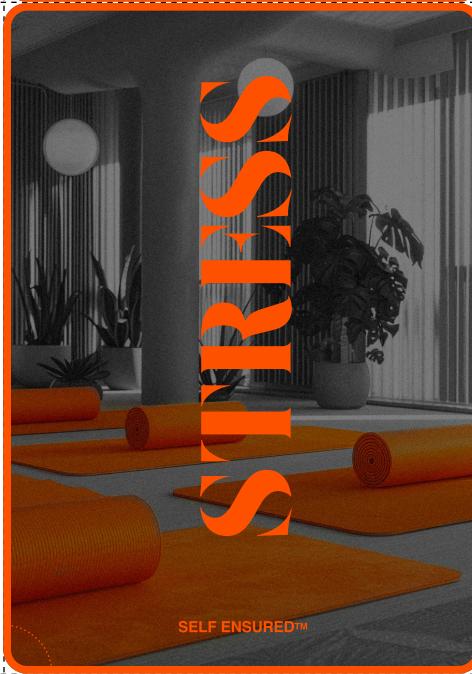
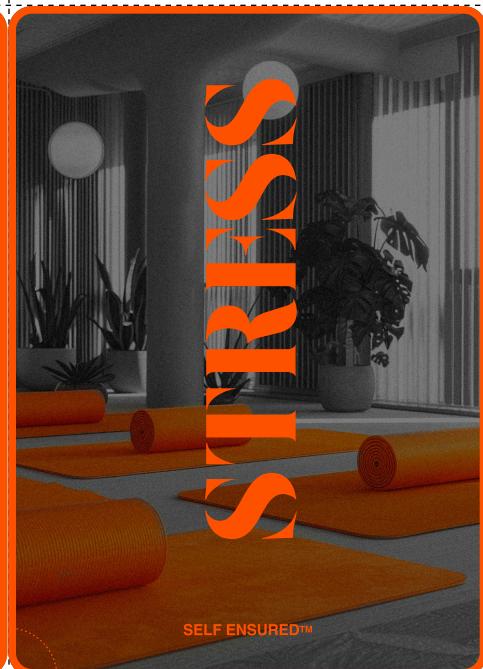
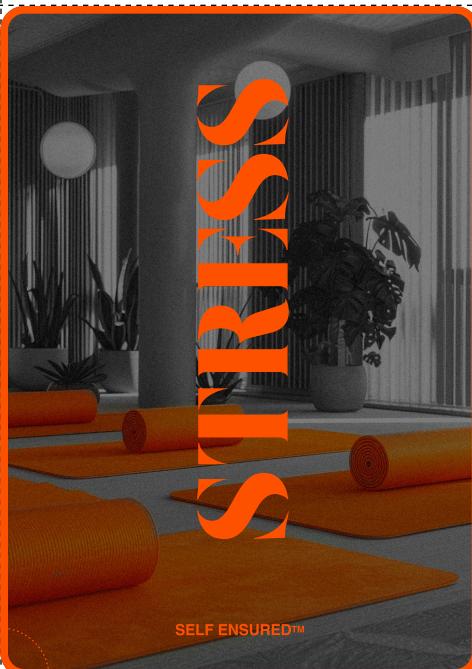
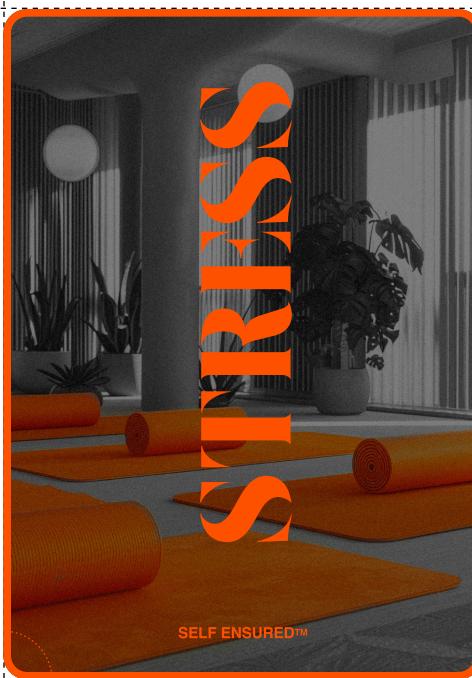
To do a curl, put the band under your feet and curl up your arms. To do a tricep press, put the band around something about head height and press down and back. Wearing eye protection is always a good idea when using resistance bands.

SELF ENSURED

Welcome to the **STRESS** card suit of the Self Ensured collectible deck! Printing instructions are on the other side.

The theme of this suit is to check in with your emotional strain!

*Designed by Shuya Gong and Timber Schroff
as part of the Summer of Protocols.*



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Circle of Influence

Draw a few concentric circles, and put your worries in them. The smallest, centre circle is what you are in **Control** of. The middle circle is what you can **Influence**. And the outer circle is what you have no control or influence over. Let go of anything in the outer circle.

Work Borders

Work tends to creep into the rest of our lives. Setting strict boundaries around work might help with stress. Powering off your laptop at 5, not checking email before you get to the office, leaving your workphone at the office on Friday. Uninterrupted leisure time is great.

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8.003

STRESS

SELF ENSURED™

8.005

STRESS

SELF ENSURED™

+

Meditation

Meditation can be a powerful tool for reducing stress. Think of it as dedicated time to working through your problems. Find a quiet space, sit down, and shut your eyes for 15-20 minutes. That's it!

8.004

STRESS

SELF ENSURED™

8.006

STRESS

SELF ENSURED™

+

Kanbans

Kanban is the minimalist's productivity protocol. It consists of three columns: To-Do, Doing, and Done. Simply place your tasks in these columns, and move them around as needed. Update it at the start and end of the day. Also helps with commitment negotiation.

8.007

STRESS

SELF ENSURED™

+

Reciprocal Feedback

We typically see feedback given from leadership down, but rarely have the space to safely give feedback up. Consider creating anonymous containers to create feedback that goes both ways so that moments of evaluation feel more balanced.

8.001

STRESS

SELF ENSURED™

+

Candid Conversations

There's little need to hold back what you think, as long as you say it in a caring way. Aim for "They don't always like what I have to say, but they always like how I say it." Holding things in can be stressful - just don't lash out

8.002

STRESS

SELF ENSURED™

+

Negotiated Commitments

Overpromising and underdelivering is a perfect recipe for stress. If you are having trouble hitting targets, negotiate a change to the targets. Also, saying "Yes" to everything is unsustainable - if you're overwhelmed, try defaulting to "No" until your plate is less full.

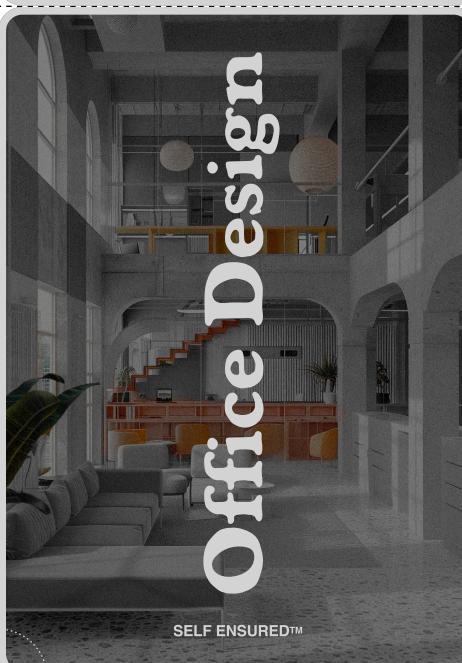
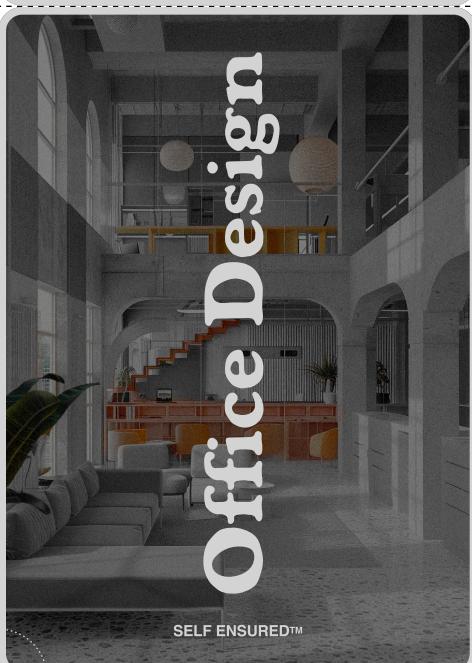
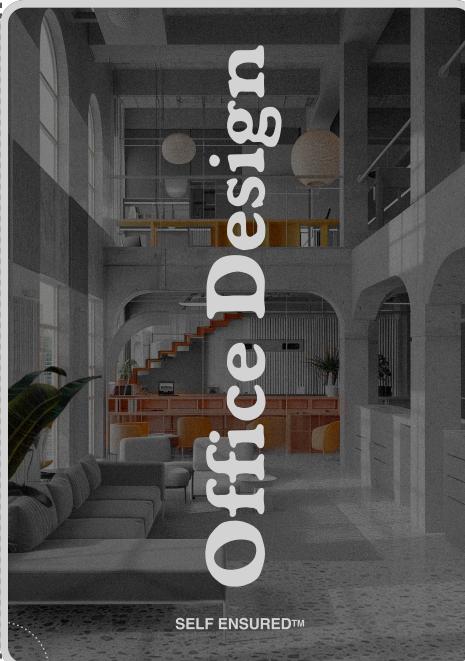
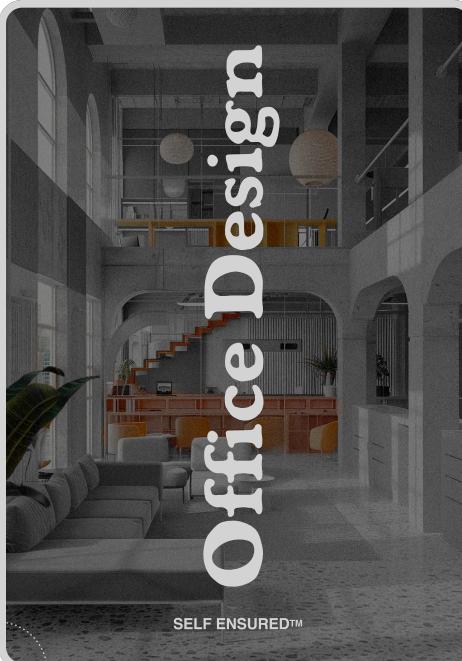
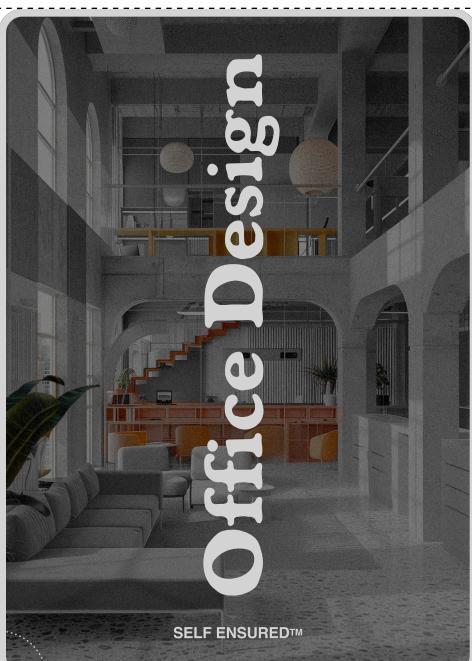


SELF ENSURED

Welcome to the **Office Design** card suit of the Self Ensured collectible deck! Printing instructions are on the other side.

The theme of this suit is to keep things moving!

*Designed by Shuya Gong and Timber Schroff
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Transport Storages

Provide (or find and subsidize) secure storage for bicycles, scooters, skateboards, and other forms of humanpowered transport. Some companies even provide their employees with bicycles. Active commutes are a great way to get in daily movement, and should be highly encouraged.

9.003

OFFICE DESIGN

Office Lights

Bright blue light is depressing. So is darkness. Invest a bit of time and money in creating a lighting environment that is more natural. Warmer bulbs, dimmer switches, and lamps are a good way to go. Having bright lights on in the morning might help people wake up. Just keep in mind it's a lot of stimulus.

9.005

OFFICE DESIGN

WANT MORE

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Modern Workstations

We are in the 2020s and ergonomic options are endless. Standing desks are a must. There are adjustable or non-adjustable ones, and add-ons to traditional desks. Encourage people to get standing and walking more. Having a treadmill desk in the office for Zoom meetings is a good option for a rainy day.

SELF ENSURED™

9.004

OFFICE DESIGN

Air Management Plan

If there's one thing COVID taught us, it's the importance of fresh air. Open windows periodically throughout the day. Where that's not feasible, use fans, air purifiers, and plants to keep the air naturally fresh and clean (Febreze doesn't count).

SELF ENSURED™

9.006

OFFICE DESIGN

Central Resources

One great - but maybe contentious - way to get people walking more is to put shared resources in a central location. Things like printers, water coolers, garbage bins, office supplies. It might look inefficient, but adding a few hundred extra steps to people's daily counts is really valuable.

SELF ENSURED™

9.001

OFFICE DESIGN

Exercise Space

Provide a dedicated exercise space to employees. Commuting to a gym takes a long time. This goes a long way. No need to make it high-end. A bench, some mats, some resistance bands, and ideally a pull up bar. And don't make it into an aquarium; being watched while you work out is a little awkward

9.007

OFFICE DESIGN

Charting Paths

Make a map of safe walking paths in and around the office, and distribute that map to new and existing employees. Encourage people to add to the master map. Name the trails something fun. Put icons for cafes, lunch spots, picnic tables. Put mile or kilometer markers on the path.

9.002

OFFICE DESIGN

SELF ENSURED™

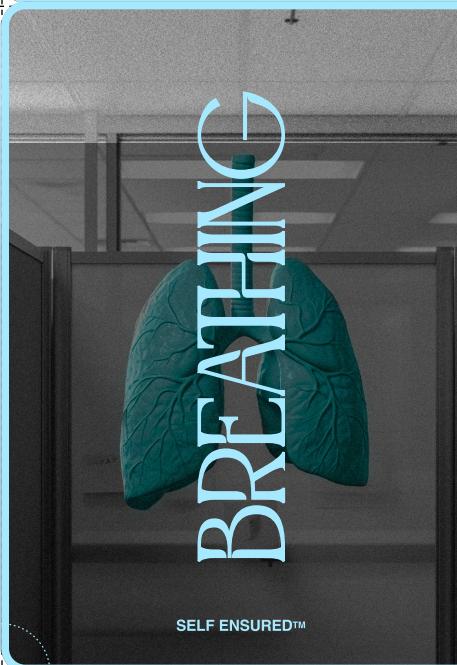
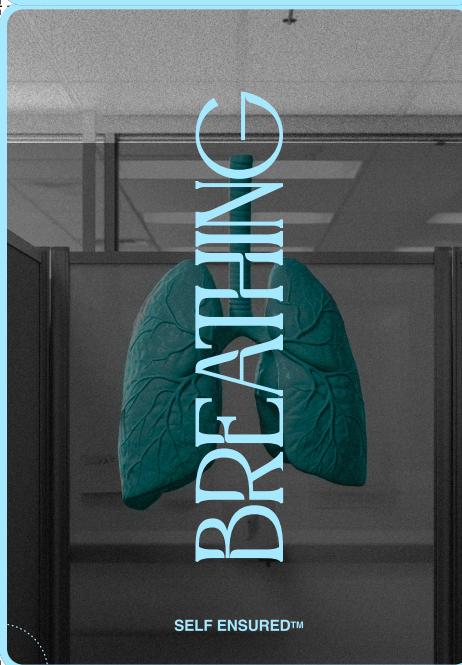
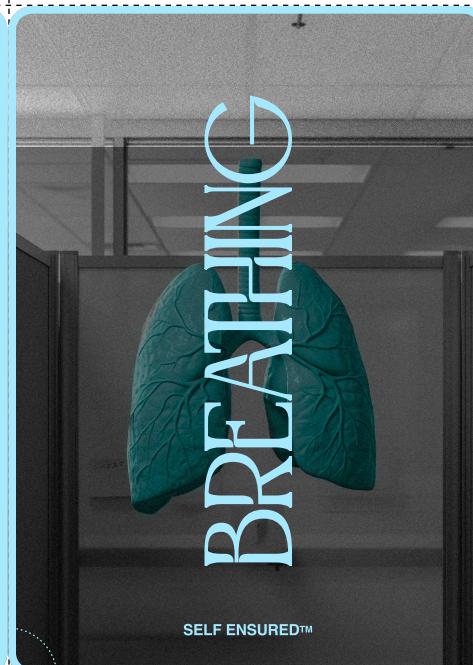
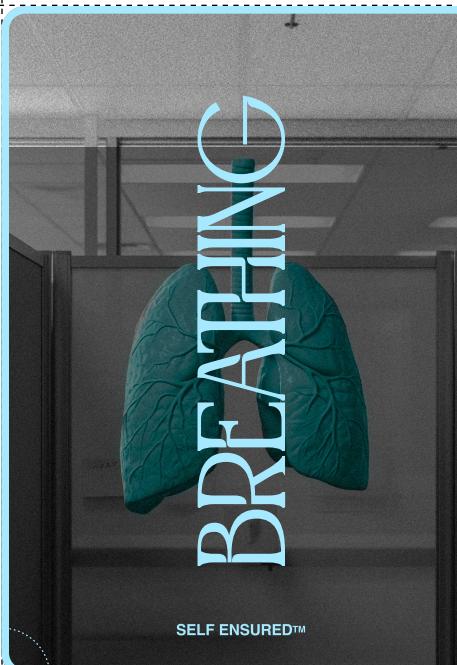
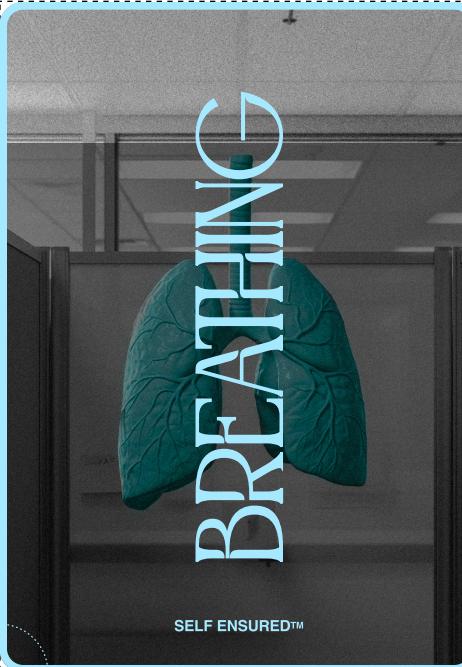


SELF ENSURED

Welcome to the BREATHING card suit of the Self Ensured collectible deck. Printing instructions are on the other side.

The theme of this suit is to remain mindful of your airways!

*Designed by Shuya Gong and Timber Schroff
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AIR REFRESHERS

Prioritize getting fresh air throughout the day. Hang out near windows, dress for the weather, go for walks in green spaces on your breaks if you can. An afternoon dose of fresh air goes a long way. Try setting a calendar reminder around 2pm for a drink of fresh air, rather than a coffee.

OFFICE AIRFLOWS

Keeping active air flow in a room is a good way to reduce the risk of respiratory infections, because it prevents pathogen build-up. Use fans, windows, or a Corsi-Rosenthal Box.

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10.001

BREATHING

SELF ENSURED™

10.005

BREATHING

SELF ENSURED™

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+

THERAPY SIGHS

Sighing, while it might be a sign of exasperation, is a great way to calm your nervous system. A big inhale through the nose, followed by a short inhale, and a big exhale through the mouth can help you quickly relax in a pinch.

10.002

BREATHING

SELF ENSURED™

10.006

BREATHING

SELF ENSURED™

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LÜFTENS

Lüften is the act of periodically airing out a room by opening windows, doors, etc. Not a bad idea if the air in your office gets stale. Set a reminder in your phone to do this once or twice a day, depending on the weather.

10.007

BREATHING

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SLOW BREATH

Slow down your breath for an instant calming effect—try to bring your breath down to no more than 6 breathes a minute for a few minutes. This will bring down your heart rate and blood pressure, perfect for times of stress.

10.004

BREATHING

SELF ENSURED™

+

NOSE BREATHS

Nose breathing can be beneficial for gum and tooth health, and might bring more oxygen into your lungs than mouth breathing. Try to breathe through your nose when you aren't eating, talking, or exercising hard.

BREATHING

SELF ENSURED™

+

BOX BREATHS

Box breathing is a breathing technique that some people find calming. Breathe in for a 4-count, hold for a 4-count, breathe out for a 4-count, and hold for a 4-count.

BREATHING

SELF ENSURED™

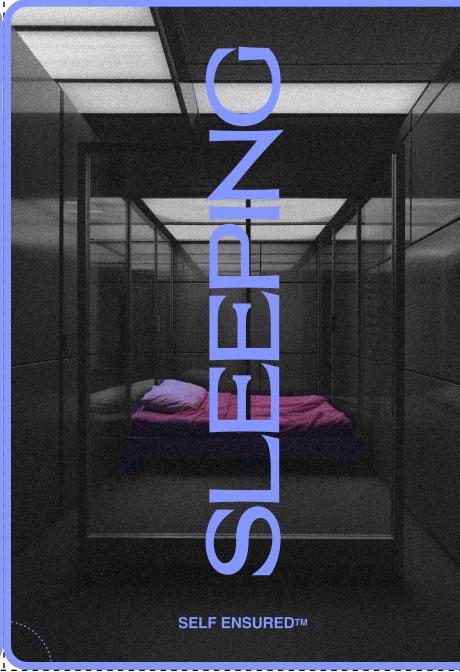
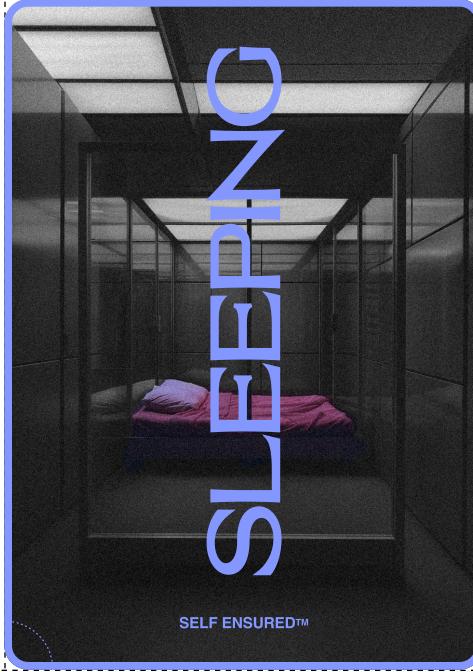
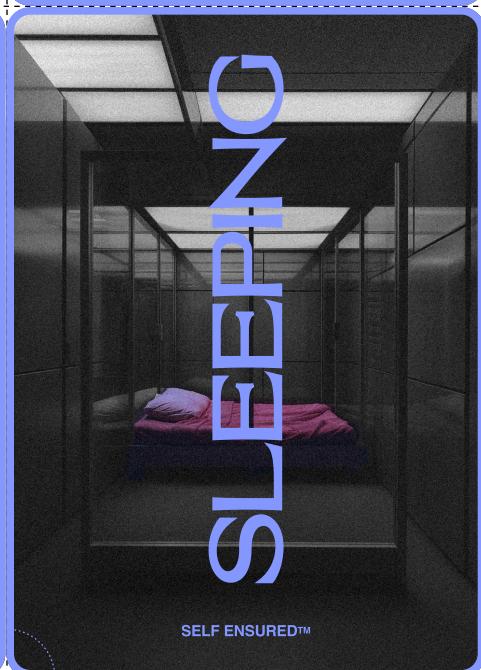
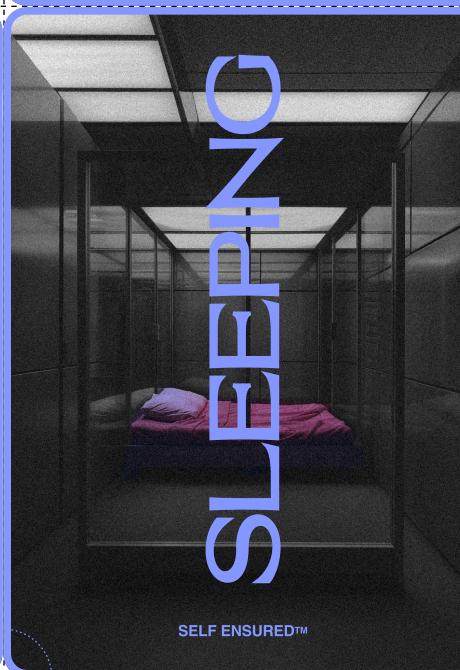
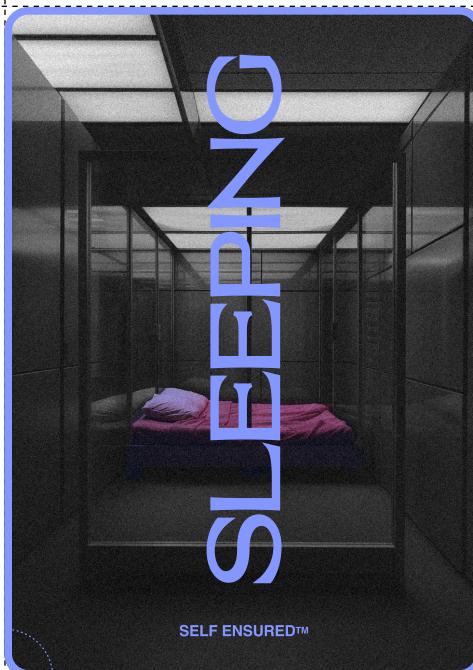
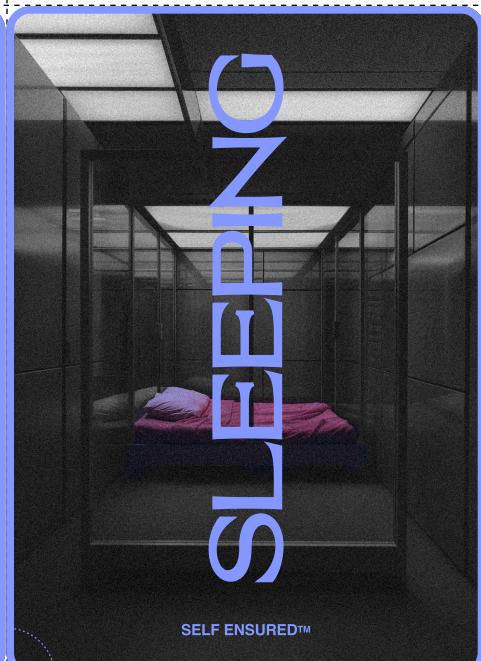
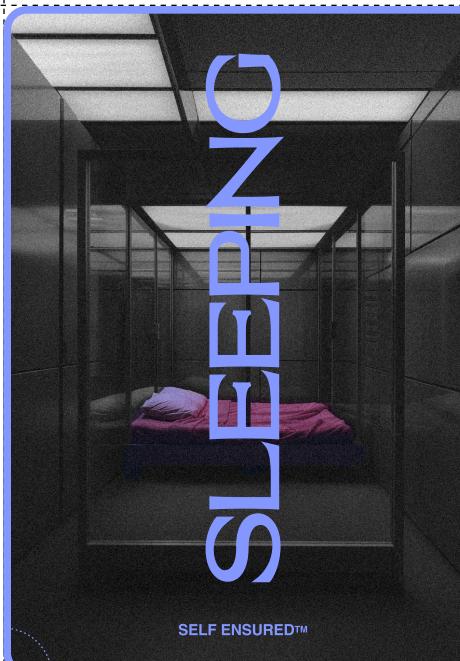
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SELF ENSURED

Welcome to the SLEEPING card suit of the Self Ensured collectible deck! Printing instructions are on the other side.

The theme of this suit is to have awareness around rest as crucially important work!

Designed by Shuya Gong and Timber Schroff as part of the Summer of Protocols.



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CAFFEINE CUTOFFS

Caffeine has a half-life of about 6 hours. In other words, if you drink a cup of coffee 12 hours before bed, a quarter of that caffeine will still be active. To help you fall asleep, sleep deeply, and stay asleep, cut out caffeine past 2pm (noon is also good).

SLEEP SCHEDULES

Your body tends to like going to bed and waking up at about the same time day-to-day. Be realistic; don't aim for too early. And try to stick to it on the weekend. That will help with the Monday blues.

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11.001

SLEEPING

SELF ENSURED™

11.005

SLEEPING

SELF ENSURED™

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11.002

11.002

SLEEPING

SELF ENSURED™

11.006

SLEEPING

SELF ENSURED™

+

SLEEP QUOTAS

Supersleepers are rare asf. Most of us do better with 7-9 hours of sleep. Defend those seven hours; your remaining 17 hours will be much more enjoyable and productive.

ALARM ETHICS

If you've got a consistent sleep schedule, try to stick to one alarm and avoid snoozing it. Those extra 20-30 minutes in bed with your phone raging at you aren't that restful. Sleeping through your alarm? You might need the rest. Don't beat yourself up for sleeping through an alarm - you'll get it next time. :)

NIGHTTIME SCREEN BAN

When it's dark out and you're getting ready for bed, looking at a screen is kind of like turning the sun back on. So, try to avoid being on your screens for about an hour before bed. That's often no fun, though. If you are on a screen, do something that won't overstimulate, like Tetris, Sudoku, Chess, or watching nerdy Youtube videos.

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11.007

SLEEPING

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MIDNIGHT SNACK POLICIES

Eating right before bed can raise your heart rate and body temperature. Remember, your body likes to be cool at night. Digesting a big meal makes you warm. Try to eat your last big meal at least 2-3 hours before going to bed.

11.004

SLEEPING

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SLEEP ENVIRONMENTS

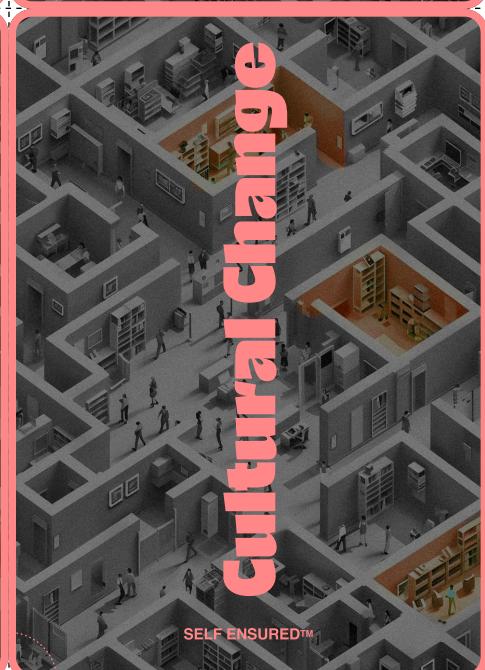
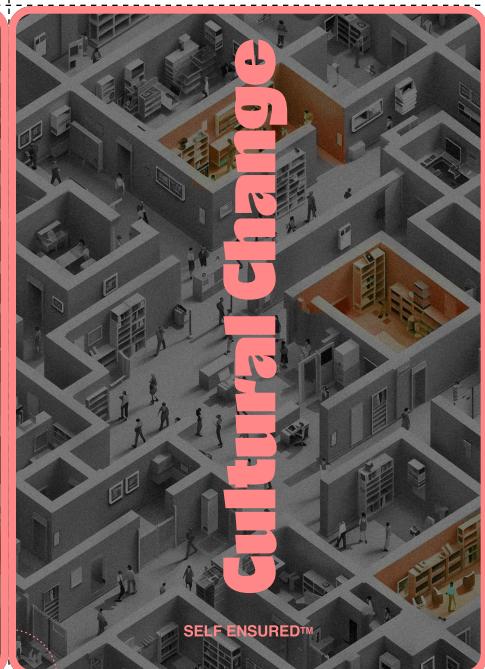
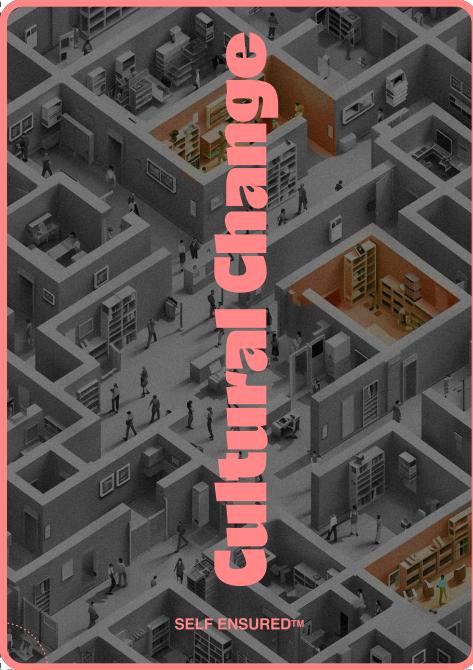
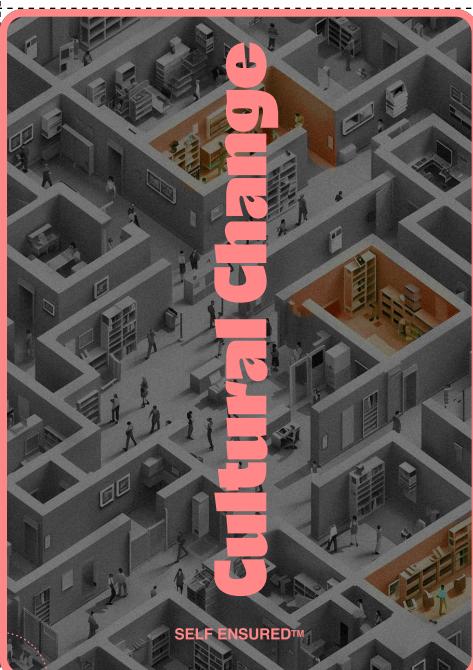
For those that struggle to fall and stay asleep, this might help. Get some blackout blinds in your room and keep it cool. An eyemask is a great hack for traveling. Taking a hot shower or a sauna before bed might help you feel cooler in bed.

SELF ENSURED

Welcome to the **Cultural Change** card suit of the Self Ensured collectible deck! Printing instructions are on the other side.

The theme of this suit is to curate a socially systemic environment of health!

Designed by Shuya Gong and Timber Schroff as part of the Summer of Protocols.



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Days Off

Encourage people to disconnect and recharge, especially for more than just a couple days. Proper planning shouldn't interfere with business too much. Consider allowing teams to all pause at the same time, to allow for a true period of rest.

Health Allowances

Giving employees an annual health spend allowance is a great perk and a great recruiting tool. It shows people that you're putting your money where your mouth is. It shows that the long-term health of employees is a real focus.

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12.001

CULTURAL CHANGE

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Optimal Flex Schedules

Flexible working hours can quickly turn into round-the-clock working. Healthy uses of flexible working hours: getting enough sleep, beating traffic, getting some mid-day cardio in. Check in with employees—some might appreciate having structure set for them

12.005

CULTURAL CHANGE

SELF ENSURED™

Gym Discounts

If you can partner with a nearby gym (or fitness app, wearables company, or personal training company) to offer employee discounts, that could encourage workers to get more active. Lower the cost of entry to healthy habit building for your employees.

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12.002

CULTURAL CHANGE

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CULTURAL CHANGE

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Food Culture

Food is one of the most visible aspects of culture. A daily box of donuts might not keep health front and center. Aim for more nutritious catering options and foster a healthy snack culture. AI tools like ChatGPT can be helpful in keeping employees' dietary restraints in mind.

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12.003

CULTURAL CHANGE

SELF ENSURED™

Walking Companies

Get people walking - during meetings, to work, from work, to the mail room. We evolved to walk. We stopped when we invented comfy chairs. Think of walking as state of working—it's a simple and effective way to improve cardiovascular health.

CULTURAL CHANGE

SELF ENSURED™

Role Models

If you want an organizational culture that values worker health, you need leaders, managers, and supervisors that value their health and visibly look after it. It's good to make the tools available, but habit formation is a social process.

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