

CELLUREVA ODISHA

7-Day Self-Healthcare Workbook

Observe. Understand. Act. Monitor. Review.

RESET Pause and observe	REVIVE Support daily biology
REPROGRAM Build a repeatable habit	RESTORE Review and continue

Cell care is the best care.

How to use this workbook

Choose one small, safe action each day. Record what your body and mind communicate. This workbook supports awareness and healthy routines; it does not diagnose or replace professional care.

Day 1 - Observe

Notice sleep, energy, mood, appetite and movement without judging.

Observation	My small action	What I noticed

Day 2 - Morning rhythm

Wake at a consistent time and seek natural morning light.

Observation	My small action	What I noticed

Day 3 - Breath and focus

Practise three minutes of comfortable slow breathing.

Observation	My small action	What I noticed

Day 4 - Food as information

Add colour, fibre and a source of protein to your plate.

Observation	My small action	What I noticed

Day 5 - Move with purpose

Take a comfortable walk and notice breathing and recovery.

Observation	My small action	What I noticed

Day 6 - Body-mind unity

Name one emotion and where you feel it in the body.

Observation	My small action	What I noticed

Day 7 - Review and continue

Choose the one habit you can repeat for another seven days.

Observation	My small action	What I noticed

My weekly review

What improved? What was difficult? What deserves professional advice? What is my next smallest step?

Observation	My small action	What I noticed

Safety note

Stop an activity and seek appropriate care if you develop concerning symptoms. Do not change medicines, treatment or diet restrictions without guidance from your qualified clinician.