

Lifestyle Modification

Fact Sheet

Sleep Hygiene -

- *Low light and noise at least 2hrs before sleep (red lights or candles are perfect).
- *No technology screens 1-2hrs prior to sleep, or at least use night mode to block the blue light.
- *Have a clean and clear room and space to sleep in at night.
- *During the morning get plenty of natural light on your eyes to help balance your sleep hormones (no sunnies type exposure!).

Detoxing & Reset -

- *Epsom salt bath or foot soak this supports detox pathways and gives a good dose of magnesium, which is an essential nutrient for stress support.
- *Add some lemon to your water, lemon is a liver detox support and helps with healthy removal of toxins.
- *Dry brushing helpsto support lymphatic drainage and support our filtration system for detox.

Grounding -

Everything is made up of energy and as we go about our day we too absorb these energies (ever felt the tension in a room or the sadness or over stimulation), the earth has an energy charge too and when we place our body (bare feet, hands etc) on the earth we are able to draw out all that excess energy that is harboring in us. Top tip, take at least 5mins a day to ground yourself outside in this way. Bare feet and all.



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Gratitude -

We often get caught up in the process of focusing on what we don't have or don't want but often these things are out of our control, it is important to focus on the things that we can control & have gratitude for what we do have and do want. Top tip is to write or think or meditate each morning of things that you are grateful to have or do each day.

Food Appreciation -

We often forget that our food has a purpose in our body, the foods we eat all relate to a function in our body and impact how that function works. Educating ourselves on the right foods that serve us rather than have a negative impact on our health is important & it is also important to form a healthy relationship with our food, take time to eat and digest and appreciate the nutrients & energy that we are giving our body.

Mindfulness & Mindset -

Being mindful of our surroundings and what control we have and don't have can affect how we go through our day, we may spend all our energy and day on something that is out of our control and further deflate ourselves after a day of feeling we have had no productivity. Our mindset around this helps, Do we want healthy sleep hygiene? Do we want a healthy relationship with food? Do we want a body that is working with us to feel optimal in our health? Finding what you want in your goals and creating a positive mindset around them is important.



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Creating Time -

We all have the same 24hrs in a day, our lifestyle, life time and commitments change how we spend and invest our time each day. We may spend it scrolling on social media or we may invest it in looking for a new recipe that we can create for a meal, we may spend it on watching a movie or we may invest it in folding some washing whilst watching a movie. We spend time when we don't get a return from our time put in, we are investing when we are making something out of our time. Our mindfulness helps here to create time we can invest in to allow more flow & time for our self care.

One step
at a time