

How to nourish yourself with

SELF CARE THROUGH THE DAY

Taking time to plan your nutrition and self care activities throughout the day is the perfect way to feel nourished in your body, mind and soul. Making sure you are tapping into your body and its needs is so important to help you have a successful and productive day

START THE DAY STRONG



Food as Fuel

What can you do to energize yourself and make the most of your morning? Think about foods you could include first thing to give your body what it truly needs to get moving. Try a winning combination of quality protein and carbs like **oats and greek yoghurt**



Get into a positive mindset

Starting the day with a positive mindset can help you shift your energy for the day ahead. Try **gratitude journaling**, think about 3 things you are happy and grateful for and why. Perhaps start your day listen to some upbeat **happy music** to boost your mood

DEALING WITH STRESS



Battle daily stress with diet

Eating a well-balanced diet is one way to help your body naturally deal with the stressors that come your way. Instead of heading for a quick sugary fix, here are some go-to snacks that may help:
dark chocolate, banana, pear, whole wheat pretzels



Mindful breathing

Taking some time to focus on the breath can help calm, centre and ground you. Reduce your heart rate and blood pressure with some slow, **focused breathing**. Breathe in for the count of 3, hold your breath and breathe out for the count of 6 - do this 5 times to feel the benefit

THE 4PM ENERGY SLUMP



Pre-plan your snacks

Just like a car, you need to be refuelling in order to keep running efficiently. One way to ensure this is by keeping blood sugar levels stable. By having regular meals and snack times scheduled throughout the day. Here are a few go-to foods:
Bananas, nuts, chia seeds, hummus, trail mix



Hydration & Dancing

Rather than sugary snacks or another coffee reach for your water bottle instead. Make sure you are keeping **hydrated** throughout the day to maintain a level of alertness. If you hit that energy slump, put your **favourite song on and have a dance**, shift your energy and raise your mood.

PLANNING AN EVENING ROUTINE



Be mindful of what you eat

Remember that what you put into your body prior to bedtime will have a direct correlation to how well you sleep. Snack well rather than sugary. For a nutritious, evening snack that will reinforce a restful sleep, try one of these:
Almonds & Walnuts, Turkey, Cottage Cheese, Kiwi, Tart Cherries



Unwind an hour before bed

It's really important to begin your night-time routine at least an hour before you want to go to bed. Switch your devices off to reduce your screen time. **Tap into what relaxes you:** maybe it's having a bath or reading a book. Make time to unwind from the day by creating a routine so that your body gets used to getting ready for sleep