

Daily Wellness Self Help

Because you are worth it.



{ } Supplements

(Fish oil, multi-vitamin, probiotics, vitamin D, B vitamins)

{ } 20 minutes minimum of outside time. 60 minutes is the goal.

{ } Gratitude Journal, physical or phone app

Write 3 things you're grateful for and why

{ } 5 minutes mindfulness activity (youtube body scan meditation, yoga, coloring, journal, nature, bath, meditation)

{ } 5 - 10 deep diaphragmatic breaths

{ } Face-to-face social connection

{ } Sleep at least 8 hours between 10pm and 9am

{ } Breakfast

{ } Lunch

{ } Dinner

{ } Minimum 3 portions of fruit

{ } Minimum 3 portions of veggies

{ } Minimum 3 healthy fats (coconut oil, avocado, nuts, fish, butter)

{ } Minimum 3 proteins