

# Daily Self-Care Check-in

Feeling a bit meh, energetically heavy, low or stuck?

First lets try and identify what might be the cause;  
Have I....

- Had enough quality sleep?
- Moved my body?
- Drank enough water?
- Seen the sun and had fresh air?
- Nourished my body with foods that lift my energy?
- Spent enough quality time away from my screen?

If you answered No to any of the above questions, lets start by taking a big, long, deep, belly breath and remembering you are only human!

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Now, lets delve a little deeper and see what simple things can be done to lift & shift your energy;

- Spend some time identifying what might be effecting your sleep (ie, screen time before bed or stimulants late in the day) and adjust accordingly.
- Find what movement your body and mind enjoys and aim to do atleast a little everyday.
- As water is required for almost all the systems in your body, if you are even slightly dehydrated, your body will let you know! Aim to drink a minimum of two litres a day.
- Ensure you are seeing sunlight daily and even better, spending some time getting skin safe sun exposure. This will help support your sleep/wake cycle and Vitamin D levels.
- Identify and consume foods that lift your energy, not weigh you down, mentally and physically.
- Put down your phone!! You know why...

**Still struggling? Reach out for a chat!**

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