

# HAPPY HORMONES

## CHECKLIST

### 15 WAYS TO KEEP YOURSELF FEELING BALANCED

- Eat a variety of fruits & veggies
- Keep alcohol to a minimum - 0-2 drinks per week
- Allow yourself to rest & have down time
- Set & stick to a sleep schedule
- Move your bod, but steer clear of over exercising
- Aim for several hugs daily
- Take a 5-10 minute walk after meals
- Strategize ways to cut down on stress
- Choose 1 self care activity to do each day
- Cut back on caffeine, even if just little by little
- Start the day with a high protein breakfast
- Spend time each week out exploring nature
- Seek out natural light exposure each AM
- Limit evening blue light exposure
- Seek out an ND for a personalized plan - Dr. Meg's got your back!