

Lifestyle Suggestions:

How to support the body in fluctuating or decreased hormones levels :

1. Decrease glycemic index foods
2. Manage Cortisol by taking actions to dissipate it
3. Herbal Options – Pueraria Mirifica

Ideas to Change your State:

1. Prayer
2. Breath – box, 4 count IN by nose, 6 count OUT by mouth
3. Sounds – singing, humming, listening to music
4. Tears
5. Movement – shaking, bouncing, squats, heel raises, 15 minute walk, Foundations class or a portion of one
6. Laughter
7. Connecting – “Tend & Befriend”
8. Meditation – saying mantra or single word
9. Grounding/Earthing – getting your body in contact with organic matter (grass, sand, dirt, rock, wet concrete)
10. Sunshine – even if you’re under cover, being out in the air
11. Nature - walking in nature, observing wildlife, appreciating nature
12. Creativity – journaling, drawing, doodling, painting, knitting, painting, making music
13. Acts of kindness – doing one, witnessing one, hearing about one, telling about one
14. Rampage of Appreciation
15. Soft tissue work, Massage, Touch