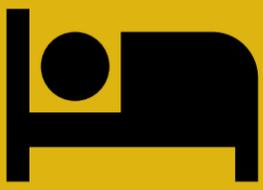


7 WAYS TO ELIMINATE EXHAUSTION NOW!



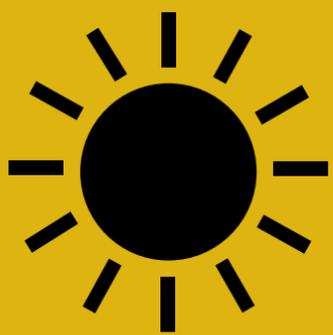
SET REGULAR SLEEP/WAKE TIMES

try to keep them standard across the week; and aim for at least 8 hours! you may sleep in longer on the weekends if you find that it really helps your body recover, but try not to stay up later on weekend nights! get those zzz's!



TURN OFF SCREENS 2 HOURS BEFORE BED

Screens emit "blue light" that tells our brain to stay awake! if you MUST be in front of a screen, invest in "yellow glasses" to block the blue light as well as set all screens to dim at dark.



EXPOSE YOUR EYES TO LIGHT

as soon as you wake, expose your body and your eyes to natural light! get outside, stand outside of your door and take a few deep breaths, or stand by an open window as you prepare breakfast! This will entrain your system to link light with the "awake" state!



GET YOUR HEART PUMPING

a little goes a long way, so don't over do it! but rolling out of bed and doing a few jumping jacks, pushups, or air squats will encourage the body to produce cortisol, the hormone required to wake us up in the morning!



EAT BREAKFAST

I REPEAT eat breakfast! don't skip it, and don't fill it with coffee or sugary cereals/pastries/smoothies that will spike and crash your blood sugar. eat a protein rich breakfast that includes healthy fat sources for stable energy!



NIX CAFFEINE & SUGAR

I know I know! these are often our go-to's when exhausted, but they will only rob our energy in the long run! If it brings you JOY enjoy 1 8oz cup with no sugar/syrups AFTER breakfast or try green tea!



TAKE A COLD SHOWER

Add 30 seconds to 2 minutes of cold water to your shower in the morning to BOOST cortisol, energy, the immune system, and overall stress resiliency!