

When Life Happens....

These things help!

<i>A Poor Night of Sleep</i>	<p>During the night:</p> <ul style="list-style-type: none">● Eat some nuts● Play a sleep podcast <p>Next day:</p> <ul style="list-style-type: none">● Give myself grace● Prioritize recovery activities (walking, sauna)● Be extra mindful about my food choices
<i>Travel</i>	<ul style="list-style-type: none">● Do my best to prioritize sleep (no late nights). If I can't, try to be extra mindful about my food choices.● Avoid drinking.
<i>Stressful Season</i>	<ul style="list-style-type: none">● Find ways to prepare food in advance because my willingness to cook (even if the fridge is full!) is the first thing to go out the window. I <i>will</i> want takeout.● Schedule in recovery activities, daily if possible.● Turn to spiritual resources.
<i>Visitors</i>	<ul style="list-style-type: none">● Do my best to prioritize sleep (no late nights). If I can't, try to be extra mindful about my food choices.● Avoid drinking.
<i>Celebrations</i>	<ul style="list-style-type: none">● Limit drinking. If I drink, do it earlier in the day and get in lots of water.● Enjoy eating and get back on track in the next day or two.

