

Prioritize You

Replenishment - Necessary for Your Soul

1	Prioritize Exercise Regularly - Exercise not only helps to replenish physical energy by improving circulation and releasing endorphins, but did you know according to Mayo Clinic.org exercise can also improve your sleep, which is often disrupted by stress, depression and anxiety
2	Prioritize Eating Real Food - healthline.org reports store shelf's are jammed packed with processed foods, full of excessive sodium, sugar and artificial flavors linked to health conditions such as ADHA, diabetes, cancer, and heart disease. Your body needs the proper variety of nutrient-rich foods to provide your body with the essential vitamins and minerals needed to replenish energy levels and support overall health including making proper cells
3	Prioritize Sleep - without getting the proper amount of rest your body can't repair itself, you don't enter NREM sleep and your mind can't recharge for the next day
4	Prioritize Mindfulness - when you take the time to be mindful you prioritize activities and self-reflection you can help reduce stress and increase your emotional regulation to better manage challenging situations wisely according to verywellmind.com
5	Prioritize the Outdoors - Did you know being in nature is linked to not just to better immunity but to improve your focus and mood? Visit WebMD yourself to read more on the benefits of the outdoors
6	Prioritize Water - I know you've heard you need to drink water and it's true - without water you'll end up dehydrated and prevent your vital organs from being able to function properly to filter out toxins
7	Prioritize Your Support Squad - family, friends, mentors, coaches, even a mental health provider such as a therapist or counselor can help with life challenges, support your goals and encourage growth
8	Prioritize Fun - Yes! You read that right. Just because your grown doesn't mean you shouldn't have fun - having hobbies that make you laugh and bring you happiness allow you to decrease stress and replenish emotional and mental energy, which is good for your soul
9	Prioritize You - Yeah. You. Feel overwhelmed and stressed - in need of a break? - Take one. And if possible make it a whole day - A Me Day! Go to the spa or sight-see, have a bubble bath or girl's day out, grab your favorite ice-cream or book, journal, binge watch that Netflix show you put off, out or even sleep in and spend the day in your favorite pjs or lingerie. You're not a machine, your human and you need rest!
10	Prioritize Arresting Overthinking - If you feel stressed, anxious, or depressed about something or someone - Take a deep breathe in and release it. Ask what you feel, why and what's the next best thing for you to do. Then do that. If you can't change it, re-frame it - change the story in your head. Your thoughts impact your feelings.