



UNBOUND

UNLOCK YOUR POTENTIAL

3 SCIENCE-BACKED STRATEGIES TO HELP YOUR BRAIN HEAL AFTER A TOXIC RELATIONSHIP

Toxic relationships keep your brain in survival mode.

Healing isn't just emotional, it's **biological**.

These 3 daily practices support your brain to
restore **safety, balance** and **resilience**.



SLEEP

Rest is
where healing
begins.

THE NEUROSCIENCE

During sleep, your brain clears out toxins, regulates emotion and rebuilds neural connections.

Poor sleep keeps stress hormones (like cortisol) high, increasing anxiety, overthinking and emotional reactivity.

HOW IT HELPS YOU HEAL

- ✓ Lowers stress and anxiety
- ✓ Improves mood and emotional regulation
- ✓ Enhances memory and decision making
- ✓ Helps your brain feel safe again

ACTION: Aim for 7 to 9 hours. Create a calming night routine and protect your sleep.



MOVEMENT

Move your body,
shift your state.

THE NEUROSCIENCE

Movement reduces stress hormones and boosts endorphins, dopamine and serotonin, the chemicals that improve mood and resilience. It also helps regulate your nervous system and strengthens neural connections.

HOW IT HELPS YOU HEAL

- ✓ Reduces anxiety and overwhelm
- ✓ Improves mood and increases energy
- ✓ Helps release stored tension and trauma
- ✓ Reminds your body, the danger is over

ACTION: 20 minutes a day is enough. Walk, stretch, dance, just move.



NUTRITION

Fuel your body,
nourish your brain.

THE NEUROSCIENCE

Your brain needs the right nutrients to produce mood stabilising chemicals and repair itself. A poor diet can increase inflammation, mood swings and cognitive fog.

HOW IT HELPS YOU HEAL

- ✓ Supports stable mood and focus
- ✓ Reduces inflammation and brain fog
- ✓ Helps regulate blood sugar and energy
- ✓ Nourishes your brain and body cells

ACTION: Focus on whole foods, protein, healthy fats, fruit, veg and water.



Small daily actions create big changes in your brain.

MORE SAFETY → LESS STRESS → BETTER HEALING → YOUR NEW LIFE

*You don't have to do it perfectly.
You just have to keep showing up for yourself.*



www.unboundlife.co.uk