



UNBOUND

UNLOCK YOUR POTENTIAL

3 DAILY HABITS THAT HELP YOUR BRAIN HEAL AFTER A TOXIC RELATIONSHIP



Toxic relationships keep your brain in survival mode. These 3 daily habits, backed by neuroscience, help restore **safety, balance** and **resilience**.



SLEEP

WHY IT MATTERS

Sleep helps regulate emotions and lower stress.



Your brain starts to feel safe again.



MOVE

WHY IT MATTERS

Movement reduces stress hormones and boosts mood.



It reminds your body the danger is over.



FUEL

WHY IT MATTERS

Your brain needs nutrients to heal and think clearly.



Better fuel, better recovery.



HEALING ISN'T JUST EMOTIONAL.
IT'S BIOLOGICAL.



Small actions. Big changes. 



NEED MORE SUPPORT?

DM me or visit my website for tailored 1:1 support.



I'M HERE TO HELP YOU

heal, grow and create the life you deserve.



www.unboundlife.co.uk

