

STEADY SHIFTS: YOUR FOUNDATION

MORE INFO & ACTION STEPS

Sleep

- Make the choice - go to bed!! Sleep is the glue that holds us together.
- Less sleep = less energy; more anxiety, mood swings, cravings, weight gain
- Treat yourself like a child: create a routine
- No screens at least 1 hour before sleep
- Dim the lights
- Go to bed 15 min earlier at a time
- Get outside light in the morning
- Keep a sleep schedule

Eat

- Drink water!!
- What you eat is directly tied to how you feel all day, every day
- Eat whole, real foods: in the form they were grown
- Choose lots of color (not skittles!)
- Don't eat your carbs naked: always combine with protein and good fats
- Choose one thing to change at a time
- Change the food environment at the office: choose healthy snacks, ditch the donuts, get creative, get input from staff on what they prefer
- Take 3-5 deep breaths before eating
- Be present and sit down to eat

Move

- Exercise has an equal if not superior effect to prescription anti-depressants
- Increases BDNF, which is like Miracle Grow for your brain!
- Schedule movement and exercise into your calendar: WHEN, not IF
- Do movement you enjoy
- Take a walk at lunch
- Do walking meetings
- Grab movement snacks - 10 minutes 3 times a day = 30 minutes!
- Stretch 5 minutes in the morning and evenings to release tension
- Enroll your partner, kids, friends
- Drop the all or nothing thinking

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MORE INFO & IDEAS FOR ACTION

Restore & Connect With Yourself and Others

Meditation

- Begin a meditation practice - don't be afraid of the M word!
 - Trying to stop your brain from thinking is like trying to stop your heart from beating: you are observing your thoughts with detachment
 - Begin with just 1-2 minutes of focused breathing
 - Try a meditation app like Insight Timer, Ten Percent Happier, Calm, Headspace
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- Do things that make you lose track of time or get in the "flow" state: music, puzzles, reading, arts, crafts
 - Make a list at night of what went WELL
 - Use the Daily Shift Journal (find that on the extra resources page)
 - Create a morning routine to start your day with calm intention
 - Include 5 minutes of deep breathing / meditation each day, gradually increase
 - Take breathing breaks through your day
 - Incorporate active but restorative activities like yoga
 - Practice gratitude (it's like a muscle you have to strengthen)
 - In the morning before you get out of bed, take 5-10 deep breaths and find 3 things you're grateful for
 - Aromatherapy
 - Take a walk with a friend
 - Take a hot bath with epsom salt and essential oils
 - Text a loved one (family, friend) and tell them how much you appreciate them
 - Set aside one hour of screen-free time with your family, kids or partner
 - Take a walk with your partner to reconnect
 - Volunteer in your community
 - Do things that are just plain FUN!