

Recovery Checklist

Nutrition

- Mitigate deficiencies:** multi-vit; greens drink or greens supplement; fish oil
- Hydrate:** 6-8 glasses of water/day; electrolyte replacement (if needed)
- Eat slowly:** yep, even that corn dog!
- Eat until 80% full:** build body wisdom
- Plan/shop:** whole foods/color variety/veggies!
- Food prep:** healthy/easy to-go snacks; balanced meals

Other:

Fitness

- Move often:** it all counts, no matter how small it seems; standing desk; stairs; etc.
- Get your glow on w/ 30 min.** light activity
- Keep it fun:** think "play" vs. "training"
- Stretch** or gentle yoga/Pilates
- Breathe**
- Get into nature**

Other:

Mental Mastery

- Choose growth mindset:** over all-or-nothing thinking (which leads to yo-yo dieting, binging and extreme restricting)
- Communicate** clearly and ask for what you need; define healthy boundaries for yourself
- Learn/practice** meeting emotional needs without food/alcohol
- Play:** laugh, have FUN!
- Get social:** the quality of our relationships determine the quality of our life
- Reduce willpower need:** optimize your environment

Other:

Rest

- Sleep** 7-9hrs/night
- Nap**
- Meditate**
- Relaxing therapy:** massage, raindrop, reiki, TCM/acupuncture, reflexology, float
- Rehab:** chiro, physio, myofascial release
- Hire help:** babysitter, house cleaner, virtual assistant, personal assistant, online grocery shopping, meal service
- Creative pursuit** or fun hobby

Other:

