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MOON

Goddess

GUIDE TO RENEWAL

Your holistic sleep guide to
resting deeply + activating
cellular renewal through wellness

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Sleep and Our Well-Being



SLEEP AND OUR WELL-BEING



Sleep is the star when it comes to our physical, mental, and emotional well-being. Think of it as a natural reset button that allows our bodies to heal, our minds to recharge, and our emotions to regulate. While things like nutrition, exercise, mental support and self-care are incredibly important as well, sleep is the foundation that helps all these elements come together and work their magic.

Physically, sleep is when our bodies do their best repair work. During deep sleep, growth hormones kick in, helping to repair muscles and regenerate cells, support our immune system and increase our energy.

Mentally, sleep is essential for keeping our brains sharp. It helps with memory, learning, and problem-solving. A good night's sleep leaves us more focused, creative, and productive. On the flip side, not getting enough sleep can make it hard to concentrate, make decisions and think rationally.

Emotionally, quality sleep helps us keep our cool and manage stress better. It lowers levels of the stress hormone, cortisol, which means we feel calmer and more balanced. Poor sleep can lead to mood swings and increase the risk of anxiety and depression.

Getting good sleep isn't just about feeling rested; it's about taking care of our whole self. This holistic approach looks at how connected our body, mind, and spirit are, helping us thrive in every part of life.





SLEEP AND OUR WELL-BEING

SLEEP BASICS

At its core, sleep flows through cycles of about 90 minutes each, moving through stages of light sleep, deep sleep, and the dream-rich REM phase.

To feel truly refreshed, we need 4 to 6 of these cycles every night—about 7 to 9 hours of rest.

Recent studies have shown that around 1 in 5 adults deal with some form of insomnia (most of those being women).

SLEEP STAGES

STAGE 1-LIGHT SLEEP

This is the gateway to your rest, where you softly transition from wakefulness to sleep. Your muscles relax, your breathing slows, and your mind begins to release the day.

STAGE 2- DEEPER LIGHT SLEEP

Here, your body starts its recharge mode. Your heart rate and body temperature drop, and your brain begins creating patterns that protect your rest. It's the calm foundation before you dive deeper into sleep.

STAGE 3- DEEP SLEEP

This is where the true magic happens. In deep sleep, your body repairs tissues, strengthens your immune system, and replenishes your energy.

STAGE 4- REM SLEEP

The final stage of the cycle brings vivid dreams and creative processing. Your brain is busy sorting through emotions, ideas, and memories, leaving you refreshed and aligned.

SLEEP AND OUR WELL-BEING

Let's dive deeper and explore what happens to our bodies when we sleep (or don't sleep).

REPAIR

When we sleep, our bodies dive deep into repair mode. Our brains regenerate neurons, mend damage, and weave memories together, restoring balance and vitality.

HORMONES

Sleep is incredibly important to our body's ability to regulate and balance hormones. Cortisol (stress hormone), ghrelin/leptin (hunger/fullness hormones), estrogen, progesterone, testosterone, thyroid hormones, and many others, are all impacted through sleep.

MENTAL WELL-BEING

Getting enough (and good quality) sleep recharges our "battery" and helps our ability to deal with stress, regulate our emotions, and support our mental health big time!

ENERGY

When we don't get enough sleep, our body struggles to perform the regular maintenance work that happens when we're in a slumber. So when we're not getting enough sleep, we can wake up feeling unmotivated, groggy and exhausted.

IMMUNE SYSTEM

Without quality sleep, our immune system becomes incredibly vulnerable and opens the door to illnesses.

INFLAMMATION

Getting enough quality zzz's helps our body manage inflammation. Conversely, if we're not getting enough sleep, it can increase inflammation.



SLEEP AND OUR WELL-BEING



DETOXIFICATION

Sleep is key for detoxing our body. When we sleep, the brain and liver work to remove toxins from the body. Good sleep keeps these detox systems running smoothly, while a lack of sleep can cause a build-up of toxins.

HEART HEALTH

Good sleep = happy hearts! Quality sleep helps lower blood pressure, reduces inflammation, regulates our heart rate, and lowers cortisol (which can wreak havoc on our heart health).

WEIGHT MANAGMENT

Not getting enough sleep throws our leptin/ghrelin hormones out of whack. Ghrelin (which makes us feel more hungry) increases, while leptin (which is responsible for making us feel full and satisfied) lowers, leaving us feeling less satisfied and more hungry when we're not sleeping enough. Poor sleep also increases our stress hormone (cortisol), which leads to weight gain.

BLOOD SUGAR

Having good quality sleep helps us regulate our blood sugar levels, which will support our energy levels, stabilize our moods, and reduce our risk for type 2 diabetes.

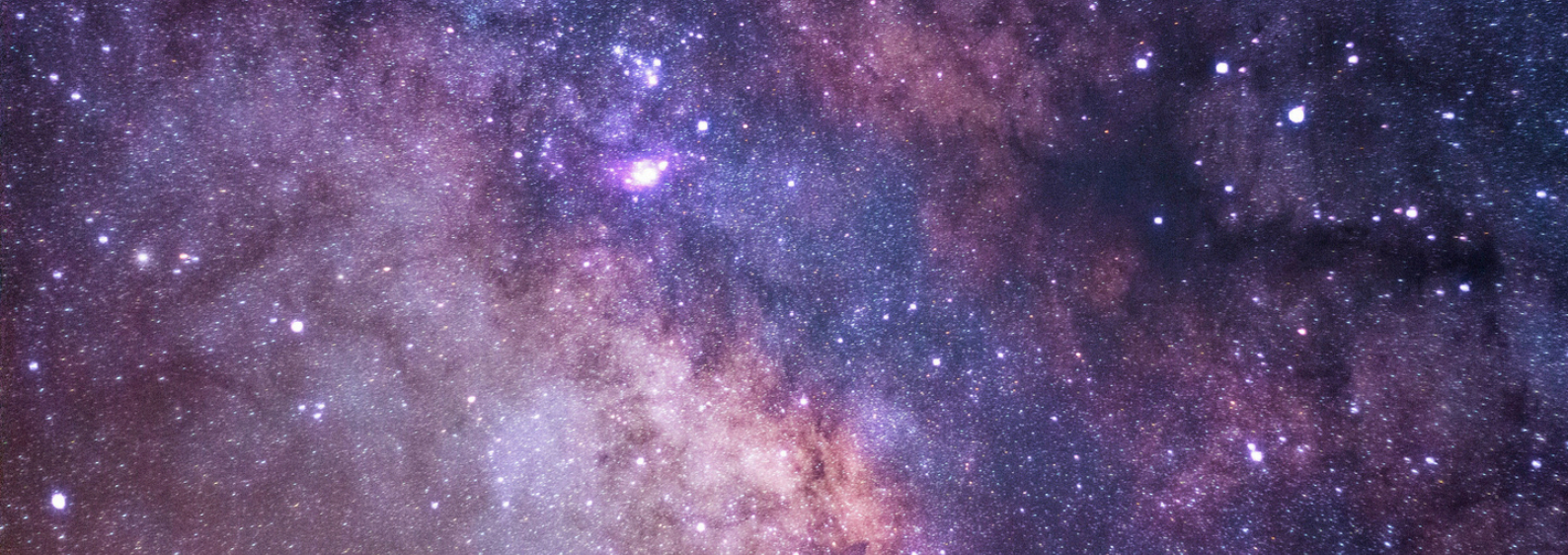
LONGEVITY

Sleep is nature's way of adding years to our lives. During good sleep, our bodies heal, our minds get clear, hormones regulate and stress levels lower. This helps keep our energy and moods regulated, our hearts healthy, our immune system supported, and our hormones balanced. So, if you want to live longer and feel great, make sure to get plenty of quality sleep.



A person is shown from the chest down, sitting and reading a book. They are wearing a light-colored, long-sleeved top. The book is held open in their hands, and the pages are visible. A semi-transparent, light brown rectangular overlay is positioned across the middle of the image, containing the word "Reflection" in a white, serif font. In the foreground, there is a blurred green plant in a white pot, and a blue and white striped fabric is visible at the bottom. The overall atmosphere is calm and contemplative.

Reflection



REFLECTION

Before we start making any new modifications to our lifestyle and habits, it's important to reflect and check in to see how we're doing in this moment.

Checking in with ourselves will reveal areas that are in flow when it comes to our sleep health and also help identify and find spaces that may need a little extra support and love.

Let's reflect on some questions about our current sleep health. . .

On a scale from 1-10, how would I rate my sleep health (1 = poor, 10 = amazing)

On a scale from 1-10, how rested do I feel when I wake up?
1=not at all rested 10=very rested

How many hours do I typically sleep each night?

How often do I nap? How many times a week or month?

REFLECTION

Am I sleeping through the night, and if not, what wakes me up?
(thoughts, stress, baby, pets, uncomfortable, bladder etc)

Do I look at screens before bed, and if so, how close to bedtime (right before I close my eyes, an hour before bed etc)? (phones, laptop tv) And what kind of content am I consuming? Is it negative, stimulating, calming etc ?

How close to bedtime am I eating/drinking?
What are my go-to's for bedtime snacks and drinks?

Is there anything I want to change in my sleep environment (bed, temperature, lighting)

Do I get to sleep easily? If not, what is keeping me from falling asleep (racing thoughts, stress, kids, work, spouse, etc)



REFLECTION

What does my current bedtime routine look like?

Is there anything I'd like to add or remove from my current bedtime routine (what would my dream bedtime routine look like)



A soft-focus photograph of a bedroom. In the foreground, a white bedsheet is wrinkled. A brown, knitted blanket is draped over the bed. A pink ceramic mug sits on the white sheet. The background is blurred, showing more of the bed and a wooden headboard.

What's your sleep style?

What's your Sleep Style QUIZ

Are you a night owl, early bird, or something in between? Take this quiz to find your sleep style and learn how to support your daily rhythm to align with your vibe!

What time do you naturally wake up (without an alarm)?

- ☐ A. Before 6 AM
- ☐ B. 6-8 AM
- ☐ C. 8-10 AM
- ☐ D. After 10 AM

When do you feel most productive during the day?

- ☐ A. Early morning (6-9 AM)
- ☐ B. Late morning (10 AM-12 PM)
- ☐ C. Afternoon (2-6 PM)
- ☐ D. Evening (6 PM onward)

How do you feel after waking up?

- ☐ A. Energized and ready to go
- ☐ B. Okay, after some coffee or movement
- ☐ C. Tired but manageable
- ☐ D. Groggy and need extra time to fully wake up

What time do you feel most tired?

- ☐ A. 8-9 PM
- ☐ B. 10-11 PM
- ☐ C. Midnight
- ☐ D. I feel awake until the early hours of the morning.



What's your Sleep Style QUIZ

When do you feel most creative or focused?

- ☐ A. Early morning
- ☐ B. Late morning
- ☐ C. Afternoon
- ☐ D. Evening or late night

How do you handle naps?

- ☐ A. I don't need them; I feel rested throughout the day.
- ☐ B. I can nap and still sleep well at night.
- ☐ C. I avoid them; they disrupt my nighttime sleep.
- ☐ D. Naps are essential for me to function.

How do you feel about staying up late?

- ☐ A. Impossible—I crash early.
- ☐ B. I can manage it occasionally.
- ☐ C. It's when I feel most alive.
- ☐ D. I stay up late often but feel guilty about it.

Do you hit snooze, or do you get up right away?

- ☐ A. Never hit snooze; I wake up easily.
- ☐ B. I sometimes snooze for a few minutes.
- ☐ C. I snooze multiple times before I get up.
- ☐ D. I need several alarms to get going.



What's your Sleep Style QUIZ

How do your energy levels change throughout the day?

- ☐ A. High in the morning, dips in the afternoon.
- ☐ B. Steady all day.
- ☐ C. Low in the morning, builds throughout the day.
- ☐ D. Low all day until evening, when I feel awake.

How often do you have trouble falling asleep?

- ☐ A. Rarely or never
- ☐ B. Sometimes, but it doesn't bother me much
- ☐ C. Often, it takes me a while to fall asleep
- ☐ D. Very often, I stay awake for hours

How do you feel about staying up late?

- ☐ A. Impossible—I crash early.
- ☐ B. I can manage it occasionally.
- ☐ C. It's when I feel most alive.
- ☐ D. I stay up late often but feel guilty about it.

What does your ideal evening look like?

- ☐ A. Relaxing early and heading to bed before 10 PM.
- ☐ B. Unwinding with TV or a book, in bed by 11 PM.
- ☐ C. Catching up on tasks or hobbies, in bed by midnight.
- ☐ D. Doing my best work or socializing late into the night.



What's your sleep style

ANSWERS

Mostly A's

Lion (Morning Person)

You're most active in the morning and love an early start. Your energy dips in the evening, making you a natural early-to-bed sleeper.

Do creative or high-focus work in the morning.

Wind down with calming activities like reading in the evening.

Avoid over-committing to nighttime social events—they'll zap your energy.



Mostly B's

Bear (Balanced Day-Night Energy)

You follow the sun's schedule, with energy peaks mid-morning and mid-afternoon. Sleep is essential for you, so aim for 7-8 hours nightly.

Plan meetings or errands for the morning when you're sharpest.

Incorporate short breaks into your afternoon to maintain energy.

Stick to a consistent bedtime to optimize your rhythm.



What's your sleep style

ANSWERS

Mostly C's

Wolf (Night Owl)

Your energy peaks in the evening, and mornings are a struggle. You thrive in creative or social tasks at night.

- Plan your most important work in the late afternoon or evening.
- Avoid morning commitments when possible.
- Keep a calming bedtime routine to help you wind down earlier.

Mostly D's

Dolphin (Light Sleeper)

You're prone to irregular sleep patterns and often feel restless. You function best with flexible schedules and short bursts of productivity.

- Prioritize sleep hygiene: blackout curtains, white noise, and a calming bedtime ritual.
- Use mindfulness techniques (like 4-7-8 breathing) to ease anxiety before bed.
- Accept your unique rhythm—rest when you can, and don't overwork yourself.



A person is lying in bed, their hands clasped together near their face. They are wearing several beaded bracelets on their wrist, including white pearls and dark beads. A laptop is visible in the background, resting on a surface. The scene is softly lit, suggesting a calm, indoor environment.

Mindset



MINDSET

Our mental health and mindset is a big part of our sleep health and overall well-being. Supporting a healthy, happy mindset will lower stress, keep us feeling calm, reduce anxiety and keep us feeling connected and balanced. When we nurture our mindset, we're also improving our ability to get quality sleep (and vice versa). Let's look at ways to support our mental well-being. . .

PRACTICE GRATITUDE AND LOOK FOR THE GOOD

When it comes to our well-being, this is one of my favorite morning habits to set the tone for a positive (and gratitude-filled) day. Before leaving the bed name 5-10 things you're grateful for (try to look for things within the past 24 hours).

Focusing on what we're grateful for (regardless of how big or small) is a tricky little way to get our brains to "look for the good".

Have you ever tried shopping for a specific kind of car and then started seeing them everywhere? It's the same kind of idea, but this time we're getting our brains to search out positive aspects of our lives.

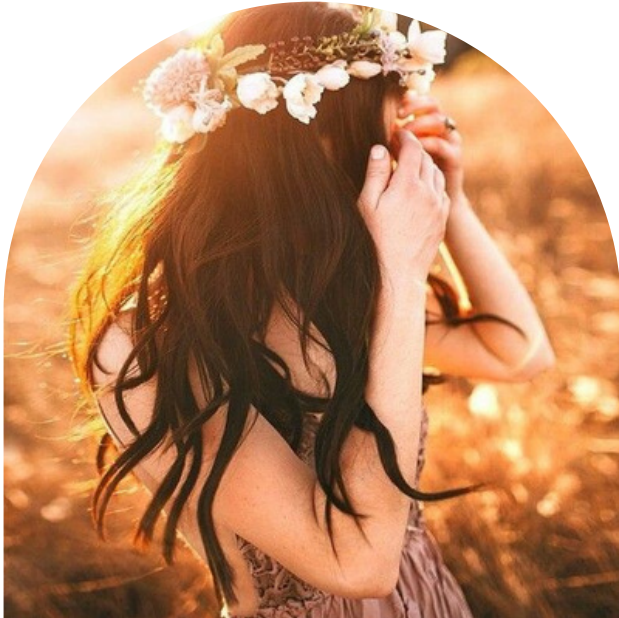


MENTAL CONSUMPTION

Being aware of what we're consuming mentally is an essential way to support our mental health and mindset. We're usually mindful (or at least aware) of what we put into our bodies when it comes to what we eat, drink, and the products we use, but it's important to be conscious of what we're consuming mentally too. Try to bring attention to what you're watching, listening to, and reading. Things like social media and news can have negative impacts on our mentality if we're not careful. Curate your media consumption in a way that feels good to you. That might mean unfollowing or muting certain accounts, monitoring news, changing up the books you read or music you listen to, to align better with your soul.



MINDSET



SELF TALK

I'm a firm believer that our inner dialogue should be like a best friend.; supportive, kind, gentle.

It's believed that 80% of the thoughts running through our head are negative, and the vast majority of those are repetitive, meaning we're thinking of the same crappy thoughts over and over again, which can encourage a pessimistic and depressing outlook on life.

We tend to be so hard on ourselves. When we do catch ourselves talking negatively, try stopping, taking a breath, and imagine we're having a conversation with a best friend. Some swaps I also find helpful are. . .

I'm Instead of starting
your sentences with . . .

I want
I have to
I should
I can't
I don't want
I wish I didn't

Try using. . .

I will
I feel
I choose to
I love
Next time I'll try
I appreciate



MINDSET



JOMO (& SAYING NO)

The Joy Of Missing Out!

Society and technology make it easy to feel like we're supposed to jam as much into our days as possible. We can also feel pressure to make it to every baby shower, school fundraiser, work get-together, or whatever social event is taking place. While there are plenty of things we actually want to be there for (and that we truly enjoy), there are also plenty of things we're just saying yes to because we feel obligated. Taking a step back to carefully select which experiences you truly want to be a part of (as opposed to saying yes out of guilt and obligation) will support our mental well-being. We can usually tell (by listening to our body/gut) whether or not we genuinely want to partake in something. Remember, when we say yes to someone, it can sometimes mean that we're having to say no to something else (even if that might be to some downtime for ourselves), so choose wisely.

IDENTIFY YOUR TRIGGERS AND GLIMMERS

Knowing your emotional triggers (and sources of stress) is a big part of growth and healing. The triggers we're discussing here are anything that brings forth a strong (and stressful) reaction in a negative way. These could be certain people, places, memories, and even words or topics of conversation. The "Reflect" chapter of this course is a great way to shine some light on what your triggers could be. Finding out your glimmers is equally as important! Glimmers are the opposite of triggers. Glimmers are people/places, or things that provoke safe emotions and leave you feeling inspired, joyful, and calm! Some sources of glimmers include nature, movements, laughter, people, places, songs, books, and activities that bring you joy. We love glimmers!





MINDSET

PURPOSE

Finding purpose is an essential ingredient to happiness and mental well-being. It's also been linked to longevity! When we feel like we're "on purpose," we're fulfilled and aligned with our true values. Your purpose can change and adapt too! We're not always able to be working on our purpose, but try to pick activities or hobbies that support your ultimate purpose in life.

QUESTIONS FOR FINDING PURPOSE

What are my strengths/special gifts

What have my friends/family told me I'm especially good at

If I had all the money and time in the world, where would I spend my free time

What are my top 5 dream jobs, and what do they have in common



EXAMPLES OF PURPOSES

Helping others

Traveling

Story telling

Expressing yourself creatively

Giving back to the community

Supporting the environment

Helping those less fortunate





MINDSET

RELATIONSHIPS

Relationships are a key factor in our happiness. Finding our tribe is essential to feeling safe and connected. Remember, your tribe doesn't have to be big, but having a person (or few) that you can trust and share similar values will fill your cup, and also allow you a safe space to turn to when feeling overwhelmed.

Remember that you are the average of the 5 people you spend the most time with. Make sure you choose wisely and nurture the relationships that lift you up and bring you energy. Sometimes we need to reflect and evaluate if we need to step away from certain relationships (even if it's just momentarily).



PLAY

Adding some fun to your day should be a necessity. Fun, laughter, and play are (in my opinion) the best way to release some stress. Playing reduces stress hormones and also releases those feel-good endorphins that leave you feeling like you're walking on sunshine. Whether it's clowning around with your little ones, having a good laugh with friends, or getting silly with your partner, find what brings a smile to your face and squeeze a little (or as much as you can) in every day.



A few ideas to add more play into your days

Play tag with your little ones

Watch your favorite comedy

Jump on a trampoline

Plan a games night

Pre-dinner dance party

Cloud gazing

Karaoke

Get playful with your pets

Jump in puddles

Do an escape room with friends

Laugh with a friend

Beach or Acro yoga with a partner



MINDSET

FEEL GOOD BRAIN CHEMICALS

Brain chemicals (neurotransmitters) are crucial when it comes to regulating our sleep, mood and emotions.

Serotonin and GABA are two neurotransmitters that are essential to feeling balanced, happy and calm. Serotonin is essential for regulating our moods and creating melatonin (essential for sleep), while GABA is important for calming our nervous system, reducing anxiety and promoting relaxation.



SIGNS YOU MIGHT HAVE A NEUROTRANSMITTER IMBALANCE

Depression

Anxiety

Impulsiveness

Mood Swings

PMS Symptoms

Alcohol use

Low pain tolerance

Sugar/carb cravings

Sleep issues

Obsessive/compulsive tendencies

DEPLETERS

Stress

Lack of sunlight

Poor sleep

Processed foods

Lack of movement

Pesticides and herbicides

Drugs/Alcohol/Tobacco

Poor Gut Health

Hormonal imbalances

Artificial chemicals & dyes

High fat, high meat diet

Negative mindset



MINDSET

NATURAL WAYS TO BALANCE NEUROTRANSMITTERS

SLEEP

It all starts with sleep. Prioritizing deep, restful sleep helps your brain naturally replenish neurotransmitters like serotonin and GABA. It's a lovely little cycle—better sleep supports your brain chemistry, and balanced neurotransmitters help you drift off easier.

MANAGE STRESS

Stress can be a big neurotransmitter depleter. Managing stress naturally through mindfulness, deep breathing, or even a walk in nature helps your brain stay balanced. When your stress is in check, your body can produce the calming and happy chemicals you need to feel rested and peaceful.

SAFE SUNLIGHT EXPOSURE

A dose of sunlight is like a natural mood booster for your brain. Sunlight helps your body produce serotonin, which not only lifts your mood but also transforms into melatonin at night to encourage sleep. Step outside for a few minutes a day, even if it's cloudy—it makes a difference! During the winter months, it might be a good idea to invest in a sad lamp.

WHOLE PROTEIN

Whole proteins are like brain food. They're full of amino acids, the building blocks of neurotransmitters like serotonin and dopamine. Think lean meats, eggs, beans, nuts, and seeds to fuel your body and support a happy, calm mind.



MINDSET

NATURAL WAYS TO BALANCE NEUROTRANSMITTERS

MOVEMENT

Moving your body is a powerful way to nudge your neurotransmitters into balance. Exercise boosts dopamine and serotonin, bringing feelings of joy and relaxation. Whether it's a yoga session, a brisk walk, or a dance party in your living room, it all counts toward a happier, healthier you.

CONNECT

We're wired for connection, and spending time with loved ones gives your brain a natural hit of feel-good chemicals. Dopamine and serotonin flow when you laugh, talk, and simply enjoy the presence of people you love, helping you feel calm and supported.

SUPPORT YOUR GUT HEALTH

Your gut and brain are BFFs, and a happy gut leads to a happier mind. Nourish your gut with probiotics, fiber, and fermented foods to encourage the production of neurotransmitters like serotonin. A balanced gut can work wonders for your sleep and mood.

OMEGA 3 FATTY ACIDS

Omega-3s are a gift for your brain, helping to regulate mood and neurotransmitter production. They also keep our cell membranes nice and permeable for neurotransmitters to enter! These healthy fats are found in foods like salmon, walnuts, and flaxseeds. Adding them to your plate is a simple way to support both your mental well-being and your sleep.



VAGUS NERVE

The vagus nerve is like a superhighway between your brain and body, helping key systems—like your heart, lungs, and digestion—work in harmony. It's a vital part of your body's "rest and relax" system, promoting calm and balance while reducing stress.

For sleep health, the vagus nerve plays a crucial role in lowering stress hormones, relaxing your nervous system, and preparing your body for deep, restorative rest.

Benefits of Vagus Nerve Stimulation

better sleep health	stress reduction
improve digestion	lower anxiety
reduce inflammation	improve mood
support heart health	emotion regulation
pain relief	



Ways to Stimulate the Vagus Nerve

- connecting with friends and family
- getting a massage/body work
- aromatherapy
- sound therapy
- meditation
- cold plunge (cold exposure)
- breathing exercises
- journaling



Sleep Nutrients



NOURISHMENT

What and how we eat can make or break our ability to deal with stress. There's a lot of information out there which can feel overwhelming, which is why it's so important to listen to your body and nourish it from a place of love. As we go through life our body has needs that are constantly changing to our unique requirements. Here are some of my favorite nutrients and foods to help you better manage stress, and give your nervous system some love!



OMEGA-3 FATTY ACIDS

Omega 3 fatty acids/EPA DHA, will decrease inflammation and nourish your brain cells. Omega 3 also helps the permeability of cells, making it easier for serotonin to enter to help with sleep, support happiness, decrease stress and lower anxiety and depression. Sources of omega 3's are wild salmon, seaweed, algae, chia seeds, hemp, eggs, flaxseed, walnuts, edamame.



VITAMIN C

Vitamin C is a much-needed antioxidant that helps our body deal with stress, which helps us with our sleep and supports our immune system. Vitamin C can become depleted from free radical exposure (pollutants, prescription drugs, junk food, etc.), so it's important to include plenty of vitamin C-rich foods in our diet. Sources include peppers, broccoli, berries, oranges, brussels sprouts, kale and tomatoes.

MAGNESIUM

Magnesium, the earthy wonder mineral, is nature's secret to inner balance and vitality. It supports everything from our sleep health, mood, digestion, muscle function and energy. Magnesium becomes easily depleted in times of stress so it's important to include lots of sources in our diet. Sources: avocados, almonds, brown rice, dates, spinach, raw cacao, oatmeal, nuts, black beans, coconut water



B VITAMINS

The B vitamin family are superheroes when it comes to mental health, and ability to handle stress. The B's help regulate serotonin levels (which supports our sleep health), they also balance our moods, increase energy, and much more. They've also been shown to reduce anxiety and depression. Another reason to ensure we include B vitamin-rich foods in our diet is that they become depleted when we are stressed. Sources include salmon, poultry, eggs, legumes, leafy greens, whole grains, and tofu.



NOURISHMENT

WHOLE PROTEIN

Choose whole proteins to build more of that super, amazing, feel-good hormone serotonin and melatonin to support your sleep! Salmon, eggs, tofu, legumes, kale, nuts, seeds, legumes, and whole superfood grains like quinoa and millet.



POTASSIUM

Potassium helps relax our muscles and supports our heart health, making it easier to snooze. Sources include bananas, potatoes, lentils, oranges, avocados and coconut water



VITAMIN D

Vitamin D is also a great little nutrient when it comes to our sleep health! It helps us regulate our circadian rhythm (sleep/wake cycle) which makes it easier to fall asleep. It also boosts our mood and supports overall health, which can lead to more restful nights. Salmon, eggs, mushrooms and sunlight are all good sources.



ZINC

Zinc is another vitamin that helps regulate our sleep/wake cycle. It also helps our body's to produce melatonin (crucial for getting a good night's sleep). Sources include whole grains, brazil nuts, cashews, almonds, pumpkin seeds, legumes, and dark chocolate.

SLEEP SNACKING

Unwind with having some of these sleep supporting foods on hand.

CHIA SEEDS

I absolutely love these little powerhouses! They pack in a lot of nutrition, including fiber, protein, magnesium, omega 3's, and calcium, and leave you feeling satisfied and chilled. They're so easy to throw into a smoothie or yogurt bowl.

HEMP HEARTS

Just like chia seeds, these mini but mighty seeds pack quite a nutritious "punch" too! With plenty of omega 3's, protein, magnesium and iron, they're always a welcomed addition to my smoothies and topped on yogurt.

TART CHERRIES

Tart cherries are like nature's sleep aid. They're pretty unique as they are one of the few fruits that are a natural source of melatonin. Plus, they've got tryptophan and antioxidants that help reduce inflammation and stress. Sip on some tart cherry juice or snack on a handful of dried cherries before bed, and you might just find yourself drifting off to dreamland a little easier.

ALMONDS AND WALNUTS

Almonds and walnuts are a great snack to keep on hand! They contain healthy fats for balancing blood sugars, and magnesium to promote relaxation.

PUMPKIN SEEDS

Pumpkin seeds are a yummy source of magnesium, tryptophan and zinc. All wonderful nutrients for feeling calm.

ROLLED OATS

You can make almost anything with oats. Warm oatmeal for breakfast, energy balls, grind it up to use as flour for muffins and pancakes, and the old favorite, oatmeal cookies (with chocolate chips of course :). Rolled oats provide protein, B vitamins, magnesium and lots of fibre. They also help with the availability of tryptophan to the brain, supporting relaxation.

PROTEIN SNACKS

Protein rich snacks like hard-boiled eggs, nut butters, Greek yogurt, edamame and hummus are all yummy high protein ideas that will keep you satisfied.



SLEEP SNACKING

BANANAS

Bananas are a great snack to help you sleep better. They're packed with magnesium and potassium, which help relax your muscles and calm your nerves. Plus, they contain tryptophan, which helps our body convert into sleep-regulating hormones like serotonin and melatonin.

CINNAMON

Cinnamon is great for keeping blood sugars nice and stable (helping to regulate our mood and energy) and is full of antioxidants. It also adds a little sweetness without the sugar. Sprinkle it into smoothies, yogurt, oatmeal, and any baking!

CACAO POWDER

Cacao and dark chocolate aren't just delicious—they can actually help you sleep better too! They're packed with magnesium to help relax your muscles and reduce stress, making it easier to unwind. Plus, they contain a bit of tryptophan, that will help produce sleep-friendly hormones like serotonin and melatonin. I love throwing a spoonful of cacao powder into smoothies, as well as mixing it into plain yogurt for a chocolate twist. I also love having a batch of homemade chocolate on hand, just mix together nut butter, maple syrup, sea salt, cacao powder and a little water together in a saucepan. Pour into dish and let cool in fridge or freezer for an hour and enjoy!

AVOCADO

Avocados are not only delicious, they're amazing for your sleep! They're loaded with magnesium and healthy fats that help relax your muscles and calm your nerves. Plus, they're packed with potassium, which helps our muscles feel relaxed. Adding some avocado to your dinner or snack can be a natural, tasty way to boost your sleep health.

HERBAL TEAS

When in doubt, reach for the tea. They're a great way to add antioxidants, and calming nutrients while staying hydrated. Plus, there's nothing better than curling up with a warm tea at the end of the day to get into zen mode. Green tea is amazing for adding L-theanine (the calming amino acid). Chamomile, lavender, lemon balm, are also great choices for some calming herbal teas. Reishi, lion's mane, chaga and turkey tail are kinds of calming mushrooms that can be tea as well.



Blood Sugar Balancing



BLOOD SUGAR BALANCING

Keeping our blood sugars balanced helps us feel stable, calm and grounded, supporting our moods, energy and sleep health. Let's take a look at how our blood sugars impact our well-being and ways we can feel balanced. . .

SIGNS YOUR BLOOD SUGAR IS OUT OF BALANCE

Hungry again shortly after eating

Sugar and carb cravings

Nervous or anxiousness relieved by eating

Feeling addicted to coffee or soft drinks

Feeling down

Late night snacking

History of diabetes (type 2)

Headaches



WHAT CAUSES BLOOD SUGAR IMBALANCES

Poor Gut Health

A diet low in protein and fiber

Artificial sweeteners

Not drinking enough water

Poor sleep

Lack of exercise

Stress

High glycemic or sugary meals and snacks

Alcohol / Drugs / Vaping / Nicotine

Imbalanced calories throughout the day (skipping meals and then having one large meal)

Caffeine

BLOOD-SUGAR BALANCING, NATURALLY



GET YOUR ZZZ'S

Poor sleep can make your blood sugar levels harder to manage. By prioritizing restful, consistent sleep, you set your body up to process sugars more efficiently. Think of sleep as your nightly reset for all things health, including blood sugar.

EAT A HIGH FIBER DIET

Think of fiber as your secret weapon for steady energy. It slows the absorption of sugar into your bloodstream, keeping those blood sugar spikes and crashes at bay. Load up on veggies, whole grains, seeds, and legumes for a steady, balanced day. Bonus: fiber also supports gut health, so it's a win-win!

STRESS MANAGEMENT

Stress and blood sugar don't mix well. When you're stressed, your body releases hormones that can cause blood sugar levels to rise. Managing stress naturally—whether through deep breathing, yoga, or time in nature—helps keep both your mood and your blood sugar in balance.

START YOUR DAY IN A BALANCED WAY

Try to make the first meal of the day a blood sugar friendly one with plenty of protein, fiber and fat. This will set the "tone" for the day, avoid the blood-sugar high and low rollercoaster, and keep you feeling full and energized for hours!

GIVE YOUR GUTS LOTS OF LOVE

Your gut and blood sugar are connected more than you think. A healthy gut helps regulate blood sugar levels and keeps cravings in check. Include fermented foods, probiotics, and fiber-rich foods in your diet to support your gut health.

DRINK UP

Water is a simple yet powerful tool for blood sugar balance. Dehydration can make it harder for your body to regulate blood sugar levels. Keep a reusable water bottle handy and sip throughout the day—it's an easy habit that pays off.

BALANCE OUT YOUR MEALS

Skipping breakfast or eating irregularly can wreak havoc on your blood sugar. Aim for consistent, balanced meals with protein, fiber, and fat at each one. And if you're a snacker, keep those snacks balanced too. It's all about creating steadiness for your body.



A photograph of a woman with long brown hair, wearing a green tank top, sitting and holding her stomach with both hands, suggesting abdominal pain or discomfort. The image is overlaid with a semi-transparent tan banner across the middle. The text "Gut Health" is written in a white, serif font on this banner.

Gut Health



GUT HEALTH

The health of our gut is incredibly interconnected to the health of the rest of our body. Around 95% of our serotonin is actually manufactured in our gut, as well as about 75% of our immune system. Our gut is also responsible for nutrient absorption, hormone balancing, elimination of toxins, reducing inflammation, increasing energy, supporting our sleep and so much more.

SIGNS YOUR GUTS COULD USE SOME LOVE

recurrent vaginal infections and uti's

feeling vaguely unwell

irritability

antibiotic use

sugar/carb cravings

low energy

difficulty concentrating

PMS symptoms

constipation

diarrhea

bloating

skin rashes



CAUSES OF GUT ISSUES

stress

eating in a rush

lack of healthy fiber-rich foods

Poor distribution of calories with meals

drinking with meals (especially cold drinks)

alcohol/drugs/tobacco

chlorine and fluoride

sugar/high glycemic foods

antibiotic use

lack of taking probiotic supplements

GUT HEALTH

WAYS TO SHOW YOUR GUTS SOME LOVE

STRESS MANAGEMENT

As you know, stress shuts down digestion, causing issues with our gut health. Finding ways to lower and manage stress levels will encourage gut health.



PRE AND PROBIOTIC FOODS

Include lots of fermented foods like kimchi, sauerkraut, yogurt, miso, kombucha, and tempeh to add probiotics (the good microbes) back into your gut. Prebiotic foods such as garlic, onions, artichokes, bananas, and apples also encourage good gut health! Taking a probiotic supplement will also support your guts!



BALANCE YOUR MEALS

Balancing your meals will make it much easier for your body to break down and digest, so try to avoid skimping on some meals while making others a lot larger.

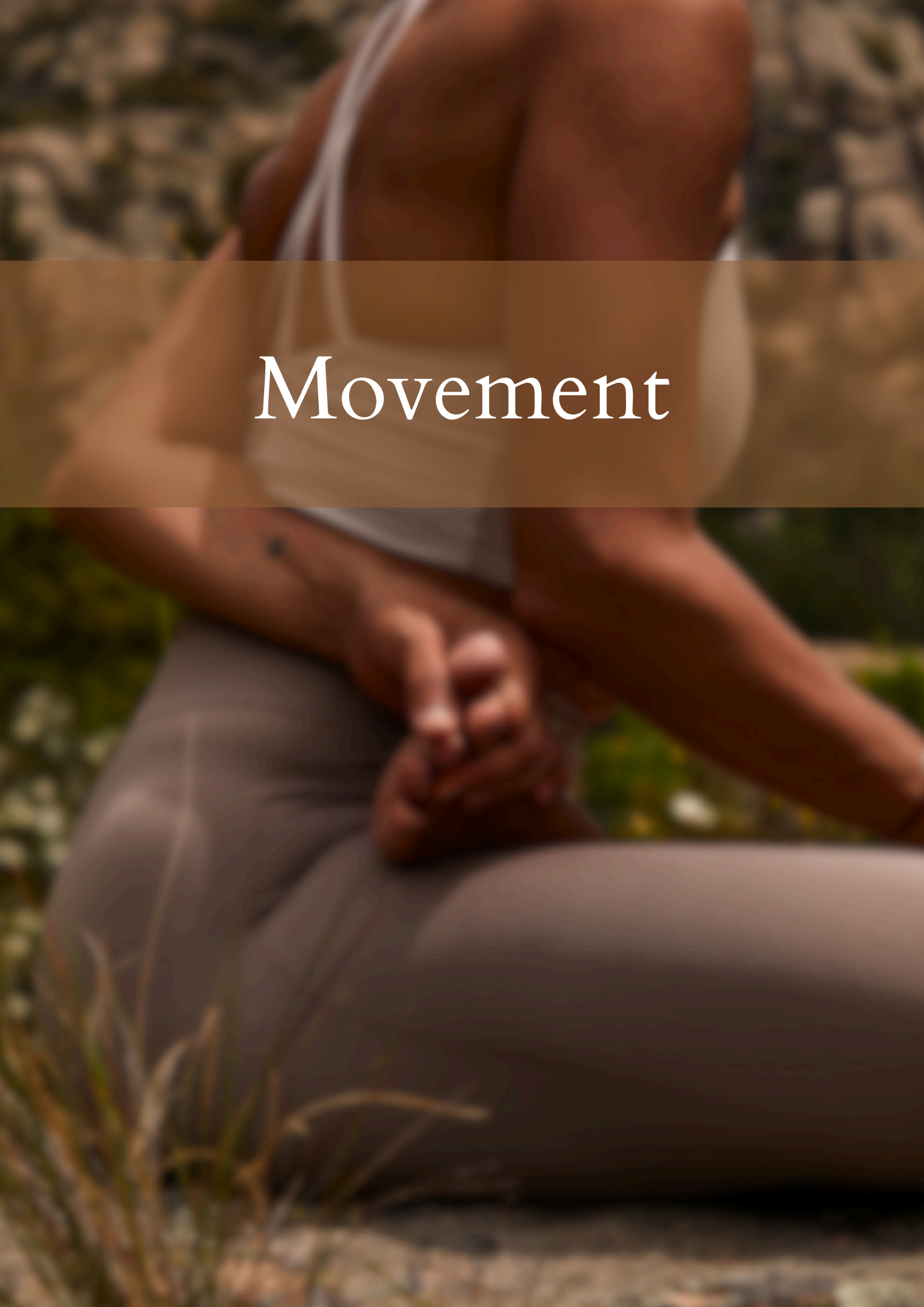


SLOW DOWN

Slowing down and eating mindfully will help encourage digestion and support gut health. Try taking a few deep breaths before eating, turn off distractions, chew slowly and truly enjoy the ritual of mealtime

KEEP THINGS MOVING

Incorporate lots of fiber-rich foods (and, of course, water) into your diet. Foods like dark leafy greens, apples, berries, flax seeds, beans, legumes, chia seeds, avocado, broccoli, and whole grains will help keep things moving in the gut and remove toxins. Constipation is not your gut's friend.

A person is sitting on the ground, viewed from behind. They are wearing a white tank top and grey leggings. Their hands are clasped together in their lap. The background is a blurred outdoor setting with rocks and some greenery. A semi-transparent brown horizontal band is overlaid across the middle of the image, containing the word "Movement" in white serif font.

Movement



MOVEMENT

Movement isn't just good for your body—it's magic for your sleep, too. Getting your body moving during the day helps you wind down more easily at night, improves the quality of your sleep, and leaves you feeling more refreshed come morning. It's about having a system in place that supports your natural rhythm.

BENEFITS OF MOVEMENT AND EXERCISE

Sleep health

Improved stress response

Support healthy blood sugar levels

Improved mood

Increased energy levels

Improved immune function

Increased libido

Hormone balancing

TIPS FOR INCORPORATING MOVEMENT INTO OUR LIVES

PLAN IT OUT

A little obvious, I know, but planning out when you're going to move makes all the difference. Put it in your calendar and make it a priority (think of it like a dentist appointment). Be realistic with your workouts/frequency and time. I love adding just a little bit of movement (even 10 minutes) in the morning to start the day off right!

FIND YOUR JAM

Try to create a movement ritual that you genuinely love and look forward to. Remember to listen to what our body needs. Maybe you need to mix it up from a high paced sweat fest to more of a chill, relaxing yoga class or slow walk. There are countless ways to move your body! jogging, yoga, swim, cycling, walking, Pilates, running, weight training, beach biking, dance, hiking... getting out in nature or moving with a friend can make movement an even more fun experience. And remember, it doesn't have to be complicated or intense.

MAKE IT EASY

The less resistance you make for yourself, the easier it will be to create a movement routine. Set your workout clothes out the night before. Make sure your shoes, headphones and water bottle are also good to go. Creating a super energizing playlist always helps me get in the mood for more intense workouts, or when I'm feeling more laid back, finding a good podcast or audiobook is perfect thing to listen to! If you're working out at home, make sure the space is ready for you to easily get into a little movement the next day.

BE NEAT

An easy way to incorporate movement is "NEAT" activities into your daily life. NEAT stands for Non-Exercise Activity Thermogenesis. Basically, it's the things that take energy but not including actual workouts. So things like parking far away from the store or work so you're walking further, taking the stairs, yard work, cleaning the house, and playing sports with the kids. These are all easy ways to slide a little extra movement into your day.

A warm, sepia-toned photograph of a bedroom. In the foreground, a bed is covered with a light-colored, textured blanket. To the left, a round wooden nightstand holds a large, polished brass vase. In the background, a bed with a tufted headboard is visible, and a lamp with a conical shade sits on a surface. The overall atmosphere is cozy and serene.

Creating a Sleep Sanctuary

SLEEP SANCTUARY IN YOUR HOME

Our surroundings can be a reflection of what's going on internally. A cluttered home and space can act as a silent stressor, subtly but consistently amplifying our daily anxieties, and making it hard to relax. When our living spaces are disorganized and cluttered, it's challenging to find peace and focus. Designing a harmonious living space can have a soothing effect on our psyche and mental well-being, while decreasing stress, and supporting peace and calm. Here are a few things to keep in mind when creating a serene and sleep-supporting space

MINDFUL DECLUTTERING

Everyone's version of "clutter" is different, but make sure your space feels open and free of clutter and things that don't belong.

Keep only items that bring joy or serve a purpose, and find creative storage solutions to maintain a clean, serene space.

Try having a "declutter basket" somewhere in your home where you can throw things in that you no longer need,. Once the basket is full, drop it off to a donation center and repeat!



LIGHTING

Be mindful when it comes to light and your space. Lighting can make or break an atmosphere. If at all possible, try to aim for natural lighting. Natural light exposure will support our circadian rhythms, improve sleep health, and promote serotonin and vitamin D production. When it comes to lamps, warm tones encourage peace and relaxation.



SLEEP SANCTUARY IN YOUR HOME

ENERGY



Creating a peaceful vibe is not only about how things look, but how it feels to you too. If you have a smudging ceremony ritual that's sacred to you, that can be a really nice way to shift the energy in your space. If not, mixing a little distilled water with sea salt and give it a spritz can be cleansing to a space as well, or try moving around your home and touch each wall and corner.

Start at your front door and move clockwise, or even just opening up the windows and getting new, fresh air circulating.

Energy cleansing can be really therapeutic, especially in new beginnings (think new years, birthdays, or any ceremonial new beginnings) and also times when the mood and vibe feel off (maybe a sickness has just rolled through the home or you feel like you could use positive boost). Just remember to be respectful and take time to learn about these practices of sacred rituals.

NATURAL ELEMENTS

Bringing in natural elements will encourage a sense of grounding in your space. Try adding in natural elements like wood, stone, water, and plants. Plants will also support healthy air quality. Essential oils are also a lovely, natural way to add some stress-clearing vibes. Oils like lavender, cedarwood, cypress, chamomile, and rosemary are all helpful in creating a calm, grounded atmosphere.



MAKE IT YOUR OWN

Creating a space that aligns with your personal taste in furniture and decor is a grounding journey towards well-being. When your surroundings reflect the natural essence of your style it creates a harmony and connection between your inner self and the space you call home. Have fun with your design and be true to your style and needs for comfort.

SLEEP SANCTUARY IN YOUR BEDROOM

Here are a few tips in creating a calming, sleep supporting space that you'll love to drift off in. . .

SOUND

Tune in and find out what sounds help you sleep. Some prefer complete silence, while others love a little white noise. If you're one of the noise lovers, look for a white noise machine with a sound that resonates with you. A fan also works well for a little white noise.

TEMPERATURE

The ideal sleep temp is actually quite cool (around 60-67°F or 15-19°C). Check in and see if your room temp is supporting your sleep health. Cooling sheets and breezy pj's are also ways to bring down your temp and help your zzz's.

DE-CLUTTER

Keep your sleeping space tidy and clear of clutter, as well as keep any items that might increase stress out of your space (think work related items/ lap tops etc). This will help ease your mind, reduce anxiety and signal to your brain that it's time to rest.

AIR FLOW

Make sure there's healthy air flow in your space. Fresh air from an opened window, an air purifier, aromatherapy diffuser or some beautiful plants will keep your air (and your mind) clear and energized.

LIGHTING

Be mindful of your lighting in your room. Opt for dimming the lights in the evening to help your body wind down, and boost melatonin. Try to avoid blue light from screens before bed, as it tricks your brain into thinking it's daytime.

COMFORT

The most important thing to remember is that your space is going to be uniquely yours! What comfort is to you, will be different to the next person. so make your space your own. Have items that you feel connected and comforted by, and create a space your truly want to spend time in!



A person wearing a white robe is holding a white mug. A semi-transparent brown banner is overlaid across the middle of the image, containing the text "Good Sleep Habits" in white serif font. The background is a soft-focus image of the person and the mug.

Good Sleep Habits

GOOD SLEEP HABITS

Embracing sleep supporting habits throughout the day can make a big difference when it comes to getting our zzz's. Here are some easy practices to weave into daily life to nurture body + soul.

WAKE UP / RISE GENTLY



Waking up to a soothing alarm can have a big impact on your overall well-being. When we wake up gently, instead of being jolted awake by a loud or harsh alarm, it helps our bodies transition smoothly from sleep to wakefulness. This reduces the stress response and allows us to start the day feeling calm and balanced, and sets a positive tone for the day. Flip through the programmed alarms and see which one feels best to you, or download a relaxing tune. Nature sounds like whales, thunder, rain, ocean waves, birds, and high hertz frequency vibrations like drums and singing bowls are miraculous.

TRY TO BE THE FIRST TO RISE

If at all possible, wake up a little earlier to give yourself at least 10-30 minutes of "you time" before the rest of the house starts to rise.

Waking up and easing into the day on your own terms is a much more peaceful way to start the day. Those few minutes of you-time (whether it be journaling, having a cup of tea or whatever suits your needs) will help lay the foundation for a more mindful, and calm, day.



GRATITUDE



Before leaving the bed, name 5-10 things you're grateful for (overall or within the last 24 hours). These can be as big or as small as you'd like. Some of my go-to's are my boys, my warm bed, having my favorite tea downstairs, my parents, being able to go for a walk, a good friend, etc. . . Anyways you get the idea. This may sound like a simple exercise that might not have much of an impact, but it actually works by stimulating a part of our brain called the Reticular Activating System (RAS). Our RAS tells us what to focus on and what it believes we think is important. If you've ever started shopping for a certain make/model/color of a car and then started seeing them everywhere, you can thank your RAS. When we remind ourselves that we're grateful and positive, our RAS will seek out other "evidence" in our lives to support this further.

Remember, this works both ways. If we wake up and focus on things that aren't going well (crappy weather, we stubbed our toe, ran out of coffee, gridlock etc) our RAS will start looking for other things to support our "everything is going wrong" mindset. Starting the morning with gratitude sets the tone for a positive day.

GOOD SLEEP HABITS

FILL YOUR CUP

This is so subjective but try to wiggle in a self-care “experience” that works for you and contributes to filling your cup, and telling your brain that it's time to wind down. Maybe that means a long shower, reading a book, journaling, a deep breathing exercise, or working on a hobby or piece of art. Self-care means different things to different people, it doesn't have to take long, but just a little glimmer that tells your body and mind that they're safe and it's time to relax. My go-to is a tea latte and jotting down a few notes.



DIGITAL DETOX

A quick tip in helping you get your zzz's is to reduce your screen time. I know, I know, don't hate me, believe me, I love scrolling pinterst til my little peepers can't stay open any longer, but reducing our screen time at least an hour before we shut our eyes is so beneficial for our health (especially sleep health). The screens in our phones, tv's and laptop give off blue light, which tricks our brain into thinking it's day time, which can then produce our stress hormone, cortisol (not so great when it's 11:00pm and we need to get our sleep), so unplugging before bed can really help us get into the “ok, it's time to fall asleep”

head space. Don't worry though, there are plenty of other fun activities you can do instead like journaling, reading, ritual salt baths, yoga and meditation. If you can't do a full 60 mins, try to start out small (10, 20, 30 mins of "device-less time" and work your way up).



NIGHTLY NOTES

Taking a few minutes to plan your next day will help you feel more centered and clear, as well as more intentional going forward. It also helps get any to-do's that are bouncing around your head down on paper (making it easier to fall asleep), as well as bring gratitude and reflection into your daily habits.



GOOD SLEEP HABITS

QUICK IDEAS FOR WHEN YOU CAN'T FALL ASLEEP

We've all been there, lying in bed, trying to chill out and drift off, but sleep just isn't coming. When your mind won't quit and you're ready to shut down for the night, here are a few simple tricks to help you quiet your mind and drift off . . .

BOX BREATHING

This simple technique is all about finding your rhythm: breathe in for a count of four, hold for four, exhale for four, and pause for four. It's like creating a little square of calm in your day. Whether you're dealing with stress or just need a moment to center yourself, box breathing is an easy, grounding way to bring some peace back into your world.



4 - 7 - 8

The 4-7-8 breathing technique is one of my favorite tricks to quiet the mind. It's super simple: breathe in through your nose for a count of four, hold it for seven, then exhale slowly through your mouth for a count of eight. This rhythm helps slow down your heart rate and quiet your mind, making it easier to drift off.

ROOM SCAN

This is a super simple somatic technique to help calm your nervous system. It is a way to show your brain that the surroundings are safe and you can let your guard down. Start by sitting quietly and letting your eyes gently scan the room. Notice the colors, textures, and shapes around you. Take in the space without judgment—just observe. As you do this, bring awareness to how your body feels. Let your breath flow naturally, and notice any areas of tension slowly melting away. This technique helps ground you in the present moment, creating a sense of calm and connection with your surroundings.



BILATERAL STIMULATION

Bilateral stimulation is an easy technique you can use when you're feeling that extra bit stressed, to help bring you back to a grounded and calm space. It works by gently engaging both sides of your brain, to shift away from a heightened alertness into a more relaxed and balanced state. You can try this by doing rhythmic movements like tapping your feet or alternating sounds in each ear, or passing a ball from one hand to another. This back-and-forth action helps to reduce stress and reset your nervous system.

