



Nervous System Support Strategies

- **When you're feeling riled up and in 'Fight-or-Flight Mode', stop, pause, and observe how you feel in your body. What specifically do you need?**
 - To get outdoors, into the sun and fresh air?
 - A brisk or leisurely walk outdoors?
 - To connect to your breath with 5-10+ deep breaths?
 - A guided meditation to re-center, re-focus and reset yourself?
 - To watch, listen to or chat with something/someone funny?
 - A nap?
 - A hot tea or elixir, a cozy chair and your favourite book?
 - Time with loved one, including a pet?
 - To get to bed 1+ hours earlier tonight?
- **Declutter Your Digital Mind**
 - Use the 'Do Not Disturb' function on your phone during periods of work/concentration, to support your focus + productivity
 - Turn off notifications for apps on your phone that may be particularly disruptive (e.g. Facebook, Messenger, Instagram)
 - Delete such apps (e.g. Social Media) off of your phone, if necessary
 - Implement a timer to reel in Social Media use (e.g. 15 minutes).
 - Add an app to your phone that supports your health and lifestyle in some way (e.g. Fitbit to track your daily steps, Spotify – for podcast listening, etc.) and carve out time to enjoy its features and impact
- **Evaluate What Is Overextending You**
 - Decide what will STOP, START and CONTINUE, and make some decisions/set new boundaries in your life - 1 small step at a time!



Quality Sleep Strategies

- **Practices that support your Circadian Rhythm**
 - Take intentional breaks from screens throughout the day
 - Start minimizing (or eliminate) screen time once the sun has set
 - Wear blue-light blocking glasses if on screens beyond sundown
 - Shift your Smartphone to 'Night Shift' setting
 - Install the 'f.lux' app on your laptop/desktop computer
 - Decide on a reasonable/logical bed time and wake time, and stick with it as consistently as possible nightly (e.g. 10pm-6am)
- **Practices that support your Sleep Hygiene/Sleep Routine**
 - Set a time for 60-90 minutes before your set bed time to mindfully start 'winding down'
 - Screen-free, non-stimulating time
 - Games, puzzles, book, epsom salts bath, read, outdoor walk...
 - Prepare what you can for the following day to ease stress/anxiety the next day
- **Evaluate Your Bedroom/Sleep Space**
 - Ensure sleep temperature is comfortable
 - Ensure pajamas, if worn, are comfortable
 - Ensure room is as dark as possible
 - Use an organic cotton/breathable fabric sleep mask, if needed
 - Use a battery-powered alarm clock instead of your Smartphone
 - Do you need white noise?

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