

# Simple Tips to Wellness

## Drink Water

Did you know that our bodies are made up of approximately 70% water?

Plants and animals are the same and the planet is 70-80% water too. See the common theme here?

For your body to operate at its optimum it needs to be well hydrated.

How much is the right amount of water to drink ?

Start off by increasing your water intake by 1 glass a day, yes this will mean that you will be popping to the toilet more often but think of how much better you will feel, your body will run like a well oiled machine.

Try sipping your water instead of skulling it and your body will absorb the water into your cells.



## Move your body

Move your body every day.

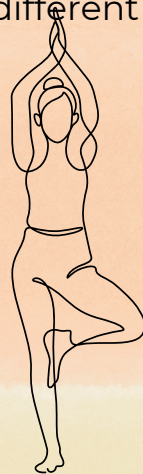
Start with a gentle walk, if nothing else increasing your time and speed.

Find something you like to do, it could be dancing, yoga, walking, biking or just gentle stretching.

A couple of gentle Salutations to the Sun every morning is a great way to get your body moving.

What ever feels right for your body.

What feels right for your body may be different to others, and may be different from day to day.



## Sleep

Keep a regular bedtime, aim to get to sleep by 10pm.

Keep away from Smartphones or laptops as the blue light from these devices can keep you awake.

Also there is evidence showing if you stop eating at least 3 hours before you head to bed you will get a better nights sleep.

Eating inside this time frame sends blood to your digestive system and instead of calming your body, your body thinks there is still work to be done so we can't calm down and ready ourselves for sleep yet.

If you have trouble sleeping Magnesium is fantastic, its one of those minerals most of us are lacking in.

There are some great Magnesium supplements out there, or you could have an Epsom Salts bath with lavender this is a great way to get Magnesium into your body.

## Grounding

Stand or walk barefoot on the earth ( grass, sand, soil) for 5 -15 minutes a day.

Our bodies are an electrical system and contact with the earth essentially recharges

us with the electrical energy our bodies use and need. You may feel calmer.

You could multi task and do yoga or gentle stretching outside too.

## Connection

Often when we are feeling unwell the last thing we feel like doing is connecting with a friend. But this is so often just what we need to do. Have you heard the old saying "a problem shared is a problem halved" ?

As a society we are becoming more and more isolated, nothing beats true connection face to face.

That feeling of belonging is a true human need. Surround yourself with people who fill you up and make you feel good about yourself.

## Breath

Sounds simple but breath into your belly, not your chest.

Just stop for a minute or two and take a deep breath into your belly feeling it inflate and then a deep breath out.

Repeating this 4 times will reset the body into feeling calmer.

Try this sit in an upright position, breath in through your nose to the count of 4, hold your breath to the count of 2, breath out through your mouth to the count of 8, repeat 4 times.

I find if you practise this 2-3 times a day, then when something stressful happens in your day you can instantly turn to breathing to calm your nervous system pretty quickly.



## Be Grateful

Appreciate and acknowledge your body daily.

What does your body allow you to do?  
Where have your feet taken you?

What wonderful things have you done today?

Our bodies are amazing, they want to heal themselves given the right conditions.

I love this quote by Libby Weaver

*" if you knew how amazing you body is, you would be in awe of yourself"*

And above all else know that you are worth it.



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