

**10 Simple Ways
to
Recover and Restore
your energy**

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1. Rest as much as possible

Rest is a necessity for your wellbeing. It may be a nap for you. It may be drinking a cup of tea while reading a chapter in a book. It may be watching an episode of your favorite show while laying on the sofa. It may be sitting on the balcony while listening to the birds for a couple of minutes. or it may just be pausing to take a couple of deep breaths.



2. Make an energy journal

Find out where your energy takers vs givers are to be found. Try my "where, what & who" exercise. Where are you when you feel you're being fuelled with energy, what are you doing and who are you with? Then do the opposite with when you've felt drained.



3. Unfollow and unsubscribe

Unsubscribe from email lists you receive but never read. Unfollow accounts that impacts you negatively and causes you stress and to think negatively about yourself or the world. If you struggle to unfollow people you know, you can choose to mute them so you won't get their updates in your feed. Your feed should inspire, motivate and uplift you. As little negative influence as possible.

4. Practice meditation

Meditation can be done in different ways. Explore to find which ones working for you. You can listen to guided meditations on youtube or the Insight Timer app. You can go for a quiet walk, or take a bath without your phone or book. Just you and the water.



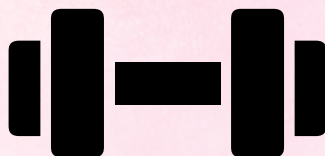
5. Turn off notifications

Turn off the notifications on all apps that doesn't require your immediate response. These only causes unnecessary stress and distracts you.



6. Move your body

Choose the training that suits your energy levels for the day. Listen to your body, and feel what it is that you need. Walk outdoors, weightlifting, dance class or maybe yoga. There are so many options today, you can go to the gym, a studio or practice at home/outdoors. Listen to your needs.



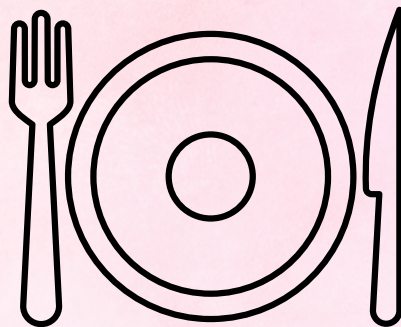
7. Spend time in nature

Whether you believe it or not, nature is healing and is one of the best medicines for your body, mind and soul. Walk barefoot, touch grass, trees, water. Sit in the garden, let the sun shine on you.



8. Eat regularly

Don't skip this one, especially not if you're dealing with anxiety or are recovering from a burnout. Don't put too much pressure. Remember something is better than nothing. Stock food boxes, ready to eat or heat and eat. Smoothies and shakes as in between meals.



9. Stay in the present

Instead of seeing your day as a long list with things to do and tick off, practice being present in everything you do. If you're always one step ahead in your head, you're missing out on life.

The walk with the dog can be the perfect time for breathing intentionally and looking at nature. The car ride home from daycare can be the perfect time to connect with your children. Cooking dinner can also be a great time to spend time together with the family, do it together. Everyday life can be joyful.

10. Focus on the journey

It's easy to get so caught upon the goal that you're missing out on the journey taking you there. The journey is preparing you for the goal, so focus on what's happening along the way.

**ON A
JOURNEY**

About Me



Terese Sacramento
June, 22nd, -83
Certified
Women's Life & Self Love Coach
Mom of two boys
Loves to have fun, laugh
and loves a lot
Passionate about health
& personal development

When I was healing from my burnout, I searched and searched, for someone who had successfully recovered from a burnout. Someone to learn from and be inspired by. I couldn't find her. I only found fb-groups with people who was also battling with the illness. I was so eager to get well, even without knowing how or what that would look like to me.

I've been through many lessons and learnt much about the importance of your mindset shifts, energy work, changing habits and finding sources to your blocks etc to heal.

When I came across a 7 days free coaching course, I knew! THIS was meant for me, I was meant to become that woman I was searching for 2017, and I signed up to The Clique Academy's coaching program, from which I have been certified as Life Coach, Self Love Coach and also NLP Practitioner.

I'm here for you, lovely.
XOXO Terese

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