

Yin/Feminine Nourishing Activities

Restful, balancing activities to nourish and stabilize your energies when you've been too busy, stressed, lacking sleep, over-driven, and working too hard (yang/masculine qualities)

- LIMIT SCREEN TIME, ESPECIALLY IN THE HOURS BEFORE SLEEP
 - HYDRATE THE BODY AND LIMIT CAFFEINE
- TAKE TIME IN NATURE DAILY, IDEALLY DEEP IN NATURE
- GET SLEEP IN THE HOURS BEFORE MIDNIGHT AND SLEEP IN THE DARK
 - SPEND MORE TIME WALKING OR RIDING A BIKE
 - START A GARDEN AND GROW YOUR OWN FOOD
- GET EIGHT OR MORE HOURS OF SLEEP EACH NIGHT
- SPEND TIME IN STILL, INTENTIONAL ACTIVITIES + THE PRESENT MOMENT
 - ENJOY DOING NOTHING
 - MEDITATE