PRE-CONCEPTION DETOX

week 3 CHECKLIST

Sleep & Stress Reset

Support your hormones through rest and calm.

Daily Actions

- [ ] 1. Get **5 minutes of morning sunlight** in your eyes before 9am.
- [ ] 2. Do **3 slow, deep breaths** before each meal today.
- [ ] 3. Set an alarm tonight to remind you to turn off **screens 30 mins before bed.**
- [ ] 4. Swap your phone for a **book, journal or calming activity** at night.
- [ ] 5. Before bed, jot down **3 things you're grateful** for.
- [ ] 6. Write down **ONE joyful activity** you can do this weekend (bath, music, hobby).
- [ ] 7. Take a **10 minute walk outside** during daylight hours.

Extra Credit

- [ ] Have **ONE phone-free evening** (before dinner, put it on charge) to give your nervous system a full reset.

Notes

Was your sleep and mood any different this week?

Holistic MIDWIFERY