

Top Takeaways

- Reduce mitochondrial allostatic load to improve overall health / immune function
 - What drains bucket: sleep, self-care, anti-inflammatory foods
 - What fills bucket: stress / fear, inflammatory foods
- Prioritizing nutrition and wellness
 - Vegetables! One with each meal + veggie pack
 - Tons of water
 - Choose your priority of inflammatory foods (alcohol, sugar, fried foods, refined / processed foods, low quality oils, gluten, dairy)
 - Get moving by fitting it in creatively during day
- Immunity
 - Sleep – not just quantity but quality
 - Bone broth, herbs / spices
 - Probiotics, vitamin D, Vitamin C, selenium
- Increasing productivity
 - Consistent, separate, clean environment with an “I’m working” signal
 - Schedule tasks, not just meetings; write schedule the night before
 - Take mini-breaks and get outside
- Managing anxiety and balancing emotions
 - Stay present (depression = worry about past; anxiety = worry about future) with meditation or breathing exercises
 - AAA for anxiety
 - Make space for self-care
 - Try a morning routine

	Commitment	How I will stay accountable
Commitment #1		
Commitment #2		
Commitment #3		