

Naava's Daily Life Hacks (AKA things I'm currently doing to keep myself sane).

1. Skin brushing before shower
2. Brushing my teeth with my non-dominant hand to activate a different bit of my brain
3. Finishing my shower with a cold spray
4. Some kind of exercise inside and/or some kind of journey outside into nature
5. Some kind of personal development exercise which includes specific exercises such as a gratitude practice and a practice which uses the [RAS](#) system of my brain.
6. Regularly using my [Sensate](#) machine and/or some kind of meditation or mindfulness practice through the day as dictated by an alarm I set on my phone. I've trained myself to drop what I'm doing and take 5mins to do this.

I don't always do all of this list. But I try and do as many as possible.

I build in the time to do the things on this list first. I've noticed that if I don't prioritise my mental health, everything else I need to do in my life gets done, but I don't get any self-care. Whereas if I do me first, everyone else's needs and everything else on my to do list seems to get done.

Just to be clear, I have two kids. So, this stuff gets done before they get up, with my husband's help, and/or as my first priority when I get into the office.

Good luck people! Let me know how you get on and please do share what hacks you come up with by DMing me via Instagram on [@fertilitysupport](#).

