

WOMEN'S HEALTH WEEK

WHERE DOES YOUR HEALTH NEED SUPPORT?

start small, refine/let go, be kind, be well



A drop of prevention is worth a bucket load of cure

PHYSICAL/HORMONAL

- Make time to book the yearly health appointments - skin, Breasts, GP.
- Are you considering HRT?
- What can you introduce or change to your daily movement practice?
- In with the good - out with the not so good. Can you add something to your diet/habits to 'crowd out' those sneaky treats?

RESOURCES:

- Dr Fattima Khan - Menopause Specialist [@menopausespecialist](https://www.instagram.com/menopausespecialist)
- Dr Louise Newson - The Menopause Dr [drlouisenewson.co.uk](https://www.drlouisenewson.co.uk)
- Calm - Nervous system [calm.com/blog/how-to-regulate-nervous-system](https://www.calm.com/blog/how-to-regulate-nervous-system)

MENTAL

- Do you have the support you need? Speak with your GP, mental health professional or share how you're feeling with a trusted friend or family
- Are you getting enough sleep?
- How are you supporting your nervous system?
- Mindfulness & meditation

- Jean Hailes for Women's Health [jeanhailes.org.au](https://www.jeanhailes.org.au) [@jeanhailes](https://www.instagram.com/jeanhailes)

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EMOTIONAL

- For example: What is the heart of your short fuse?
- Recognising, investigating, nurturing and moving are all ways you can support what you cannot see.
- Book a kinesiology with ME!

FINANCIAL

- What is the source of your stress? Can you support yourself with some education/research?
- Are there decisions to be made?

SPIRITUAL

- What practice may have fallen away from your life?
- What are you open to exploring?

CREATIVE

- Can you invest some energy towards your creative wellbeing?

DIGITAL

- What awareness can you bring to your daily digital habits? Where can you make changes/reduce time on devices?

RELATIONSHIPS

- Do you feel connected with yourself?

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FURTHER RESOURCES/SUGGESTIONS:

- Financial support:
 - The Barefoot Investor barefootinvestor.com
 - *It's Not your Money - Tosha Silver. Reviews [here](#)
- Explore Creativity:
 - *The Artists Way - Morning Pages
 - Listen to Sarah Wilson discuss with creator Julia Cameron [here via Spotify](#) or your podcast provider
 - *The Creative Act - Rick Rubin [watch here](#) for a overview
- Explore Spirituality:
 - * = all of the above recommendations can support exploration of spirituality
 - My personal curiosity stems from the Chinese philosophy of the [Dao](#) (Tao)
- Digital Detox tips [here](#)

DISCLAIMER

This information is general in nature and no means replaces guidance from health or financial professionals.

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SHARE YOUR PROGRESS



BE-ALIGNED.COM.AU

WATCH THAT SEED GROW

Plan, plant, nourish, nurture, sprout, weed, adapt, change path, bloom and harvest your health and wellbeing

CONTACT

My clinic is based in **Hawthorn**, Melbourne.

Preferred days are Thursday and Friday and alternative Saturdays.

Appointments are available outside these time upon request.

I'm also a certified **Qigong teacher**, happy to share the benefits of the ancient movement practice with anyone happy to explore