Combat Fatigue

Gentle habits to restore energy and support your autoimmune wellness

Rest Without Guilt

- ○ Give yourself permission to rest
- ○ Try a 15-minute afternoon reset
- ○ Make space for acts of self-care

Nourish From the Inside Out

- ○ Add in nourishing whole foods
- ○ Prioritize hydration
- ○ Avoid processed convenience foods

Soak Up Vitamin D

- ○ Get in 10-20 minutes of natural sunlight
- ○ Focus on morning and evening light
- ○ Address supplements if needed

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