



ACUPUNCTURE • WELLNESS

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Hi, I'm Alexis. I'm a board certified cosmetic acupuncturist who helps women achieve optimal beauty through wellness. I focus on mind+body connection through holistic healing.

I believe incorporating Energetic Self-Care Resets into your daily routine isn't a necessity; it's a *must*.

*And we're all in need of a 'reset' throughout the day.*

I've created this guide for you as a resource for incorporating these rituals into your daily routines. No matter what!

# ENERGETIC RESET GUIDE

## 5, 10 and 20 Minutes

### **5 Minutes**

Finding time to fit in self-care when you have kids or a busy job or BOTH can feel impossible. But once you set aside those 5 minutes you will never go back and maybe you can even work up to 10 or 20 minutes.

**Short Meditation:** 5 minutes of meditation - A great way I've found to make sure it happens is to download a meditation app and follow along with a guided meditation. A lot of these apps will also send you reminders at certain times of the day so you don't forget to get it in! And remember, there's no wrong way to meditate - go easy on yourself, no judgement, just sitting or lying down for 5 minutes and breathing without distractions is meditation.

### **10 Minutes**

Sleep hygiene - getting on a good sleeping schedule is something I recommend in all of my courses. Taking a few small steps before bed can reduce cortisol levels (stress hormone) and enhance melatonin levels (hormone that your brain produces in response to darkness) giving you a much more rested and less fitful sleep. You will wake with less anxiety and more energy.

**Sleep Tips:** 10 mins before bed take your phone and put it in a drawer or somewhere you won't be tempted to check it (this goes for computers too - anything that emits blue light.) You will keep all your devices out of your bedroom for the entire night. Dim the lights and do something non screen related that is calming to you; read a book, take a hot epsom salt bath, make some tea, stretch or roll out on a foam roller. There's no right or wrong answer here - just taking time away from the world, social media, emails, texts and especially blue light. Blue light is emitted from all of our smart devices and computers and can negatively impact our melatonin and cortisol levels. After your wind down, hop into bed and get ready for the best night's sleep you've ever had!

### **20 Minutes**

Maybe this 20 minutes of self care time only happens on a weekend or when you have extra care for your kids, or a few days off from work - that's ok! This is the decadent self care time and it might not happen as often as the 5 or 10 minute sessions.

**Journaling Practice:** Sit down for 20 minutes alone in a quiet room and journal with pen and paper or on your computer. You can write about whatever you want because this journal is only for you. The only rule is to be completely honest with yourself and your journal. No sugar coating or making excuses

for the things in your life-what is tearing you apart or lighting you up? Nothing is off limits. The best part is when you're done you can simply delete it or throw it away. Once you get those emotions down on paper there's no need to save them unless you want to.

### **Take Time for Skin Care**

Taking time for your skin is 100% self care. Apply your favorite face mask and some nice face oils.

Need some guidance about skin care + want to learn facial guaasha? Check out my 30 Day Anti-aging Skin Reset that launches again in July.