



5 Keys to Overcoming Ascension Fatigue

1) **Exercise!!** Moving our bodies helps to move stagnant energy quickly. As the vibration of the planet increases, it is calling us to move with it. If you are feeling tired or out of sorts, move some more! Walk, dance, swim, jump up and down, anything. Just move!

2) **Drink more water!!** Water helps to move energy. Staying well-hydrated can make the energetic shifts we are going through easier to handle. It also helps to move out old toxins the body is letting go of.

3) **Eat Well!!** Eating more fruits and vegetables helps you to align with a higher vibration. You might find it beneficial to cut back on certain foods to help relieve symptoms of joint pain, sleep issues, and depression/anxiety. Listen to what your body is asking you to feed it. Eating poorly slows the detoxification process.

4) **Create!!** We are naturally creative beings, but somewhere along the way most of us lost our ability to play. Allow your child-like wonder to come forward and color, paint, or draw. Mindful mark-making can be very relaxing and therapeutic!

5) **Do Grounding Meditations!!** Grounding meditations help you to feel centered, aligned, and more resilient. Deep inner peace comes with regular meditation. To make your practice even more profound, get out in nature, put your feet on the ground, and allow Mother Nature to give back to you. Hugging a tree feels pretty nice too!

Reach out for Support!! Contact Barbara to see how she can help you raise your vibration in these extraordinary times!