EVER YOU COACHING

The Embodiment Practices

Simple steps for moving in rhythms that honor the physical being that you are

RECOMMENDED PRACTICES FROM ASHLEY FISHER

www.everyoucoaching.com

You are nature.

So often, we learn to overrule and ignore what our bodies are asking for. Here, I offer some simple, easy steps you can take to start moving in rhythms that honor the physical being that you are. As you sprinkle these into your days, you may find your body begin to support your energy at more desirable levels.

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01 Daylight

Our bodies are meant to run with the sun, building to peak energy when the sun is high and slowing down as the light fades. Yet, surrounded by screens that mimic the sunlight at its brightest, our circadian rhythms easily move out of whack. Here are some rules I live by, and they make a huge difference in how I feel as I ease into the day as well as my ability to fall asleep on the other end.

- In the morning, **spend five minutes** outside with real sunlight. Take short walks mid-morning, mid-afternoon, and in the evening as the sun is going down. Five minutes around a block is enough. All of these short periods allow your body to orient itself to the true time of day, signaling appropriate hormone levels to help you feel awake or sleepy at the right times.

- **Create a cushion** of at least one hour between when you last look at your phone, computer, tablet, or TV screen and when you go to bed. Longer is better.

- When you wake up in the morning, avoid jumping straight onto your phone. **Let yourself adjust** to the day (see the first bullet!)

- **Set your phone to turn down to the lowest light** possible in the evenings, so that when you do glance at it, it's not shining at its full brightness.

02 Eyecare

Our eyes are an important part of our nervous system. Any stress your eyes experience impacts the rest of your body. This means that eye care is important to an overall sense of well being.

- **Be diligent** about annual eye exams so that your prescription stays up-to-date.
- If you have a computer job, follow the **20-20-20 rule:** for every 20 minutes of computer work, look at something 20 feet away for 20 seconds. (You can find an app with a built-in timer to support this).
- **Get a blue light filter** added to your glasses when you get your next pair. If you wear contacts, buy yourself a pair of glasses online that filter blue light so that you can wear those while working.

03 Dance

What kinds of movements bring you joy?

For me, dance is the fast track to elevate my mood. It's also a beautiful way to support self-expression. If you're feeling soft and slow, find music that you can move with to express it. The same goes for anger, excitement, contentment, or any other emotion. We are bodies that need to express so that we don't create frozen tensions and discomforts from emotions that we stopped ourselves from feeling all the way through. Here are a few of my favorite playlists, with different energetic frequencies - but of course, play with this concept and make some playlists of your own!

CONTENTMENT

Fall Cooking Soup Mix

Listen to Spotify

FEELING LOW OR QUIET

Held

Listen to Spotify

POSITIVE START OF THE DAY

Good Morning Good Day

Listen to Spotify

UPBEAT VIBES

Let's Go! Dance Mix

Listen to Spotify

04 The Basics

I wouldn't be doing justice to this resource if I didn't name the things that you already know. But we do struggle with this, don't we?!

- **Drink more water.** And then more. Make a habit of starting your day with a glass of warm water first thing in the morning. It's a gentle wake up to your body and will help you get a head start on hydration.
- **Refrain from drinking any caffeine** after 2 p.m.
- **Exercise** (and find a kind you like so that you look forward to it!)
- **Get more sleep.**
- **Plan for your meals** so you're not running on snacks, or finding yourself frantically hungry because you didn't pause everything else to fuel yourself.
- **Pick up the phone and schedule** that medical appointment you've been avoiding. Get your care team in place. Should you be avoiding this out of fear of choosing the wrong practitioner, remember that every misstep gives you insights and leads you closer to the right person (or group of people) that can support your journey. You're allowed to change your mind. You just need to begin.

Keep Going

If any of the items in this list feel like a struggle to change - because you've probably been conscious of them for a long time and have made attempts - please know how normal this is. There are some deep rooted reasons it's so hard to change habits, even when we know they are in our best interest. I have used feminine embodiment coaching to shift my own unconscious orientations toward some of these items, so I know they work. If you feel frustrated (or mystified) at how hard it is to move the needle, please book yourself a *four-pack coaching series* so that you can do a deep dive into your inner world and finally change your life in any of these areas that have been stuck for too long.

Book a Four-Pack Coaching Series

About Ashley

FEMININE EMBODIMENT COACH • FOUNDER OF EVER YOU COACHING



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Ashley Fisher is a feminine embodiment coach who helps professionals build the inner resources that make leadership, career growth, and work, more sustainable and more enjoyable. A Southern-Oregon farm girl whose path has wound through government, leadership, politics, and burnout, she learned firsthand that the nervous system wiring we carry into every role shapes how we communicate, make decisions, and recover under pressure. Her work draws on neuroscience, somatics, and intuitive coaching to guide lasting change. She is the founder of Ever You Coaching and lives in Milwaukee, Wisconsin with her husband and three children. She is the founder of Ever You Coaching and lives in Milwaukee, Wisconsin, with her husband and three children.

If you found this resource helpful, I encourage you to join my email list. My goal is to send out materials that brighten your day, support your embodiment journey, and make you feel connected to another human who is right here alongside you navigating the miracles and messes of life.

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