



HOW TO BALANCE HORMONES & SUPPORT MENTAL HEALTH

1. Eat Nutrient-Dense Foods – Focus on whole foods, healthy fats, and protein to support brain function and hormone production.
2. Reduce Sugar & Processed Foods – Avoid sugar spikes that can lead to mood swings and fatigue.
3. Prioritize Sleep – Aim for 7-9 hours of quality sleep to regulate cortisol and serotonin.
4. Manage Stress – Practice mindfulness, prayer, or journaling to reduce anxiety and balance cortisol.
5. Move Your Body Daily – Gentle exercise like walking, stretching, or yoga can improve dopamine and serotonin levels.
6. Sunlight & Fresh Air – Get 10-20 minutes of sunlight daily to boost vitamin D and stabilize mood.
7. Stay Hydrated – Drink enough water to support cognitive function and detoxification.
8. Support Gut Health – A healthy gut microbiome is crucial for serotonin production; eat fermented foods and fiber.

NOTES

Balancing hormones and supporting mental health isn't about perfection — it's about consistency and compassion. Every small choice builds a stronger foundation for your well-being.



Wake up early (6:30 - 7:30 AM) –

Avoid rushing your morning.

Drink a glass of water – Hydrate
before caffeine.

Morning walk (10-30 minutes) –

Sunlight & movement boost
dopamine.

10-minute meditation or prayer –

Set a positive mindset.

Stretch for 5 minutes – Loosen
up and energize.

Eat a nutrient-rich breakfast –

Balance blood sugar for stable
energy.

Take vitamins/supplements –

Ashwagandha, Vitamin D +C, Biotin

Plan your day – Set 1-3 priorities
for focus.

MORNING ROUTINE



CHECK LIST

1. Healthy Fats: Avocados, olive oil, coconut oil, nuts, seeds
2. Protein: Salmon, eggs, organic beef, lentils, Tuna, Tofu...
3. Complex Carbs: Sweet potatoes, quinoa, oats, brown rice
4. Leafy Greens: Spinach, kale, arugula, Swiss chard, collard greens
5. Fruits: Blueberries, bananas, oranges, apples, pomegranates, cucumbers
6. Veggies: Bell peppers, carrots, squash, broccoli, beets
7. Gut-Friendly Foods: Greek yogurt, sauerkraut, kimchi, kefir
8. Herbs & Spices: Ginger, turmeric, cinnamon, mint
9. Beverages: Green tea, herbal teas, coconut water, tart cherry/cranberry juice

NOTES

Stick to this routine, eat nourishing meals, and move daily to support your hormones and mental health naturally!



JUICES



Ingredients

1 cucumber
2 celery stalks
1 green apple
1 handful spinach
½ lemon, peeled
½ inch ginger
1 cup water (if blending)

Green Detox

Juicer Method: Run all ingredients through a juicer.

Blender Method: Blend all ingredients with 1 cup of water until smooth.

Straining:

1. Place a cheesecloth or fine-mesh strainer over a bowl.
2. Pour the blended mixture into the cheesecloth or strainer.
3. If using cheesecloth, gather the edges and squeeze out the juice into the bowl.
4. If using a fine strainer, press with a spoon to extract the juice.
5. Serve immediately and enjoy!

Benefits: A soothing and hydrating juice designed to reduce bloating and aid digestion. Cucumber and celery offer anti-inflammatory support, while green apple and lemon add a natural detoxifying lift.

Nutrients: Vitamin K, Potassium, Fiber, Antioxidants, Hydrating Enzymes

Thank You!

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