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#StrongGirlsWIP



## 1. Roll into the morning

I like to ease into my day by listening to talk-back radio and going for a wander. I find my day usually flows more smoothly if I can take time to wake up. I will set my alarm earlier if it means I get an extra few minutes to chill out. If I set my alarm late, I usually just end up rushing and feel stressed.

## 2. Crafternoon\*

I've always loved making and creating things - it brings me happiness. One of my favourite things is drawing words or slogans using a variety of brush pens. I use craft as an outlet to express myself. Often it's something silly and something I don't share but it's important to me and can break up my screen time.

\*Can be done anytime during the day - not limited to arvos!



## 3. Podcast party

I love a good podcast. It's a great way to step into someone else's world and learn about their life or unfamiliar topics. There's something comforting in hearing people chat and I love that I can tune in while working or training. I've recently dipped into a few audiobooks too which I find much easier than sitting down and reading a book. I can't keep my hands still!



## 4. Drink (lots of) water

Look, we've all heard this a million times but getting into a good habit of sipping away throughout the day has helped me stay hydrated and focused. I spent a lot of time at my computer so it's easy to forget to drink. These days I make sure my drink bottle is right next to my screen so I constantly see it, and guzzle down. I recommend finding a bottle you enjoy using. There are so many styles!



## 5. Get moving

Getting outside and moving my body always lifts my mood. I enjoy shooting hoops, heading down to the park for some goal kicking or even blasting a banger in my headphones and dancing in my room. Anything that gets me moving is a good choice! I find this sort of movement is different to structured training, it's all about feeling good in your own body - not performing.