

Signature Period Recovery Protocol

For HA Recovery

- Together, we rebuild the trust in your body, by giving it the necessary nutrients to create hormones, feel energised, and reconnect with your mind.
- We'll guide you on how to eat enough to restore your body to its unique healthy weight, at which it functions best.
- We'll tackle all your food fears, rituals and rules, normalising eating behaviours and moving towards an "all foods fit" mentality. We'll encourage total food freedom and restore your joy and appreciation of food.
- We'll encourage social and spontaneous eating.
- We'll also help you reframe your mindset around exercise and provide you with a personalised movement plan, outlining the amount, type and intensity of exercise most suitable for your body.
- Together, we'll rebuild a healthy fitness identity, and help you realise you're not just "a fit person", you're more than your workout routine!
- We'll help you recognise when your body needs to rest, uncovering how to truly listen to your body and adjust your exercise accordingly.
- We'll help you restore your confidence and see beyond your body, rebuilding self-worth that isn't related to your physical body or appearance.
- We'll build you a toolbox of techniques you can use to help manage stress in the moment, whenever it arises. We'll also help you establish boundaries in areas of your life causing excessive stress, and give you strategies for reacting to acute stressors in healthy ways.
- We'll show you how to handle overwhelming emotions successfully, and introduce strategies to cope until the feelings pass. You'll restore emotional resilience and confidence.
- We'll focus on self-kindness, building a positive internal dialogue, and proactively practising self-compassion day-to-day, rather than waiting until the moment you desperately need it.