Kris's top 11 tips to raise your vibe and regain your get-up and go!

1) Intentions – How we start our day, especially the first thirty minutes, has a huge impact on our mood and energy for the day! When we set intentions for goals or things that we desire to manifest in our lives, we are supercharging our day with energy.

2) Meditation/Prayer – Whichever is your preference. Five to ten minutes eases your mind and spirit, as well as having a calming influence on the central nervous system.

3) Boundaries – Although it may be uncomfortable at first, it is okay to say 'no' and set limits. Saying 'yes' when we mean 'no' can lead to negative emotions. Therefore, setting boundaries is important in maintaining your vibe.

4) Gratitude – This is one of the quickest ways to raise your vibe. Using a daily gratitude journal is a great way of shifting you into a more positive mindset. Simply focussing on the things you are grateful for makes a difference. This can be as simple as enjoying your morning coffee.

5) Kindness – Doing something nice for someone else makes us feel good too.

6) Movement – Whether it is exercise or dancing around in the kitchen listening to your favourite song, exercising releases endorphins,
raises our serotonin and dopamine levels. This, in turn, boosts our mood, generating multiple emotional and physical benefits.

7) Nature – Being in nature is medicine in itself. It procures an instant calming effect and is a great energy cleanser.

8) Creativity/Passion – When we are engaged in something creative or that we are passionate about, it is an instant mood booster.

9) Mindfulness – Practicing mindfulness allows us to focus our attention on staying present and embracing the moment.

10) Your tribe – Surround yourself with like-minded, positive people. There is a saying, 'Who we surround ourselves with, is who we become'. Our inner circle can either raise our vibe or lower it, so be discerning when choosing your tribe.

11) Good Habits – Water is the source of life. It is important for our physical health and energetically serves as a pure energy cleanser. Sleep gives the body a chance to heal and restore itself. Make sure your routine incorporates adequate amounts of both!

Following even just a couple of these tips can make a difference in mastering our energy and becoming happier versions of ourselves.