

TOP 5 TIPS for PEACEFUL LIVING

1

TAKE TIME FOR YOURSELF:

Even when life is very busy it is important to take breaks, both short breaks and long breaks. Take 5 to 10 minutes every couple of hours and just vegetate or meditate.

2

CREATE A PEACEFUL PLACE FOR YOURSELF:

Our surroundings can heighten stress or relieve it. Create a space, however big or small, that you can be in (or even just look at on your desk) that you can turn to for a feeling of relaxation.

3

PRACTICE POSITIVITY:

Our brains and bodies are intimately connected. Negative thoughts create a stress response in the body. Positive thoughts create a relaxation response in the body. Try turning negative thoughts into positive thoughts whenever you can.

4

PRACTICE GRATITUDE:

Gratitude is a form of positivity. Take a moment each day, maybe when you first get up in the morning or before you go to bed at night – or maybe both! – to think about the things for which you are grateful, even if it's just 1 or 2 things.

5

AND LAST, BUT DEFINITELY NOT LEAST...

Just Breath: Deep inhalations & long exhalations will reduce stress and relax both the brain and the body. Try a series of five deep breaths, each inhalation going deeper and each exhalation longer.

