

~Fifteen Tips to Find Calm~



1. Take time for YOU each day (cup of tea, a walk, read book, or a chat with a friend, yoga)
2. Journal
3. Sea salt baths
4. Take breathing breaks throughout the day. Set a reminder, Stop, and Breathe.
5. Be in Nature
6. Sleep, eat, and exercise for your body.
7. Practice Gratitude
8. Embrace obstacles as lessons and opportunities.
9. Daily self check in ... what do I need today? What do I deserve?
10. Get a massage, reiki, acupuncture - you deserve it!
11. Cultivate deep, meaningful relationships
12. Laugh
13. Avoid energy vampires. Set boundaries.
14. Use affirmations. "I am relaxed and calm" "I am safe and protected" "I am full of joy"
15. Be Inspired. Live Inspired. Embrace your passions with a purpose!

