

5 SIMPLE THINGS YOU CAN DO EVERY DAY TO CREATE PEACE

1. Take Three... Breaths, Moments, Steps

Purposefully pausing throughout the day is a healthy stop-gap for the racing mind. "Taking Three" breaks the rampant speed of thoughts and actions, slowing us down so we can be more present to the important present moment. It is *here* that we can decide what next steps might be best (which might be much different than our habits have us believe). Practice taking three breaths, three steps, or three mindful moments or minutes throughout the day, bringing yourself back to yourself and what's really there. **When we know where we are, we can best judge where to go.**



2. Transitions... Stop and Drop In

Instead of rushing from one task or location to another, stop briefly at the end of one before moving to the next. Be present with whatever you are doing **now** and give it your full attention. **Multitasking destroys coordinated brain function**; doing one thing at once improves concentration and effectiveness, reducing errors by 33%. So the next time you decide to answer your phone, actively switch your attention from the email you are typing to being fully present to the phone call. Both you and the person on the other end of the line will be glad you stopped and dropped as you transitioned.

3. Feel Your Feet to De-Stress

Several times a day stop to connect with the sensation of your feet, breathing deeply into your body and relaxing as your exhale. Let yourself feel supported by the vastness of the Earth and know that you are always held. Noticing your feet in this way reduces stress and anxiety, quiets the busy mind as it connects to something tangible (and **away from the busy brain**), and helps us to step back from it all. You may also like to designate a hallway or staircase as a mindful walking place, agreeing with yourself to be completely present to each step.



Look in the mirror. Appreciate yourself.
Celebrate capacity for simple acts of
generosity and gentleness.
~ Chogyam Trungpa

4. Move Your Mass

Get up and stretch for 3 - 5 minutes every hour. Our sedentary lifestyle has made it more important than ever to move the body on a regular basis. Benefits include the release of muscular tensions and psychological stress, increased oxygenation and blood flow which support healthy brain and memory function, improved metabolism, a new perspective, and overall feeling great! **Helpful hint? Drink lots of water...** hydration is key to a healthy brain and body and also offers several trips to the restroom.



5. Giving Gratitude

At the end of the day, take a few moments to reflect on the goodness you experienced, especially if it felt like a busy or chaotic day. Some gratitudes to consider: someone opening a door for you, the sun shining warmly on your face, a “thank you” along the way, a nutritious meal that you ate to take care of your body, or that project you finally started. Giving gratitude to the moments of goodness that spring up help our psyche look for the positive more often. This can lead to better relationships, less stress and conflict, and increased joy, connection, and compassion. There are so many things to be thankful for. **What simple gifts have you received today?**



To learn more about these and many other healthy living ways,
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