

# 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.



