



MEDITATE TO RECALIBRATE

Feeling overwhelmed by stress and anxiety? You're not alone. This guide is designed to help you find moments of peace and clarity through simple yet effective holistic practices. Let's take a journey together to recalibrate your mind and body.

Body Awareness Breathing

Seated mountain pose-sit at the edge of your chair, feet flat on the floor, hands on the thighs, spine straight.

gentle stretching-neck roll shoulder shrugs gently rock the spine forward and back.

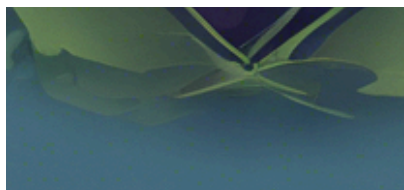
body scan-start from your feet and work your way up your body your legs your seat, belly, back, chest, shoulders, head, notice connections between your mind and body sensations feeling and energy.

Belly breaths-deeply in hell letting the belly expand outwardly, fully exhale allowing the belly to shrink back. Repeat 3 to 6 times
breath awareness-gently close your eyes or soften your gaze, become aware of your breath without changing it. Allow your focus to rest here, if your mind wanders just say thinking and come back to the breath. Practice for five minutes.

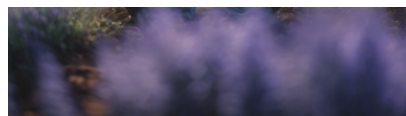
At the Center of life's Storms; I stand Serene

Affirmations are positive statements that you repeat to yourself to challenge and overcome self-sabotaging and negative thoughts. They are rooted in the idea that your thoughts can influence your emotions and actions. By consistently practicing affirmations, you can reprogram your mindset, reduce stress, and cultivate a more optimistic outlook. The benefits of affirmations include increased self-confidence, improved mental health, and a greater sense of inner peace. When used





regularly, affirmations can help you align with your goals and foster a more resilient and empowered approach to life's challenges.



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