HOW TO FIND PEACEFUL MOMENTS

This daily routine has changed my life. Start by implementing one habit at a time and let me know how you get on by tagging me on social media. Enjoy!

1. REFLECT

Upon waking, I check-in and ask myself: How am I feeling this morning? This creates more self-awareness and it means I can nurture myself in the ways I need to.

2. STOP

I love to watch the sun rise and set. As I open the curtains in the morning, I stop and let the beauty of the new day really sink in. Stop regularly throughout your day to notice the birds, sun, wind, rain or whatever it may be.

3. JOURNAL

Taking the time to record my thoughts and feelings, if only for a few minutes a day, is gold. Journalling is a powerful healing tool that helps us become more aware of our inner world.

4. MOVE

Next, I get out for a walk or bike ride. Getting Vitamin D, fresh air and exercise sets me up for the day and as we know, endorphins trigger a positive response in the body.

5. MEDITATE

Twice a day I take 5-10 minutes to practice mindfulness meditation. With a daily practice, my anxiety disappears and it is replaced with a sense of calm.

6. CREATE SPACE

This is about slowing down, stopping for a cup of tea or to gather my thoughts, rather than frantically rushing from one thing to the next throughout my day.

7. STRETCH

In the evening I take 10-15 minutes to stretch my body with yoga poses. As I sit on my mat, I feel incredibly grounded, connected to myself and calm.

8. GIVE THANKS

A daily gratitude practice helps me to focus on the people, connections or happenings and is a beautiful way to end the day. Join me on my Facebook page for this.