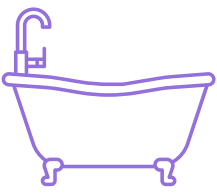




RELEASE STRESS



Bath

Take a bath or a foot soak with activated, crystal infused magnesium salts. Breathe deeply as you focus on the rise and fall of your breath for 10 minutes. Magnesium salts, breath and crystals are great tools to help calm your nervous system, aiding you back to calm and clarity.



*Speaking
Truth*

Give yourself permission to say 'no' to what you don't want to do and 'yes' to things that make your heart sing. Before you answer to a request or invitation, take a moment of silence and breathe deeply, place your hands on your heart and ask yourself if you really want to do this? If you're face to face - let the person know you'll get back to them shortly.



Meditate

Try and spend 10-20 minutes a day meditating on a word, your breath or focus on a physical image. The purpose of meditation is help you focus on a single thing so that you become present in the moment. Different types of meditations include sitting, walking, mindfulness, chanting, dancing, going for a run etc...