

5 EASY TIPS TO BRING PEACE TO YOUR DAY

breathe

Start Your Day With Breath

This might sound silly but before you even get out of bed, breathe. Take the moment to focus on yourself- even if it's just for 30 seconds. Alternate nostril breathing is my favorite!



Make a List the Night Before

I always sleep better when I get all of my thoughts out of my head for the next day. What are the things I **HAVE** to get done? Write them down!.



Get Moving

It sounds simple and trite- but I find that getting up from my desk and even just walking around or (this may sound silly) doing jumping jacks can help clear my mind!



Positive Affirmations

When I'm feeling super overwhelmed, and that happened a LOT in 2020, I look up a favorite saying or verse. My personal favorite is Psalm 139:14 " I praise you because I am fearfully and wonderfully made".



And if nothing else... let it go!

If you don't do those things- it's ok! Let it go. Give yourself grace. Or take these moments at any point you can. The best way to find peace is to give yourself grace and realize that there will be days when it all won't get done. And that's ok.