



Three things you can do TODAY to feel better!

BREATHE

This is something we often forget to do when we are in stressful situations.

Taking deep, cleansing breaths helps us to return to our bodies and get out of our minds and the chaos that may be going on there.

Breathwork is the conscious control of our breathing and it is a powerful tool in counteracting anxiety in the body.

Most of us are shallow breathers filling only our lungs as we take our short, raspy breaths.

Practice breathing deeply and from the belly. Close your eyes and picture the breath coming into your body through your nose as white light. As you inhale, see the light moving into your diaphragm FIRST and then moving up to your lungs.



CONNECT WITH SPIRIT

One of the first things I do every day is to connect with Spirit. Call it what you will, Higher Power, Source, The Universe, God. It is important to begin the day with a conscious connection to this power. It reminds us that we are not in charge. Sometimes stuff happens and it is within our reactions to the situation that we have our power.

When you consciously connect every day you set yourself up for success. Remembering that we are cared for and guided helps make some of the challenging situations better. If connecting is something new for you I would suggest getting yourself a deck of Oracle cards that can help you hone in to the energy of your day. There are SO many out there! Find one that you connect to and make it a habit to draw one with your morning coffee or tea. Your soul will thank you for it.



PRACTICE GRATITUDE

I am sure you have heard this one before and there is good reason for that....IT WORKS! Developing a gratitude practice is one of THE most powerful things you can do to shift your perception. When you are steeped in gratitude it is harder for those negative messages to get through. You know those messages, right? "I can't"; "I should"; "I am not good enough" I suggest doing this right after you pull your card in the morning. It will get you on the path to thinking about the good in your life and searching for more good in your day. Alternately, you can do it before bed and reflect on your day and all the things to be grateful for that happened to you. This will help calm you before bed and give you something to dream about. Practicing gratitude daily will open up doors that you never thought would open and allow you to see things that you never thought existed.



What is the absolute BEST time to do all this?

When you are in the midst of the shit.

Feeling stressed out and overwhelmed.

This is the best time to practice these three techniques.

BREATHE
CONNECT
BE GRATEFUL

It will change your life.



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