

**5 TIPS**

**DON'T STRESS**

**&**

**DO YOUR BEST**

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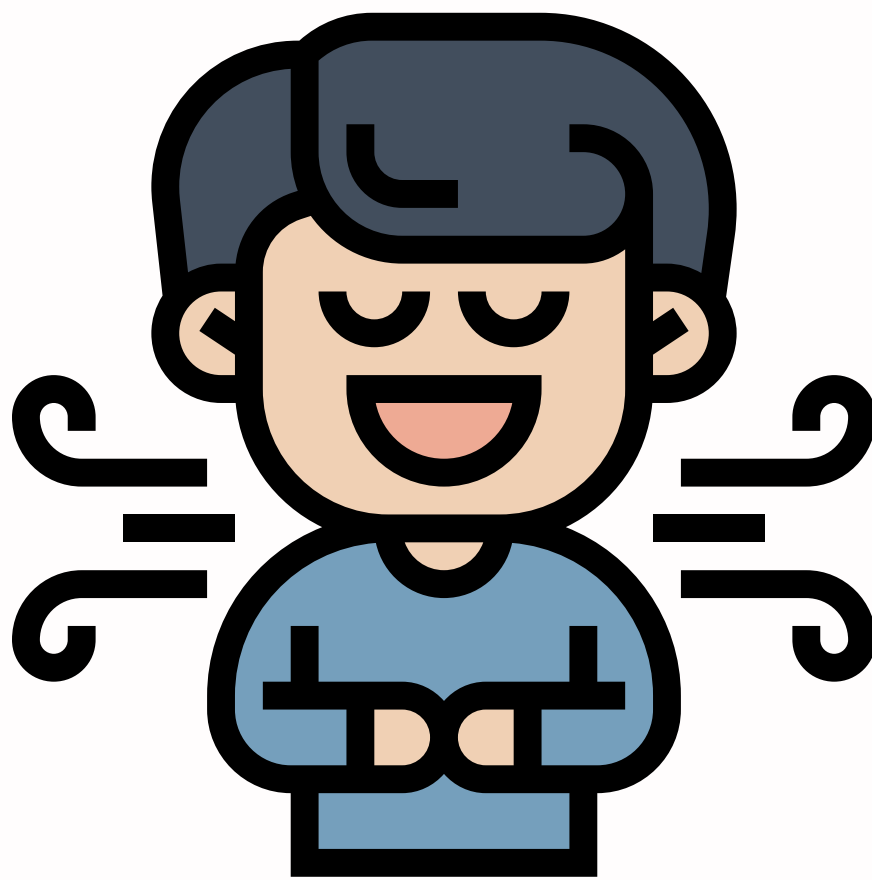
Tip: 1

Pause

Slow down

Breathe deeply

Take a step  
back



Proceed with  
whats in front  
of you

Observe and  
question your  
thoughts

Return to  
present moment  
situation

1.

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# Tip:2

*Listen to music*

## for Relief



While cooking  
or eating

Before going  
to bed

While getting  
ready for your  
day

When online  
shopping

During a  
commute

# Tip:3

Take a break from

# Social Media

Move apps  
away from  
front screen

Turn off  
notification  
sounds



Have  
spontaneous  
days

Let friends  
and family  
know

Spend quality  
time with  
yourself &  
others

# Tip:4

*Be kind with yourself*

## Make peace

Give your  
Self a hug



Speak to  
yourself  
with love

Write a love  
letter to  
yourself

Forgive  
yourself.  
What did you  
learn?

Do something  
nice for  
yourself

# Tip:5

Learn to Meditate to

## Sooth the Mind

Choose a  
Walking  
meditation and  
practice  
noticing

You might  
prefer jogging  
meditation  
instead



Guided  
meditation or  
just relaxation  
music are also  
great options

sitting  
meditation in a  
quiete space is  
popular too

There are  
lots of ways  
to meditate  
and theres no  
wrong ways

# S.UPPRESSED T.ENSION R.EQUESTING E.MERGENCY S.ELF S.OOTHING

I trust these tips will serve you well, and my wish for you is that you find your way to mindful breathing to get you out of your head and grounded in your body, to present moment reality.

Your expansion and growth depends on 80% of your psychology and 20% action. For transformational mindset work, Counselling or coaching, I would be delighted to assist you.



Use Code **GIFT10** at checkout to claim 10% OFF my services.