

Presence Practice

Breathwork

Inhale for 4, Hold for 4, exhale for 4. Do that for 3 minutes. It's like giving your nervous system a bubble bath.

Gratitude Practice

Every night, write down 3 good things from the day, Even if it's only a small thing. That works.

Walking Meditation

Take a walk without your phone. Notice colors, shapes, sounds, birds, your breath. Take it all in.

Savoring Rituals

Make your tea/coffee like it's a sacred ceremony. Light a candle with intention. Turn ordinary into magical

Journaling

Try prompts like:
What am I feeling right now?
What am I avoiding?
Where can I soften today?

Add Sound & Silence to your day

Play some calming frequency music or sit in silence and let your nervous system recalibrate.
