



15 tips to

Cultivate Inner Peace

one

Be honest with yourself during the day about how you feel. Acceptance is the first step. Walking compassionately with your truth can help keep you in the moment.

two

If you're experiencing grief, don't try to change your grief to accommodate others. Your grief isn't a burden, it's a life experience you're going through.

three

Surround yourself with people that tend to inspire and uplift you. Now more than ever we need a village to support us.

four

If you're able to, don't stuff what you're feeling down. It only brings greater stress and anxiety. It's okay to feel sad when something or someone you love is no longer present.

five

Invite other feelings to show up in your life. It might be in pockets throughout the day, but laugh, smile, feel joy when those moments naturally arrive.

six

Incorporate a mindful practice that resonates with you. A 5-minute meditation, breathing exercises, walks in nature, exercise, art, anything that makes you feel more connected, anchored, and at home in your body even if for a short duration of time.

seven

Journal what you're feeling. Sometimes it helps to transfer what you're feeling onto paper or another medium. Paint, draw, dance, or write how you're feeling.

two

Lean in. Leaning in helps you to share the load and baggage you're carrying. There is power and healing in being transparent and open to another when we're moving through a challenging time. You may find that you are not the only one feeling the same way. Having a witness is important part of your journey.

nine

Practice stillness and being present during your day. Create small chunks of time during your day to just be free of excessive busyness.

ten

. Don't take everything personal. Sometimes we take things too personal especially things that don't belong to us. Assess in your interactions with people during the day whether what they're saying is about you or more about them and what's taking place in their lives.

eleven

Loosen your grip. Pay attention to what you may be holding on tightly to. See if you're able to loosen your grip and soften the experience happening in your mind and body.

twelve

Find your center. Bring your awareness to your body and breathe. Let your body breathe and relax and allow the center to come to you. This relaxation invites your nervous system to let go and soften, reducing cortisol and anxiety.

thirteen

. Start your day with an intention. Intention setting can be a powerful ally to guide you through your day, serving as an anchor.

fourteen

Let go of expectations. Learning how to befriend uncertainty can help us become more aware that uncertainty is always a constant in life, and it may allow more presence in your daily life to show up moment by moment.

fifteen

Gratitude. It's been said repeatedly that having a gratitude practice helps to elevate our mood and bring us into the present moment. At the end of the day, write what you are most grateful for. Look for things that occurred in your day however small you can find gratitude for.