

10 Ways to create calm in your daily life

1. **visualization** – use your imagination to create mental images that are calming to you. Let all your senses get involved: for example, feel the breeze, smell the salt water, hear the birds, feel the heat...

2. **walking** – just walking and remembering to take in the view can be calming. You can also use walking as meditation, be aware of your breathing as you take each step, be aware of your body movement, focus on each step.

3. **appeciating nature** – smell the flowers, listen to the birds, play with your pet, smell the rain, listen to the waves...the options are endless...

4. **candle gazing** – focus your gaze on the flame of a candle for a few minutes, close your eyes and "see" the image of the candle flame in your mind's eye. Repeat.

5. **breathing exercises** – the simplest way to start is to just become aware of your breathing...watch your breath rise and fall...you can add counting: breathe in to the count of 4 and out to the count of 6...repeat a few times, then relax

6. **listening to music** – music can lift us out of ourselves and can actually change our brain waves, so discover what music works for you. With personal music players even work can be music to your ears only.

7. **yoga, t'ai chi, martial arts** - certain activities require quiet focus and discipline. They are good for the body, mind and spirit.

8. **prayer** – silent, meditative prayer can be brought into your daily life. No matter what faith you adhere to, prayer is probably a part of the practice. If you do not practice a faith, a simple prayer of "thank you" can bring serenity.

9. **cleaning** – sometimes the most mundane tasks can actually be calming...washing dishes, ironing, washing the car, folding clothes, vacuuming. How can you raise these activities out of the tedious? Slow down, accept that you do have to do these tasks, let yourself actually relax with the repetitive nature of these jobs, it can actally be calming.

10. **relaxation and vacation** – these are the precious times we look forward to. Plan them well, include fun activities but also set aside some time to just be. You will return to your usual routine both refreshed and relaxed.

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