



BECOMING *Wildly* WELL

5 TIPS FOR FINDING PEACE DURING CHAOS

1. BREATHE:

Sounds simple but with all of the distractions of the world, it can be hard to be still. Take intentional time to be still and breathe.

2. NATURE:

Spend at least 15-20 minutes outside per day

3. EXERCISE:

Start small if you are just starting with a brisk walk or use the thousands of free YouTube videos, Beach Body on demand and many others.

4. ESTABLISH AND HONOR YOUR BOUNDARIES

Boundaries are hard during normal times but add a global pandemic and it becomes next level hard. Ask yourself where you can find time by yourself, how much time you require and set a standard within your family, whether your husband is working from home or the kids are running around, don't skip this!

5. TALK TO SOMEONE

(Your dog or cat doesn't count this time my friend)
We are MADE for human connection. Social distancing is important right now but just because we are physically apart doesn't mean we have to stay disconnected. Phone a friend that you can REALLY get vulnerable with. Hey

maybe it's time to find a therapist because all you have to do is go to Talkspace.com and/or several therapists are doing telehealth right now.

EXTRA TIPS:

Journaling: Check out starttoday.com

Reading: Check out my list of great books.

Meditation: Meditation for beginners: Download Headspace or Calm App

Start somewhere and remember... this is your journey.

If you want to reach out to me please email and we can set up a free call.