

Excavating Peace & Serenity

Ways to De-Stress and Take Ultimate Care of You

1. **Enrich you.** Put yourself first and take ultimate care of you. Listen to music, take long baths, get a massage, sing, putter, create new routines. Have a pajama day. You will be better for others if you are rested, replenished, nourished, and happy.
2. **Create your life vision.** Plan something to look forward to that is meaningful and purposeful. Daydream often. Set soulful and realistic goals.
3. **Embrace life balance.** Balance is not work/life only... it includes career, money, health & wellness, friends & family, romantic love, spirituality, fun & play and physical spaces. EVERY area needs attention and is as important as the others.
4. **Plan your time.** Slow down and "right size" your schedule. Use 15 minutes daily to decide what you really need to do. Discern what needs to be accomplished now and what can wait until later. How important is it?
5. **Connect daily with people you love.** Don't miss the opportunity to show how much you care. Be a friend.
6. **Pursue your passions.** Ignite your inner fabulousness, come alive and make time for the activities you love.
7. **Get active.** Move, exercise, dance, go outside regularly; don't live a sedentary life.
8. **Be joyfully present.** Focus on your current task or experience in that moment. Don't multi-task and be completely engaged in what you are doing. Express your joys freely. Smile.
9. **Behold beauty.** Open your eyes to the magnificence around you, both yours and others. Watch a sunrise or sunset.
10. **Say NO often.** Set boundaries and don't go against yourself. Stress is created when you are not true to you.
11. **Ask for help.** Speak up for what you need and want from your support system. Build your army of advocates and tell them what you need. People don't know unless you inform them.
12. **Take time daily to be quiet.** Relax and get out of the hurriedness of life. Meditate, pray, read, do nothing, take a nap, see the good in life and yourself. Create traditions and rituals. And, breathe.
13. **Be proactive rather than reactive.** Keep it simple, keep your side of the street clean. If something needs to be tackled, just do it NOW or take it off your list. Stop worrying.
14. **Remove negativity from your life.** This includes people who make you feel bad, watching the news, having negative thoughts, participating in gossip or seeing clutter in your physical spaces.
15. **Laugh often.** Find your sense of humor and keep it light.
16. **Have gratitude every day.** Who and what are you thankful for in this moment? Give back and do something unexpectedly for others.
17. **Write, journal, make lists.** Get out of your head and let your thoughts flow freely. Make a brain dump, if needed.
18. **Take inspired actions.** Will "this" action move you closer to your dreams or away from them?
19. **Increase your emotional intelligence.** Recognize your feelings and express them appropriately. Use anger as a motivation for change.
20. **Celebrate your successes.** Build in rewards along the way.