



Simple *Stillness* Practices

What I know from my life's experience is that being still is the only way to hear my inner voice/my inner wisdom/God and notice my mindsets and how they are (or aren't!) aligned with my values.

Here are some simple *Stillness* practices I use regularly in my life:

- **Breathing:** whether it's deep breathing, box breathing, pyramid breathing, bee breathing or any other of a multitude of breathing exercises breath is a way to connect our physical, mental, emotional selves; as well as connect us to others!
- **Meditation:** sometimes I use a guided meditation on the Calm app and other times I play ocean sounds and just sit, focusing on my breath or the rhythmic sounds of the waves; I try to simply observe my thoughts (because they will happen!) nonjudgementally and let them go.
- **Regular slow movement:** Every single day I practice slow yoga flows or go on a slow walk in nature, where I can both see plant and animal life and hear it. This is a 22+ minute per mile walk, not my 15 minute power walking pace.
- **Mantras:** Repeating a phrase like "Be still," "I am calm," or "I am powerful and I am loving" can have a calming effect. I say these between client calls, while in the doctor with my mom, or as I'm going about my morning routine.
- **Reading:** whether it's fiction or self-improvement or any other genre, something about reading (especially an actual book!) brings stillness
- **Journaling:** whether I write to process something or practice gratitude, journaling brings a sense of inner peace. And reading entries later and reflecting on them also promotes self-growth.

