

7 Easy Ways to Create Peaceful Moments

By including each of the following into my day, when I can, and when I remember (I'm not perfect and I'm not expecting you to be either), I'm more easily able to remain connected to my truth, thoughts, feelings and desires.

1. Practice Mindfulness

Upon waking, whilst still lying in bed, a 5-minute mindfulness practice (using my FitBit app, a simple body scan, or just focusing on my breath) allows me to connect with myself before getting up to start my day.

2. Check In

Next, a quick reflection to check my feelings means I am aware of my inner state. At this time, I try to determine why I may be feeling a certain way; dreams may come to mind too and it's a nice time to recount them.

3. Journal

Taking the time to record my thoughts and feelings, if only for a few minutes a day, is gold. Journalling is a powerful healing tool that helps us become more aware of our inner world.

4. Stop

One of the things I love to do is watching the sunrise. As I open the curtains in the morning, I stop and let the beauty of the new day really sink in. Stop regularly throughout your day to notice the birds, sun, wind, rain or whatever it may be.

6. Stretch

Each evening I take 10-15 minutes to stretch my body with yoga poses. As I sit on my mat, I feel incredibly grounded, connected to myself and relaxed.

5. Create Space

Getting into the habit of allowing more time to get places means I'm not rushing from one thing to the next. When I have a few spare moments I can close my eyes and be; there's nothing quite like it. Try it, you won't be disappointed I promise.

7. Gratitude

A daily practice of expressing gratitude for particular people, connections, events or happenings is a beautiful way to end each day. Join me on my Facebook page for this.