

BREATHE AND JUST BEGIN

Declutter the mind...



...open the heart

5 TIPS



Welcome.

Breathe and Just Begin is so excited to share its first Ebook. As a movement wellness company, we teach and promote connection to body and breath to:

- Evict limiting beliefs
- Live in leadership
- Immerse in wellness

We believe in feeling our feelings and processing them, but not letting fear control. Especially because that can often mean that we are not allowing ourselves to align with the true desires of our heart. Instead of being stuck from fear (including, for example, feelings of low self-worth or self-doubt), we encourage you to breathe...and just begin. We know each person's adventure is all their own and that is all part of the beauty of the journey.

We hope that this Ebook will help shed light on ways to quiet the "clutter" of the mind and tap into the authentic feelings that can emanate from an open heart.

Enjoy.

DISCLAIMER:

Breathe and Just Begin, Inc. is not in the medical field. The information provided in this Ebook is not intended as a substitute for professional medical advice, counseling, mental health services, emergency treatment or any other treatment. Don't use this information to diagnose or develop a treatment plan for a health problem or disease. Instead, contact a qualified health care provider. If you're in a life-threatening or emergency medical situation, seek medical assistance immediately.

Breathe and Just Begin, Inc. recommends that you consult your physician regarding the applicability of any recommendations in this Ebook and follow all safety instructions before beginning any exercise program, including before beginning any stretches contained in this Ebook. When participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in any exercise mentioned in this Ebook, you agree that you are voluntarily participating in these activities, and assume all risk of injury to yourself.

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Leaving space for the good.

We often don't think of "clutter" as the essentials or the "good stuff"...the stuff that's sentimental, the stuff that we value, the stuff that empowers us and makes us feel free, the stuff that brings us joy. We might think of "clutter" as the stuff that weighs us down, the stuff that keeps us stuck, the stuff we need to "do something with", the stuff that we might benefit being freed from.

Mental clutter can include persistent stressing, especially about things that are not in our control; worrying about the future; obsessing over moments that have passed; or continuing to play out in your head the same story of hurt, disappointment or pain.

When our mind has too many thoughts and we are constantly in our head, constantly ruminating, it can be difficult to process and focus. Not to mention, it can be mentally, physically and emotionally exhausting. The more we are in our head, the farther we might be from our heart. It's great to have balance, and sometimes that might mean letting our mental intelligence rest for a bit and connecting with heart intelligence.

In opening our heart, we invite in awareness and opportunities to become more in tune with our needs and desires. We can be more compassionate with others and with ourselves and might experience more emotional balance and less energetic roadblocks.

Clearing out mental clutter and giving more room for heart opening is a balance that can leave space for overall good in our mind, body and life.

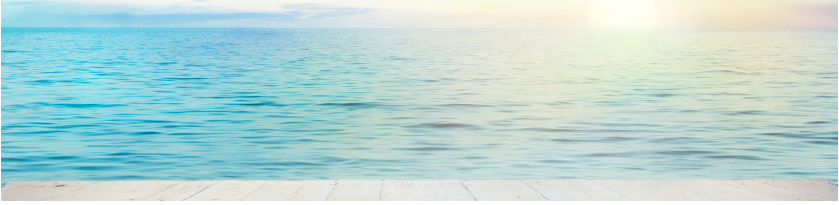
In this Ebook, I share 5 tips that can help with this balance:

- *Curbing negative thoughts*
- *Journaling*
- *Using words of affirmation*
- *Engaging in grounding techniques*
- *Performing heart opening stretches*

Feel free to jot down notes, ideas and any personal reflections in the spaces provided.

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Engaging in grounding techniques.

Grounding techniques, like self-soothing for example, can offer great benefits. Soothing is not just for babies or children. As adults, we can often use soothing to help calm and manage overwhelming emotions. Self-soothing can be especially helpful when we are overloaded with thoughts causing us to experience stress or anxiety.

One way to self-soothe is by reaching stillness in your body, whether in a seated, kneeling or standing position, and placing one hand over your belly and your other hand over your heart (see image below). Your own touch can help bring you comfort and send to yourself energy of unconditional love. Just like cradling can help soothe a baby, cradling your own body can help self-soothe. Some studies suggest that placing your hand over your heart begins to activate the release of oxytocin, the brain's hormone of safety and trust, bonding and belonging, calm and connect.



Another grounding technique is placing a warm face towel over your face, perhaps adding a few drops of lavender essential oil to the towel. Lavender is commonly used to create a relaxing atmosphere and is one of the most popular aromatherapy oils. Some studies suggest that lavender can help lessen anxiety by stimulating the nose to pass signals to the brain. A lavender oil that is safe for the skin would be necessary. Allergies and skin sensitivities may make this option unviable for some.

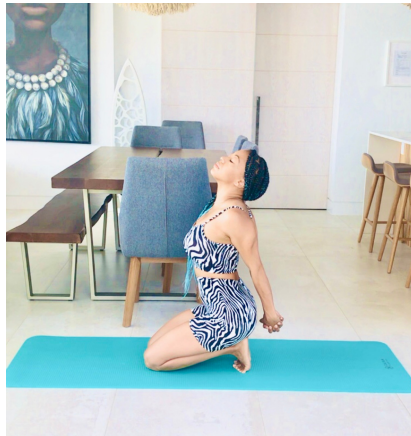




Performing heart opening stretches.

Heart opening stretches can do just that...open, lift and expand your chest allowing your heart to be front and center, connected and unlocked. More than just the heart and chest though, heart opening poses can also stretch and help relieve tension from other parts of the body, including shoulders and back. They can also help with posture and strengthening the core. Here are a few that might work for you:

- *Shoulder Stretch*



To get in to the stretch, come to a kneeling position. Toes can be stretched and activated if you choose. Clasp your hands behind your back, bring your shoulders back and down and chest forward. Let neck and head fall back. To intensify the stretch, you can gently lift arms further away from the floor and from your back. Hold for three breaths.

This stretch can also be done from positions other than kneeling, including standing and seated cross-legged.





● *Upward Facing Dog*



Ground hands into the mat, including fingers. Feet are pressed in to mat, with toenails-side down. Straighten and externally rotate arms. Engage hips, thighs and knee caps off the mat while pulling heart forward, going through your arms. Head and neck fall back with shoulders lowered away from ears. Hold for three breaths.

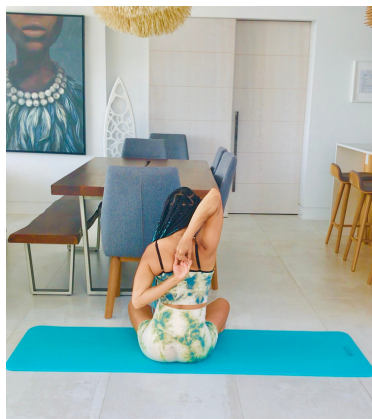




● *Cow Face*



Slide your knees toward your center line, stacking the right knee directly over the left. Separate your feet and come back to sit between them. Bring your right arm straight up toward the ceiling. Bend the right elbow, bringing the right hand to the back of your neck, right palm facing back. Lift the left arm out to the left side, bend the elbow, and bring the left arm up the center of the back, back of left hand against back. Clasp hands behind your back. Use scarf, towel or strap to help hands connect. See images below for hand placement. Hold for three breaths. Try other side.





● *Extended Side Angle variation*



Start standing with legs apart, wider than hip width. Turn left foot to the left, toes facing left. Keep right foot so that if a line were drawn from left heel, it would reach inside arch of right foot. Bend left knee into a side lunge and straighten arms out at side. Lower left side body toward left knee, bringing straight left arm in front of left knee and calf. Left fingers alongside left foot, press into left knee with left elbow. Right arm is straight, right fingers pointing to ceiling or sky. Gaze follows right hand. Hold for three breaths. Try other side.





The journey is yours.

Your journey is your own...unique and special. Decluttering the mind and providing yourself an opportunity to make decisions for yourself more from an open heart can help bring your steps in alignment with your true nature, your authentic self. While mental clutter might lead us away from our desires, or to deny them to ourselves, an open heart can encourage us to give ourselves a shot. Giving yourself a chance is one of the greatest gifts you can give to yourself. Enjoy your journey and always remember that even when you don't see the entire path ahead of you, you can always still choose to breathe...and just begin.

STAY IN TOUCH!

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