

PEACEFUL ACTIVITIES

5 MINUTES OR LESS

BREATHE / FREE

Close your eyes and breathe gently and mindfully.

STEP OUTSIDE / FREE

Go outdoors and get fresh air.

STRETCH / FREE

Whatever feels good for your body.

SIP A WARM BEVERAGE / FREE

Hot water, tea, apple cider, coffee, herbs, plant milk. Best to avoid alcohol.

REPEAT A MANTRA / FREE

Create an affirmation that validates and motivates you. Repeat.

LIGHT A CANDLE / MINIMAL

Enjoy the scent.

JOURNAL / MINIMAL

Brain dump, free associate, make lists, doodle, or create your dream life.

USE ESSENTIAL OILS / MINIMAL

Rub into your temples or wrists or hands and inhale

HOLD A CRYSTAL / MINIMAL

Find a stone for a specific chakra or simply for its beauty. Hold it and get centered.

UP TO 30 MINUTES

LISTEN TO MEDITATION / FREE

Lie down, close your eyes, and feel into a guided imagery audio.

CALL A FRIEND / FREE

A friend, mentor, or relative can offer support and comfort.

TAKE A WALK / FREE

Getting in nature or walking a neighborhood offers fresh air and movement.

TAKE A QUICK NAP / FREE

Respect your body's need for rest.

GO TO FITNESS CLASS / MINIMAL

Move your body and sweat it out.

HOURS OR DAYS

READ A BOOK / FREE

Chick lit, fantasy, personal growth, it doesn't matter. It's an escape.

GNO / MINIMAL

Go out or stay in. It's girl time!

GO TO A SPA / PRICEY

Indulge in pampering.

GIRLS TRIP / PRICEY

Get the girls together and head out of town. Party, chill out, even retreat it.

JENTLE COACHING

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