



Evolving Mind and Body

make yourself a priority

how to overcome Stress

Pause & Breathe
Practice 4-7-8
breathing to
reset your
nervous system.

Journal Gratitude
Write down 3
things you're
grateful for each
night.

Prioritize Tasks
Choose 3 key
tasks daily to
simplify your
to-do list.

Ground Yourself
Place your hand
on your heart
and take 5 deep
breaths.

Connect with Nature
Take a 10-minute
mindful walk
outside.

Listen to Music
Put a song that lifts
your vibration

Outcomes
Feel calmer,
more focused,
and in control
of your day.

