1) Breath Connection: In through the Nose – Out through the mouth.

2) Take a Mindful Walk: Focus on each step. (toes, heels and ball of the foot.)

3) Folder of Laughs: Create a word doc with web links to laughter – add to Folder – add to Desktop

4) Mindful Vacay With Meditation 2 – 10 min. Minimum per day

5) Track your Mood With Journaling - Record it - Type it - Write it

Triple “A” Approach
“Alter - Your Attitude / Avoid - Stress Overload / Accept transition with a plan to do the work.”

- PerCilla Zeno, TheHealingPartner