

# 3 THINGS TO TRY THIS MONTH

No. 1 Try out a breath work exercise

*Inhale for 4 counts*

*Exhale for 5 counts*

Try this for 30 seconds to 1 minute each day.

No. 2 Do one kind thing for your body each day. What are 10 ideas of kind things you do to nurture your body?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

No. 3 Try out a body scan, and thank each part of your body at the beginning, or close of each day.