HOLISTIC INSPIRATIONS

Personal Connection

PERSONAL CONNECTION

Practices to help silence the mind:

- **breathing**
- **visualization**
- **meditation**

HOLISTIC

Of, concerned with, or dealing with wholes or integrated systems rather than with their parts

INSPIRATION

A feeling of enthusiasm you get from someone or something, which gives you new and creative ideas

JUST BREATHE

One of the easiest and most convenient way to calm your body

- Breathe in for the count of four
- Hold for the count of seven
- Breathe out for the count of eight

VISUALIZATION

- Gently close your eyes
- Take gentle breaths
- Visualize somewhere peaceful for you
- Look around your peaceful place and take a moment to use your senses and look, listen, smell and feel
- Allow yourself a few more breaths and gently open your eyes

MEDITATION

A practice where you settle your body and mind, detach from the present situation, and connect with your inner self

- Find a comfortable position, concentrate on your breathing, or repeat a mantra
- If your mind wanders off, gently bring it back... this is the practice of being mindful

FINAL REFLECTIONS

- Explore your personal connection
- Schedule time to breathe, visualize and mediate
- Try a combination of ways to connect
- Reflect how you feel during these practices
- Commit time for yourself to connect

Insightful Moments™

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