## HOLISTIC INSPIRATIONS

# Personal Space

### PERSONAL SPACE

**A place that shows your commitment to self-care**

**Choose your space that is quiet, removed from distractions, easy to access and comfortable for you**

### 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

### AROMATHERAPY

A great way to fill a space with scent of an essential oil that will elicit a mood

**Oils for Stress Relief**

- lavender
- lemon
- Bergamont
- Ylang Ylang
- Clary Sage
- Jamine

### COLOUR

Certain colours may evoke different feelings and moods. Use colour in paint, fabrics, lighting, and objects.

Colour is up to each individual as it is completely personal. For example, blues may create a feeling of calmness or serenity; but it can also create a feeling of sadness.

### INSPIRATIONAL ITEMS

An item or object that excites, stimulates or comforts you

**Items may include**

- photograph
- art work
- childhood toy
- religious statues and icons
- a favorite chair
- candles
- flowers
- cozy blanket

### FINAL REFLECTIONS

- Explore your personal space
- Schedule time to make a commitment to this space
- Try different techniques that will bring you inspiration
- Reflect in your personal space
- Commit time to spend in your space

Insightful Moments™

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