

Here's tips on how to manage your anxiety instantly

- SIT DOWN AND TAKE 5 DEEP LONG SLOW BREATHS (THIS ACTIVATES THE VAGUS NERVE WHICH WILL CALM YOUR NERVOUS SYSTEM RIGHT AWAY)
- NOTICE HOW YOU CAN SLOW DOWN THE EXHALE BREATH (EG COUNT SLOWLY ON 4 OR 5)
- PLACE YOUR HANDS ON YOUR HEART (FLAT) AND APPLY A VERY GENTLE AND LOVING PRESSURE TO YOUR PALMS
- MANTRA 1: REPEAT SILENTLY ON THE INHALE 'I AM AT EASE' AND ON THE EXHALE 'NO STRESS CAN HARM ME'. REPEAT THIS FOR 2 MINUTES
- MANTRA 2: 'I WANT MY LIBERATION' 'I WANT TO BE LIBERATED' REPEAT THIS OR SIMPIAR TO THIS FOR 2 MINTUES
- TAKE A DEEP BREATH IN AND OUT AFTER
- SLOWLY STAND UP, CLOSE YOUR EYES AND DEEPLY GROUND AND CONNECT TO YOUR FEET AND THE EARTH.

We live in a world of constant change, fast pace and stress and that is just part of our life. What are the practices we can implement daily that allow us to really live this life from a place of joy and with little fear?

Sometimes the biggest life challenges can lead to the greatest transformations.

These simple tips can help you to find instant ease and provide a gateway into a life with less stress and fear.

Your biggest cheer squad.

Wiebke and team

