



R	E	N	E	W
<p>Focus: Choose an object near you. Shift energy on that object. What does it feel like? What does it smell like?</p>	<p>Focus on Your Food: Notice how each bite looks & feels. Take time to enjoy the taste & smell of your food.</p>	<p>Spend the Day Smiling: Actively smile whenever you can. You might make someone else smile too!</p>	<p>5 Senses Technique: Right now, think of what you see, feel, hear, smell & taste.</p>	<p>Sleep: Go to bed early, sleep soundly and wake up refreshed!</p>
<p>Yawn: Yawn & stretch for 10 seconds every hour. (Even a fake yawn can trigger real ones!) Notice how a yawn interrupts your thoughts & feelings.</p>	<p>Make the Bed: As a moving meditation, mindfully breathe while smoothing & tucking your sheets. Make your bed your absolute & only focus for a few moments.</p>	<p>Body Scan: Close your eyes. In a chair or lying down, do a scan of every part of your body. For every breath, focus on a new part.</p>	<p>Aspire: Ask yourself—What is my heart’s aspiration? Pause for about 20 seconds. Do this a second time and write down whatever comes to mind.</p>	<p>Stop When Full: Stop eating when you’re full – there’s no need to join the clean plate club if it means overeating.</p>
<p>Rearrange Your Space: Choose a space to change up (e.g., your workstation, bedroom, closet). Try the “5 Senses Technique” (above) before & after rearranging, for comparison.</p>	<p>Wait in Line: Take a few deep breaths to center yourself while waiting. Acknowledge your immediate surroundings & any feelings that may come up.</p>	<p>FREE SPACE</p>	<p>Create a Calm Eating Environment: Turn off the TV & computer, put away newspapers & magazines, and try not scroll on your smartphone. With less chaos, you can focus on what you are eating.</p>	<p>Get Out in Nature: Sit, stand or walk through nature and notice things around you (e.g., animals, noises, shapes of clouds, etc.).</p>
<p>Stretch: Stand up and stretch from your fingertips to your toes. Give a little extra attention to any areas that feel tense.</p>	<p>Immersion: Take a simple task that has become automatic to you & shift the focus by changing it up (e.g., brush your teeth in the opposite direction). Notice things you never noticed before.</p>	<p>Happy Place: Visualize that you’re truly in your happy place (on a beach or in a garden), & then simply rest in the imagery of it for a few minutes to de-stress.</p>	<p>Breathing: Shift awareness to your breathing. Focus on the intensity of your inhale & exhale; the rise & fall of your chest. Observe your heart rate.</p>	<p>Choose Wisely: Ask yourself if you feel satisfied with what you just ate. If yes, what parts of the meal or snack helped you to feel that way? If no, what should you do differently next time?</p>
<p>Ponder: Check in with yourself about your hunger before you eat – you may actually be thirsty, bored or stressed.</p>	<p>Shift to the Positive: See the glass half-full. A positive outlook can make you happier & healthier!</p>	<p>Daily Intention: Create an intention for the day. Whatever you want your focus to be for the day, make it your intention (e.g., finding happiness in every situation).</p>	<p>Drink Enough Water: When you’re dehydrated, you feel sluggish and less alert. Keep water nearby and sip regularly.</p>	<p>Gratitude Note: On a piece of paper, write down as many things that you are grateful for that you have right now.</p>

