



TEN WAYS TO FIND POWER, PEACE, & HAPPINESS

First of all, know that you deserve peace! You should get a break and it won't be given to you, you have to take one! So, here are some tips that will help you rediscover POWER, PEACE, and Happiness!

- 1) Pray if you pray
- 2) Get by yourself and be present in the now
- 3) Close your eyes
- 4) Begin to breathe slowly deeply inhaling in and slowly exhaling out
- 5) IMMEDIATELY redirect any thoughts that disturb your relaxation (replace that thought with something pleasant, happy, freeing and relaxing)
- 6) Make affirming statements (more effective if you make them aloud) statements like: I don't have to stress, ALL will be well, My life is wonderful, God is in control, Everything will be alright, etc.
- 7) Be thankful...appreciate the big and small things. Believe it or not a life of Thanks-living brings so much peace and joy even in the most tumultuous situations!!!!
- 8) Unplug from social media and take a break from the news.
- 9) Find time to do what you love even if it means you can do it for a short time.
- 10) Stop complaining and/or comparing yourself to others.

Bonus: Surround yourself with people who support, and genuinely affirm you. People who love you and have concern for your overall wellness will help you do and feel great. Remember, ***as a human being it is not your job to do...it's your job to JUST BE!***

Feel free to reach out to me. I'd love to connect and hear the positive changes you experience from using these tips!! And enjoy your mental vacation! Be well!!!

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