

# 5 QUICK TIPS FOR FINDING CALM IN THE CHAOS

1



## Take a breather.

The to-do lists will never end so take some time out - whether it's 2 or 20 minutes. Pour a cup of tea, just breathe. Close your eyes for a moment to reduce sensory input and minimise overwhelm.

2



## Check in with your emotions.

Take a moment to identify what you are feeling, no emotion is permanent, ride the wave.

3



## Nature nurtures.

Find a slice of nature, whether you can look up at the sky, a tree, a plant or some water - it can help bring perspective in the moment.

4



## Drop your shoulders.

Take a breath, sit up tall and focus on your shoulder blades coming together and down your back. Feel the tension release down your body.

5

THANKYOU

## Practice gratitude.

Think of or write down 3 things you are grateful for. Gratitude and stress cannot live in the same space.

For more support go to

[www.kamahealth.com.au](http://www.kamahealth.com.au)