



# 5 Things You Can Do Today to Experience More Peace

Are you under a lot of pressure at work? Do your kids demand more out of you than you can handle? What about your wife or husband? Are you so drained because it feels impossible to say no to people? Do you desire more peace?

It is inevitable that you will feel stress and/or anxiety in your life. Whether it is parenting, marriage, your careers, relationships, or just simply overextending yourself by saying yes to things you know you do not want to do, experiencing stressors is a daily occurrence for most people-some more than others.

Everyone handles stress/tension/conflict differently, but if you are having trouble finding peace in the midst of whatever situation you find yourself, **here are 5 things you can do today to experience more peace:**

1

Close your eyes. Take several slow deep breaths. Pull air in through your nose and into your lungs. Hold your breath for 5 seconds and release slowly through your mouth. Do this several times to slow your heart, body, and mind down.

2

Take inventory and name your emotions. Recognize where your emotions are showing up in your body. Not only do our bodies hold our emotions, but they also hold our beliefs. Do you feel tightness or tension in your neck or jaw? You may be feeling angry. Is your heart racing or are you stuck in your head? You may be feeling scared or fear. Are you feeling tightness in your chest? You may be feeling disappointment or sadness. These are just a few emotions you may be feeling. Emotions and feelings are not right or wrong and they do not define you. Emotions are often referred to as “windows to our soul,” and by naming how you are feeling, you allow yourself to honor and own those emotions.

3

Write down 3 things you are grateful for and why you are grateful for them. If your list includes names of people, courageously reach out to them, and tell them why they landed on your grateful list.

4

Unplug from screens. Commit for a period of time to not watch TV, go on social media, or look at your phone. Start with an hour or two and expand over time.

5

Go on a walk by yourself, with a friend or loved one. Get out in nature and look at creation. Slow down and, with your senses, take in the extravagant beauty around you.

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