

Techniques to Help with Stressful Moments

A Quick Guide to Feeling OK

Breathing Exercise #1

Stand with your hands by your side. As you take a breath in through your nose, slowly raise both hands/arms up (like you are making a snow angel) by your head. Your “in” breath should last about 4-5 seconds. Slowly blow the breath out through your mouth and lower your arms at the same time. Breathe out until there is no more breath. Repeat this 4 more times, taking a couple of normal breaths between each “in/out” breath session. You can keep your eyes open or close them to really focus on your breathing.

Breathing Exercise #2

Sit in a chair or on the floor. Gently pinch your nose with your thumb and ring finger. Keep your thumb in place (on one side of your nostril) while removing your ring finger. Take a deep, steady breath through your nose (the side with your thumb should be closed so no air is coming in). The breath should last 4-5 seconds. Slowly breathe back out of your mouth until no breath is left. Then, replace your ring finger on the nostril you just breathed through and close it, removing your thumb from the other side. Take a deep, steady breath in and slowly breathe back out of your mouth until no breath is left. Rotate and repeat each side 3-4 more times. Keep eyes open or close for more focus.

Visualization Exercise

First, you will need to pick an action that you are going to perform. This could be rubbing your earlobe, touching your nose, tapping on top of your knee, etc. You get to pick your action. One of my girls takes her thumb and first finger on one hand and gently squeezes the area between her thumb and finger on the other hand. If you looked at her, it just looks like she is holding her hands together. The only rule is that you have to use at least one hand during this exercise.

Next, pick a memory, a time in your life that was happy or brings you joy. As you are thinking about this moment, perform the action you chose. During this action, think about how you felt in that happy moment, what it looked like (what you saw), what it smelled like, how the air felt...the more descriptive and use of your senses in your thoughts, the better.

Now, walk away and do something else for a few minutes. Then, go back and do this exercise again. When you start to do the action you chose, you should automatically think about this particular moment of happiness. Take a few deep in and out breaths while you visualize the happy moment.

Use this guide whenever you need to catch your breath!

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Self-Care Tips and Tricks

A Quick Guide to Treating You

From Crappy To Happy: Self Care Tips For Bad Days

Bad days are going to happen, it's inevitable! However, we don't have to let it get the best of us. Don't throw in the towel and give up just yet. There are many ways for you to take charge and change the outcome. Below are some strategic self care tips to turn that frown upside down!



Unplug. Life is stressful enough without hearing about all the bad that is going on in the world from the news or how perfect others' lives seem on social media. When you are having a bad day, unplug yourself from the electronic world. There are so many other productive ways we can spend our time to get our minds back on a more positive track, not to mention the studies that have been done on the negative mental effects the blue lights from screens have on us!



Be Thankful. There are so many things in this short time we have to be thankful for. When you are feeling down or angry or like life just has it out for you, name 5 things you are grateful for. It can be your family or sunsets or the fact that your feet hit the floor again today. When we focus on the positive things, we train our brains to feel happy. Try it, it works!



Breathe. Sometimes, you just have to STOP. AND. BREATHE. When life is feeling out of control, try this technique. Find a quiet space. Sit in a chair or on the floor and close your eyes. Take a 5 count breath in through your nose, hold it for 4 seconds and let the breath flow out of your mouth slowly until there is no more. Repeat this until you feel like you are in a calm state. If thoughts keep appearing in your mind, let them come through, then return your focus back to your breathing.

Use this guide whenever you need to recharge!

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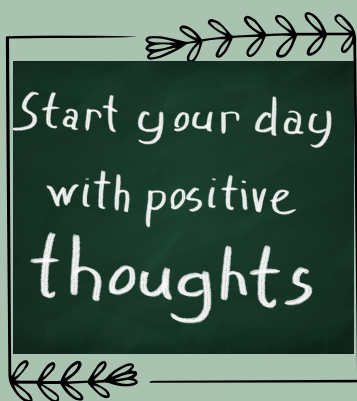


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From Crappy To Happy:
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(continued)



Positive Affirmations. The words we speak live within us in our hearts, our minds and our souls. An affirmation is a positive statement that when spoken out loud, fills the area around you with positive vibrations that feed your soul. Your mind also picks up on these vibrations and starts to connect with the positive energy, causing us to feel good again. Think positive to be positive.



Soak it up. Cleanse away your bad day with a hot bath! Did you know that besides cleaning the dirt away, water helps to rinse negative energy off of you? Try this, run a hot bath. Light a couple of candles. Pour in a cup or two of your favorite bath salts, add a few drops of lavender essential oil and if you like bubbles, by all means. Then, soak. Stay there until either the water starts to get cold or your fingers are pruned. Finish off by throwing on some body oils and lotion and soft clothes- softer materials have a calming effect and are just more comfortable. Period.

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Self-Care Tips and Tricks

A Quick Guide to Treating You

“

You don't have to
EAT LESS.

You just have to
EAT RIGHT.



”

Foods not only affect the way we look, but also the way we FEEL. You see, we operate on vibrations. If you are feeling tired, depressed, looking frail or skin color has faded, have brittle hair or split ends, you are most likely operating on a very low vibrational level. What we think, feel and speak become our reality. In order to raise our vibrations to become more healthy as a whole, we need to focus on different aspects. This includes what we are putting in our bodies.

High vibrational foods are foods that are ALIVE and GROW such as fresh, organic fruits and vegetables, olive and avocado oils, nuts, and whole grains. Other foods include honey, milk and cooked fish. Unfortunately, when foods are cooked, they lose over ⅓ of their life force, which is what raises our vibrations.

I am not saying that you have to eat everything raw, you can make a great vegetable soup at 115 degrees and still maintain the vibrational integrity of the food. I am also not saying that you have to become a vegetarian. Meats contain protein that our bodies need, however, should be consumed in moderation. What I am saying is be aware of what you are putting in your body. Your body talks to you, so listen!

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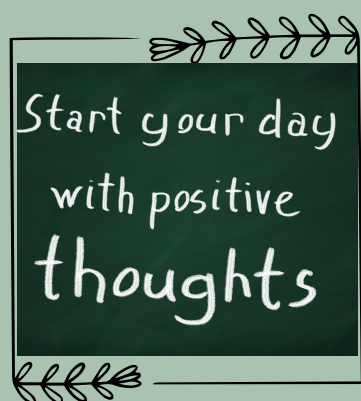


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Cleansing the Mind, Body and Soul

~**Meditation.** Meditating is a great way to cleanse or rid the mind of outside thoughts and feelings that don't align with us. If you have never meditated, start with 3 minutes...everyone can spare 3 minutes out of their day, very attainable and starts to build the habit. Find the best breathing technique for you that helps to calm and rejuvenate you.



~**Drink warm lemon water.** Do this first thing in the morning. Add ginger to your warm lemon water for variety. This will stoke your digestive fire and keep your entire GI tract with healthy digestion, assimilation, and elimination.



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Techniques to Ground and Shield Your Energy

A Quick Guide to Feeling Centered

Grounding Technique

Find a comfortable spot, preferably outside in the grass if you are able to sit or lay. Place right hand over your heart and your left hand over your navel or rest your hands apart with your palms up. Close your eyes and take a few deep breaths in through your nose, hold and slowly breathe out through your mouth.

When you are ready, visualize a warm, vibrant white tube of light flowing from above into your crown. Let this light travel down your body, filling you with healing energy. Visualize the light traveling down to your feet and into the ground, breaking through the dirt and clay. The energetic tube of light starts to split like roots as it digs deep into the Earth. Take a moment and when you feel secure, grounded and connected, imagine the light energy moving back up the roots, pulling the Earth's grounding energy through the core and back into your being. You are being filled with this beautiful positive energy. The light tube travels back up through your body and exits back through the crown of your head. Take one last deep breath and when you are ready, open your eyes.

Bubbling/Shielding Technique

This technique is used to keep unwanted energy from entering and invading your personal space.

Sit comfortably with your feet flat on the floor. Place your right hand over your heart and your left hand over your navel. Take a few deep breaths in through your nose, hold and slowly breath out through your mouth.

Start to visualize a beautiful, glowing white light starting at your heart center.

This light grows with every breath, filling your entire body with loving, protective energy. As you take your next breath, you notice the light begin to surround you as if you were standing inside a giant, invisible bubble. You can extend this bubble as far from you as you wish it to be or keep it close to you.

When you are in this bubble, it acts as an invisible shield, keeping negative, draining energy from connecting with your energy. You can access this free resource anytime, anywhere. Once you have done this exercise a couple of times, you can literally feel the bubble around you when you ask for it!

Use this guide whenever you need to ground and shield!

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Energy Ball Technique

A Quick Guide to Release Nervous Energy

Energy Ball Technique

Anytime you or your child are holding excess nervous energy in your solar plexus chakra or stomach, this is a quick and easy way to "remove" and "release" the energy to take back your power.

For children: Have your child place his/her hand over their belly button. Place your hand directly over theirs. Have them imagine all of their thoughts, all of the bad/gross feelings, anything they don't like- coming out of their belly button. As the thoughts and feelings come out, they start to form into a ball. Have them visualize the ball however they want. It can be clear or light up, it can be big or small, heavy or light, (the more descriptive they see it, the more powerful the exercise becomes.) They (or you) may notice your hand getting hot- this is normal, this is energy moving! Once they feel like all the words are out, have them hold the energy ball in their hand and let it go outdoors. They can blow it away, throw it, again-it's their journey so whatever feels right for them. They can also do this themselves any time they need to!

For adults: Follow the same directions as above. Don't be afraid to get imaginative- our subconscious speaks in symbols and signs so visualization is the best way to connect and strengthen that connection!

Use this guide whenever you need to to let go of negative thoughts!

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Connecting with the 5 Senses

A Quick Guide to Slow Down and Be in the Moment

Connecting with the 5 Senses

Find a nice place where you can remain uninterrupted for 10-15 minutes. Outside is preferable but inside will work if necessary.

Start with one of your senses (it does not matter which order you do this). For instance, let's start with your sight. Cover your ears with your hands and just start to look around you. Take your time, there is no finish line. Notice things you maybe haven't before or have ignored. Notice the different shapes, colors, sizes and placements of things. Watch any creatures that may show up. Walk around if you want, you don't have to stay in one place! Become aware of how things you see make you feel (emotion).

Next, you could focus on hearing. Close your eyes and just listen. Notice how some sounds will come in more clear and others may fade away in the distance. Perhaps even thoughts and/or images may appear in your inner hearing.

Now, focus on touch for a moment. Physically touch items around you. Notice how the ground feels under your feet, notice. Feel the wind or sun on your skin. Notice any vibrations you can feel around you. Take note once again of how you feel on the inside while you are doing this exercise.

Don't forget smell and taste. These can sometimes go together. Close your eyes and cover your ears. Start to become aware of all of the aromas surrounding you. Subtle scents, some will come and go quickly while others linger. Depending where you are, you can even taste certain things like salt in the air if you were near the ocean or even wild honeysuckle growing nearby. This is your journey, you can use this time to focus on whatever is surrounding you. Do this exercise whenever you feel you need to slow your mind and thoughts down, become present in the moment and even find clarity.

Use this guide whenever you need to slow down and be in the present moment.

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