



## The Art of Nourishment

In the midst of a busy lifestyle and connected culture, it's essential (and entirely possible) to take time to pause, breathe, and nourish yourself. These few ideas may prompt your intent to connect deeply with your inner wisdom, source of strength, and sense of peace.

Practiced throughout the day [every day], these moments of playful reconnection support being present, feeling nurtured, and engaging life with a light heart. This is more a menu of ideas to be built upon rather than a checklist to be accomplished. Feel free to add your own ideas to the list and keep it handy as a reminder.

One caveat: Be natural when possible. No scrolling or tv. Limit technology to phone calls, listening to music, or enjoying guided meditations.

When choosing to be present in the moment, you realize that you *DO HAVE TIME* to nourish yourself and reconnect with your Soul. Creating this presencing habit awakens you to the beauty and vitality of your life. As you generously tend to your Soul, Body, Mind, and Creative Potential, you radiate this invitation to others.

***Imagine the wonder of a world full of Nourished Souls.***



## When You Have 30 Seconds



- Enjoy a Sacred Pause: remain still with eyes open or closed
  - Cross your hands upon your heart. Enjoy 3 HeartBreaths. Switch your palms and enjoy 3 more. And 3 more. Notice how your body feels
  - Repeat a calming statement or empowering affirmation
  - Look/Listen/Feel around your environment - be present to the place
  - Share a smile or kind word with someone
  - Wash hands/wrists in cool water to lower cortisol & release endorphins. Imagine washing stress away as you breathe.
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## When You Have 1 Minute



- Close your eyes & invite relaxation with 10 slow WholeBody breaths
- Wake up with jumping jacks or calm down with a gentle yogic sun salutation
- Go/look outside. What's happening in nature?

- Pet your dog, play with your cat, sing to your fish
  - Sit quietly in your car before entering home, store, or office
  - Massage your hands with appreciation for how they work
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## When You Have 5–10 Minutes



- Take a short walk outdoors and engage your senses
  - Close your eyes, activate imagination, take a virtual vacation
  - Listen to music and notice how it affects your mood
  - Slowly drink a glass of water, enjoy a cup of tea/coffee
  - Listen to your kid - they choose the topic or prompt them
  - Jot down a few ideas of fun social activities or hobbies to try
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## When You Have 30 Minutes



- Practice a new or old skill
  - Take a walk, ride a bike, or shoot some hoops
  - Read something inspirational; discover a nugget of wisdom
  - Practice progressive muscle relaxation or do Yoga Nidra
  - Enjoy a quiet cup of tea/juice/coffee in a peaceful setting
  - Play dance tag with your kids, partner, or office mates
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## When You Have 1 Hour



- Take a bath with sea salts, candles, & music.
- Call a friend for a positive chat or creative brainstorming
- Cook a nutritious meal or food prep for family
- Give yourself, or get, a manicure or pedicure
- Engage your imagination, work on your creative project

- Practice yoga, tai chi, qigong, or exercise that feels good

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## When You Have a Full Day



- Work in the garden, tend to indoor plants, and clear house clutter
- Go on a long hike, canoe ride, or outdoor adventure
- Volunteer in a meaningful way that nourishes your Soul
- Turn off screens and create your personal spa day or art date
- Spend intentional time with friend/loved one. Explore a new place, visit a museum, hang out in a bookstore, and enjoy a leisurely lunch.
- Create/build something useful or beautiful (alone or with others)

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## When You Have a Weekend



- Attend a Soul nourishing workshop or retreat
- Plan a short getaway with a friends, family, or your partner
- Create a “ME weekend” doing what YOU love most
- Plant a garden or complete a meaningful home project
- Explore a place you’ve never been before
- Build in plenty of relaxation time for whole family



A Nourished Soul  
connects easily  
with Self, Nature  
and Community.

A Nourished World  
lives in harmony.

