

# Bring a Balanced Approach to Your Day:

## Breathe, Visualize, Relax

Take a moment to reflect on your life. Now is the time to adopt practices that can help to buffer your response to stress & help you master the stressful moments of your life.

**Let us help you manage that stress holistically.**

### Breathe:

- Begin by focusing in on your breath, simply by paying attention to the breath.
- Observe the gentle flow out and in at the nostrils....without judging.
- Follow the flow of your breath, allowing it to soften the body.
- As you exhale, gently press your navel towards your spine, releasing tension.
- Inhale, fill your belly with air bringing in new energy and vitality.
- Be kind to yourself and do what is comfortable! The benefits will be endless!

### Visualize:

Allow your mind to drift to a pleasant, peaceful place--somewhere you feel completely relaxed. Perhaps it may be a place you have visited on vacation, a beach or it may be a room. It is a place where you will always be able to let go completely--**a haven of tranquility**. Notice the light: is it bright or dim? Then the temperature level: hot, warm or cool? Be aware of the colors that surround you, shapes, texture, the familiar objects that make this place special. You can **just be** here, taking the time to enjoy the sounds, smells, atmosphere, in touch with your surroundings and your inner world.

### Relax:

Your only job now is to relax. Use your breath to soften your body. Do a body scan by focusing first at the top of your head and noticing any areas of tension. Slowly move down your body paying attention to any areas where you may be holding stress. Tighten and relax to feel the contrast if this will assist you. After doing the scan, go back and see if there are any residual areas of tension. Use your visualization to increase the feeling of calm and peace.

***Relaxation techniques similar to those above are but some of the holistic approaches used to promote self-care and self-awareness, empowering you to gently restore balance and vitality.***

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**Contact Teddy today at her Cherry Hill office for more information, questions or to make an appointment.**