

OVERWHELMED...

OWN IT



I acknowledged that I was FEELING overwhelmed with starting my life OVER @47 - Forgiving myself for Another failed relationship - relocating cross-country TWICE and now navigating a wonderful; yet challenging relationship, as the caregiver and fiance for an Incredible man who is still reeling from side effects post surviving two strokes.

1

BREATHE

2

The more I suppressed my breathe - the more out of control I felt. By leaning into My breathe with the knowingness that there is no life without the breath-did I become aware that when I had feelings of sadness-anger-disappointments and failure-i would suppress the natural flow of breathing. I conquered that by improving my awareness and getting in better touch with my body, my mind and my feelings.



MEDITATE

3

I gave myself 'Permission' to be Still - to become quiet and to breathe in order to calm down my nervous system. There was a time when meditation put me to sleep. I've released the belief that meditation was one way. I embraced that what my mind and body needed to receive while meditating -it would receive.



READ

5

4

Not to get a Badge of honor for reading 21 books a year; but to absorb - retain and implement the material based on where I was and what I needed. What matters is not the number of books you read; rather the Number of value and lessons you receive from reading one book.



MOVE

I used to tell my clients that walking wasn't enough. I was wrong. Walking is a wonderful way to ground oneself and to get a nice healthy dose of 'Negative Ions' that recharged my system, my mood and leveled out my blood pressure.