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<p><b>Focus:</b> Choose an object near you. Shift energy on that object. What does it feel like? What does it smell like?</p>	<p><b>Focus on Your Food:</b> Look at the food on your plate. Notice how each bite feels and tastes. Take time to enjoy the taste and smell of the food.</p>	<p><b>Spend the Day Smiling:</b> Actively smile whenever you can. You might make someone else smile too!</p>	<p><b>5 Senses Technique:</b> Right now, think of what you see, feel, hear, smell and taste. Try this at different times of the day.</p>	<p><b>Sleep:</b> Go to bed early, read, relax, do some yoga, sleep soundly and wake up refreshed!</p>
<p><b>Yawn:</b> Yawn and stretch for 10 seconds every hour. Do a fake yawn if you have to. That will trigger real ones. Notice how a yawn interrupts your thoughts and feelings.</p>	<p><b>Bed-Making:</b> As a moving meditation, mindfully breathe while smoothing and tucking your sheets. Make your bed your absolute and only focus for a few moments.</p>	<p><b>Body Scan:</b> Close your eyes. In a chair or lying down, do a scan of every part of your body. For every breath, focus on each part.</p>	<p><b>Aspire:</b> Ask yourself— What is my heart’s aspiration? Pause for about 20 seconds. Do this a second time and write down what comes. Perhaps it is to be kind to yourself or to be patient.</p>	<p><b>Stop When Full:</b> Stop eating when you’re full – there’s no need to join the clean plate club if it means overeating.</p>
<p><b>Rearrange Your Space:</b> Choose a space to change up (e.g., your work station, bedroom, closet). Try the 5 Senses Technique before and after rearranging, for comparison.</p>	<p><b>Wait in Line:</b> Take a few deep breaths to center yourself while waiting. Acknowledge your immediate surroundings and the presence of others while wishing them well.</p>	<p><b>FREE SPACE</b></p>	<p><b>Create a Calm Eating Environment:</b> With less chaos, you can focus on what you are eating. Turn off the TV and computer, put away newspapers, books, and magazines, and try not to eat on the run.</p>	<p><b>Get Out in Nature:</b> Sit, stand or walk through nature and notice things around you (e.g., animals, noises, shape of clouds).</p>
<p><b>Stretch:</b> Stretch your back, neck and shoulders especially if you’ve been staring at a screen. Stand up and stretch from your fingertips to your toes.</p>	<p><b>Immersion:</b> Take a simple task that has become automatic to you and shift the focus by changing it up (e.g., taking a different route to work). Notice things you never noticed before.</p>	<p><b>Happy Place:</b> Can you imagine yourself on a beach or in a garden? Visualize that you’re truly in your happy place, and then simply rest in the imagery of it for a few minutes to de-stress.</p>	<p><b>Breathing:</b> Shift awareness to your breathing. Focus on the intensity of your inhale and exhale; the rise and fall of your chest. Observe your heart rate.</p>	<p><b>Choose Wisely:</b> Ask yourself if you feel satisfied with what you just ate. If yes, what parts of the meal helped you to feel that way? If no, what should you do differently next time?</p>
<p><b>Ponder:</b> Check in with yourself about your hunger before you eat – you may actually be thirsty, bored or stressed.</p>	<p><b>Shift to the Positive:</b> Cheers to a new perspective! See the glass half-full. A positive outlook can make you happier and healthier.</p>	<p><b>Daily Intention:</b> Create an intention for the day. Whatever you want your focus to be for the day, make it your intention (e.g., finding happiness in every situation).</p>	<p><b>Drink Enough Water:</b> When you’re dehydrated, you feel sluggish and less alert. Keep a water bottle nearby and sip regularly.</p>	<p><b>Gratitude Note:</b> On a piece of paper, write down as many things that you are grateful for that you have right now.</p>