

mental hygiene

reducing stress and anxiety during the pandemic ... and anytime

Details for these practices are in the [5 days of mental hygiene series](#) on the Simply: Health Coaching Podcast.



just breathe

4 breathing exercises for those moments of panic
~2x breathing
~box breathing
~4-7-8 breathing
~alternate nostril breathing



watch your language!

4 language shifts to reframe your perception of reality
~and > but
~get to > have to
~for > to
~choose to > should



your presence is requested

4 questions to help you stop "future living" and stay present
~what is the problem right now?
~what's the next right step?
~what do i want to accomplish?
~who can help me?



disconnect + reconnect

4 areas in which to consider what supports you right now
~technology
~media
~places
~people



listen to your mother (nature)

Mom always has a lot to say about what will keep us safe and healthy. And it turns out she is usually right! Mother Nature has provided us with our most important resource: our inner wisdom. When you turn inward and listen to that still, small voice, it won't steer you wrong.

