



5 simple ways to feel well today

#5SimpleWaysToFeelWell

www.cranio.com.au

5 simple ways

to feel well today



1. Breathe

Sounds obvious I know, but once you start paying attention, you'll be amazed how often you are holding, or limiting, your breath.

Tip & Trick: Each time you stop at traffic lights, walking or driving, ask yourself

"how much of my wonderful lungs am I using right now?"

No need to judge or fix or change. Just notice...

If you'd like to, you can then experience filling them fully, then emptying fully. Get curious.

Then after just breathe, however you feel like.

That's it. Simple. Try it now...

5 simple ways

to feel well today



2. Balance

I'm not talking about some ethereal far-off, major-life-change dream goal. I'm talking about standing on one leg.

Yup, you read that correctly. Stand on one leg,

- **Tip & Trick:** Next time you find yourself rushing around at home, at work, on your way somewhere, stop for 5 seconds (only 5 seconds!) and stand on one leg.

If you know the tree yoga pose you can do that. If not, just bring one foot up towards the knee of the other leg.

Wherever you can get it is fine, as long as you can't lean on it.

- Notice when you're rushing
- lift one foot up, and keep it there for 5 seconds
- then you can continue on your way.

The more often you do this the better the effect.

5 simple ways

to feel well today



3. Drink water

Yes, you know. You've heard this (a lot) before. But are you actually doing it? Feeling tired, lethargic? Headache coming? People really bugging you? Can't get your mind off of something? Drinking water could well be your answer.

For me, I find if I drink 3 litres over the day I feel great, clear and much more sociable. If I don't, fatigue sets in along with low concentration.

Tip & Trick: Get yourself a 750ml-1 litre bottle you love and fill it twice a day. Maybe even be super-organised and fill it when eating your breakfast then lunch. Simple memory triggers. See how you go.

*Find 2 times a day when you know you'll be near a tap/water filter.
You could even set a reminder on your phone.*

Happy drinking and enjoy your improved day.

5 simple ways

to feel well today



4. Sit down

"I can't...", "I must...", "First I have to...", "What about...?"

There will always be things to do, stuff to 'get done'.

Take 5-10 minutes out to just sit, just be, notice where your attention is, watch the clouds pass by, the leaves blow in the breeze, feel the air or sun on your skin, the grass/bench/step under your bottom or hand.

This seemingly pointless, inefficient-use-of-time can really increase your mental clarity (clear thinking), ground you (less scattered and stressed) and improve your creativity and productivity. Sound worth it yet?

When else will your intuition speak to you? When else can you hear it?

Tip & Trick: *Get out in nature if you can - benefits increase enormously.*

An open window (even in your car), a street bench, balcony or garden are great. A beach, forest, the bush or park are even better. Set a timer on your phone if you are worried about time. It will help you to relax more then too.

Try to make it part of your daily routine (e.g when you first get up, coming home from work or when your kids have just gone to bed etc) so it becomes automatic, no mental effort. Do what you can.

Enjoy this little piece of peace in your life. You'll thank yourself for it.

5 simple ways

to feel well today



5. Clear something

Clear and clean a surface you use a lot. It's easy for 'stuff' to build up and it can take energy to clear it. But this 'stuff' also takes your energy every time you look at it, move it or try to work around it.

Tip & Trick: *Think of the place that you use most, that would have the biggest impact for you. Then just do it.*

Put this down, set a timer for 5 minutes and go for it. *You'll be amazed how much this lifts you, now and every time you use the space tomorrow too.*

Are you still reading this? Off you go now...

(If you are not near the place you're thinking of now then set aside a time this evening, BEFORE you turn on the TV or check Facebook 😊 Set a reminder alarm on your phone if you'll be busy before.). Go on, do it...it'll feel so good!



There. That's it for now.

Happy breathing, balancing, drinking, sitting and/or clearing!

Pick 1, or more, today and see how well you feel.

If you've felt the benefits please tell your friends and family about it.

Get them to sign up themselves for more feel well tips and tricks too.

The more people feeling well in the world the better!

Post a picture/post of you and YOUR 5 ways.

Use #5SimpleWaysToFeelWell

We'd love to see it.