

# A WELLBEING INVITATION



MAY - MORNING ROUTINES

# A WELLBEING INVITATION

APRIL 2023



Intention

"How do I want to feel today?"



Breath

2 minutes of deep breathing



Buy or carefully pick a bunch of  
spring flowers



# BENEFITS

Possible side effects of engaging in this month's wellbeing prescription:

- Mental clarity
- Soothed nervous system
- A nourished mind
- Greater appreciation of the ordinary and mundane
- Joy and delight
- A sense of improved over all wellbeing

# INTENTIONAL LIVING



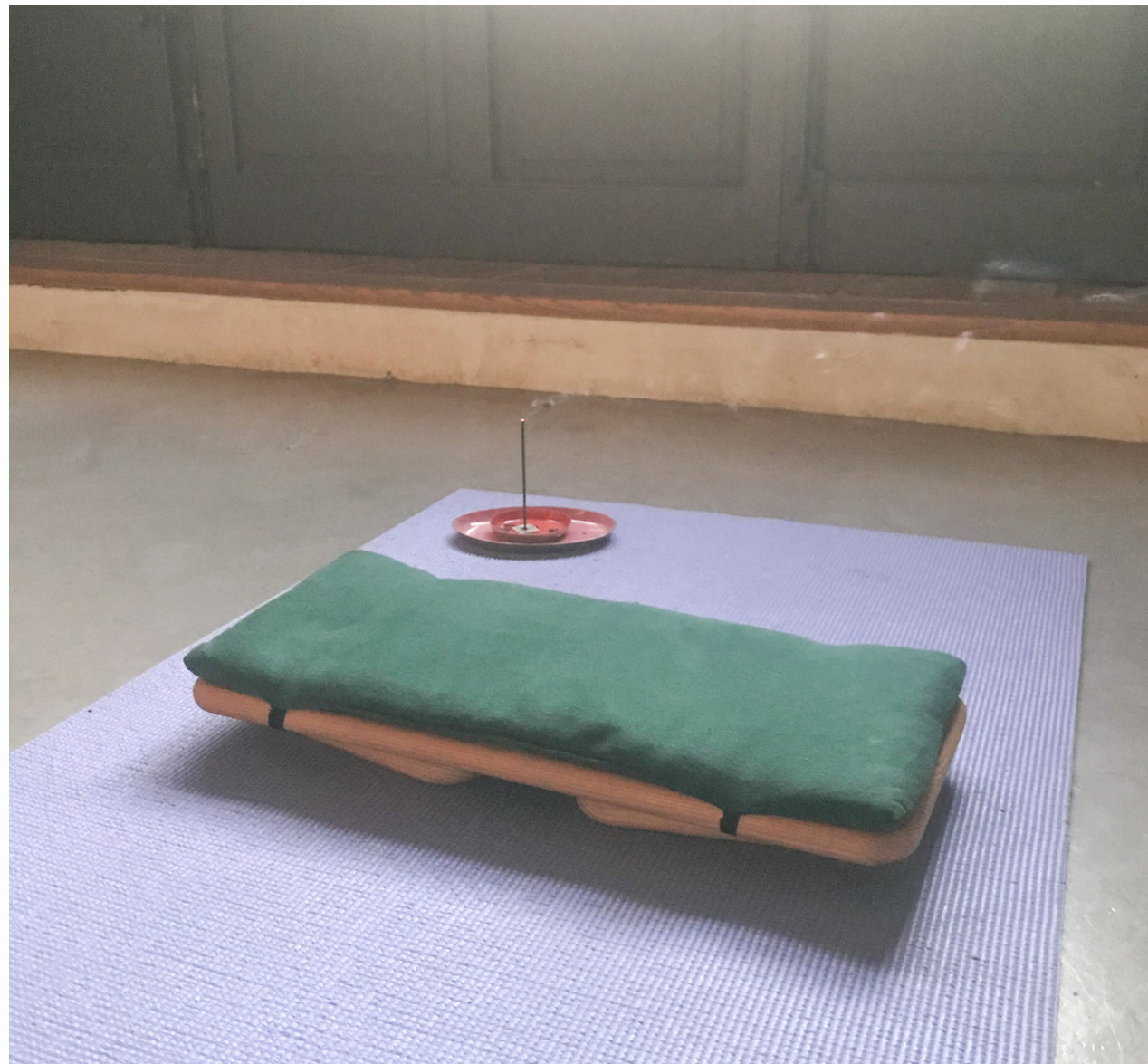
'How do I want to feel today?' - Michele Akester-Marsh

Asking yourself this simple question when you wake up first thing. This activates your reticular activation system in the amygdala and is a gentle question for the day and can impact on the choices you make, perhaps changing the trajectory of your day

You're also welcome to check in with yourself at the end of the day, but that's not a necessity.

Read more about Michele's work [HERE](#)

# BREATH WORK



Two minutes of deep breathing first thing

1. Place one hand on your belly, relax the abdominal muscles.
2. Slowly inhale through the nose, drawing the air into the bottom of your lungs. You should feel the abdomen rise.
3. On the same inhale, feel the rib cage expand outward as the breath move upward until the collar bones rise.
4. Pause for a moment, then exhale out the mouth gently from the top of your lungs toward the bottom.
5. At the end of the exhalation, draw your belly button toward your spine, pushing any residual air out of the bottom of the lungs.

# BUY YOURSELF FLOWERS



Or carefully pick from the countryside

Fresh flowers are not only good for the soul — they are also scientifically proven to improve certain health outcomes.

"Tranquil environments can provide relief from stresses of every day," according to researchers from the University of Bradford.

Flowers have specifically been found to incite positive emotions, they cannot ward off all the stressors in your life, but their positive impact can still be significant.

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Remember as with all invites, you can say no or perhaps just try out one item.

Do let me know how you get on and if you have anything you'd like to share about your experience.

If you'd like to explore with me in more depth anything that arises for you can book a 1:1 session at a time that suits you reach out.

Have a wonderful rest of the month.

Warmly,  
Josephine







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