



Daily Practice

The intention of the daily practice is to ground you at the beginning of your day in order to support you throughout the rest of your day. This self-care practice should incorporate aspects that support your mind, body, and spirit.

Examples of activities that can be included in a daily practice are walking, journaling, meditation, body movement (dancing, yoga, etc.), and daily affirmations. Other somatic practices you may choose to explore are humming, which supports the vagus nerve and orienting, in which you focus on an object and practice staying present.

You may choose to organize the practice into good, better, and best categories. Your good might look like a 2-minute practice consisting of meditation, dancing, and gratitude. A better option might be a 5-minute practice consisting of a brief meditation, stretching, and gratitude. And perhaps your best option would incorporate yoga, meditation, and journaling for a total of 10 minutes.

The time is up to you. Consistency of the practice is what matters.