

12 Science-backed Ways to Connect and Recalibrate

- 1 - Take a walk in nature
- 2- Heart based breathing for 3 minutes
- 3- Take ten long deep breaths
- 4-Learn self hynosis to stay calm
- 5 - Go outside and move the way you feel
- 6 - Do wonder woman/superman posture for 2 minutes
- 7 - Detox from the news and social media
- 8 - Spend at least 30 mins on a creative hobby
- 9 - Spend time with loved ones who support you
- 10 - Say 3 things that you are grateful for each day
- 11 - Relaxing exercise like yoga, pilates, tai chi.
12. Long hot bath (or shower if no bath)



margo field