

# Intentional Living

## Idea List

- Take a few deep breaths before starting any task or activity. If you sit at a desk most of the day, try getting up and moving around on a regular basis.
- Make time for yourself to do things that make you happy.
- Practice mindful eating by chewing slowly, savoring each bite, and paying attention to the taste, texture, and aroma of your food.
- Incorporate mindful movement into your daily routine, such as walking or stretching. Choose activities that you enjoy and make you feel energized, rather than depleted.
- Take breaks throughout the day to stretch, move, or simply rest your mind.
- Practice self-compassion by speaking kindly to yourself and acknowledging that it's okay to make mistakes or have bad day.
- Set boundaries to protect your time, energy, and well-being.
- Practice getting comfortable saying no and practice asking others for help.
- Try a mindfulness meditation. This could be a breathing exercise, yoga or just sitting quietly in a peaceful space. Start with 5-10 minutes and increase a couple of minutes each day. Focus on your breath and bring your attention back to the present moment whenever your mind wanders. Note how you feel after each practice.