

The Top 5 Tools to Increase Your Inner Peace

In less than 10 minutes a day (including one I use every day)

1

Yoga

Series of yoga poses, one for each Chakra, starting from your feet to your head

2

Meditate

Using guided meditation apps, music or binaural tones (my personal fave)

3

Coloring

The latest craze, used by psychologists – because it works!

4

Essential Oils

Diffuse or inhale grounding oils, including: Lavender, Cedarwood, Rosewood & Sandalwood

5

Journal

A mental brain-dump – get all the chatter out of your head and onto the page



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