

you

[illegible]

- BRENE BROWN

*Forgive yourself today
for a past transgression*

Write yourself a letter from your past or future self. What do they want you to know?

Spend 15 minutes practising yoga or meditating

*Take a leisurely walk
in nature*

*Release yourself from
your inner-critic. Note
five positive qualities
you possess*

Watch your favourite
movie or TV show
from childhood.
Enjoy the nostalgia

Take five long inhale
and exhale breaths

Stop comparing yourself to others. Note three challenges you've overcome to shape who you are today

*Rest day! Do nothing
(and don't feel guilty
about it)*

Devise a future plan.
Something that
excites you

Share how you're feeling
with someone you're
close to

*Make a mindful cup
of tea and read your
favourite book*

Spend 15 minutes on a creative exploit

Be still. Find somewhere green or by the water and simply enjoy the quiet for a few minutes

Watch the clouds go by

*Snuggle up indoors on
a rainy day*

*Share a good, deep belly
laugh with a friend*

Call a friend or family member you haven't spoken to in a while

*Have a social media
free day*

Check in with your emotions. Observe your thoughts non-judgementally

Enjoy a home spa day. Take a long bath with essential oils, magazines, tea and relaxing music (or silence)

*Ask for help. And don't
be ashamed to do so*

*Spend an hour doing
something that
nourishes you.
Be completely in
the moment*

Say 'no' and don't
berate yourself for it

*Light your favourite
candle and allow the
comforting aroma to
fill your home*

*Remind yourself
that whatever you're
feeling today will pass.
Tomorrow is a new day*

Start a gratitude journal. What are three things you're grateful for today?

Choose a daily mantra
and remind yourself of
it today

*Treat yourself to your
favourite meal or
dessert (or both)*

*Listen to your favourite band or song on repeat.
Sing. Loud.*

and make time for yourself

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DEMYSTIFYING meditation

There are so many reasons and ways to meditate that it can at first seem daunting, but the benefits of sustained practice are worth the effort. You just need to give it a go

I've been practising meditation for a few years now. At first it was a private thing. Nobody I knew meditated and I often worried about what other people would think, imagining they might regard me as quirky or weird.

But any potential embarrassment paled into insignificance compared to my overactive mind that refused to be stilled. I was stressed at work and my mind was on constant overdrive in a state of anxiety, worrying about the smallest things that may or may not happen. It was also holding on to stories of the past, replaying them to justify the way I felt in that moment.

I was operating on automatic pilot and wished I could take a holiday from my mind and its overthinking. It would wake me up in the middle of the night still worrying and playing movies of the past. The whole experience was exhausting.

I felt lonely. Guzzling wine at the weekends was my only escape from the life I was leading and my mind that would never rest. Until, of course, I burnt out.

Since then a simple, sustainable meditation practice has honestly changed my life and I truly believe anyone can benefit from it.

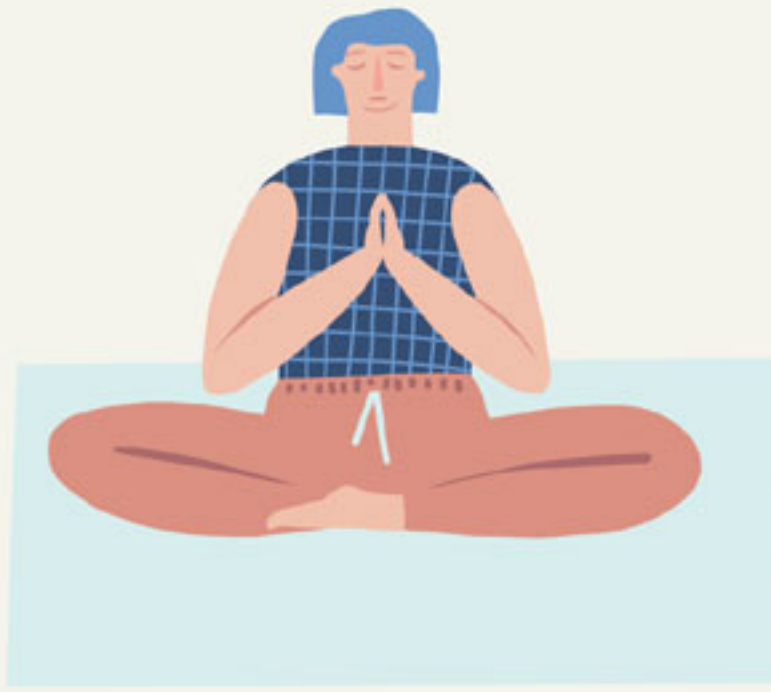
I don't see meditation as the answer or a fix but instead a vehicle to slow down and

check in with myself. In this space I know and understand myself better and can make choices that are more aligned to what serves me best. It has ultimately led me to creating a life I love.

But meditation can be daunting and confusing to new practitioners. In this instance, it can be helpful to break it down and view it afresh to help you on your way to a quieter mind.

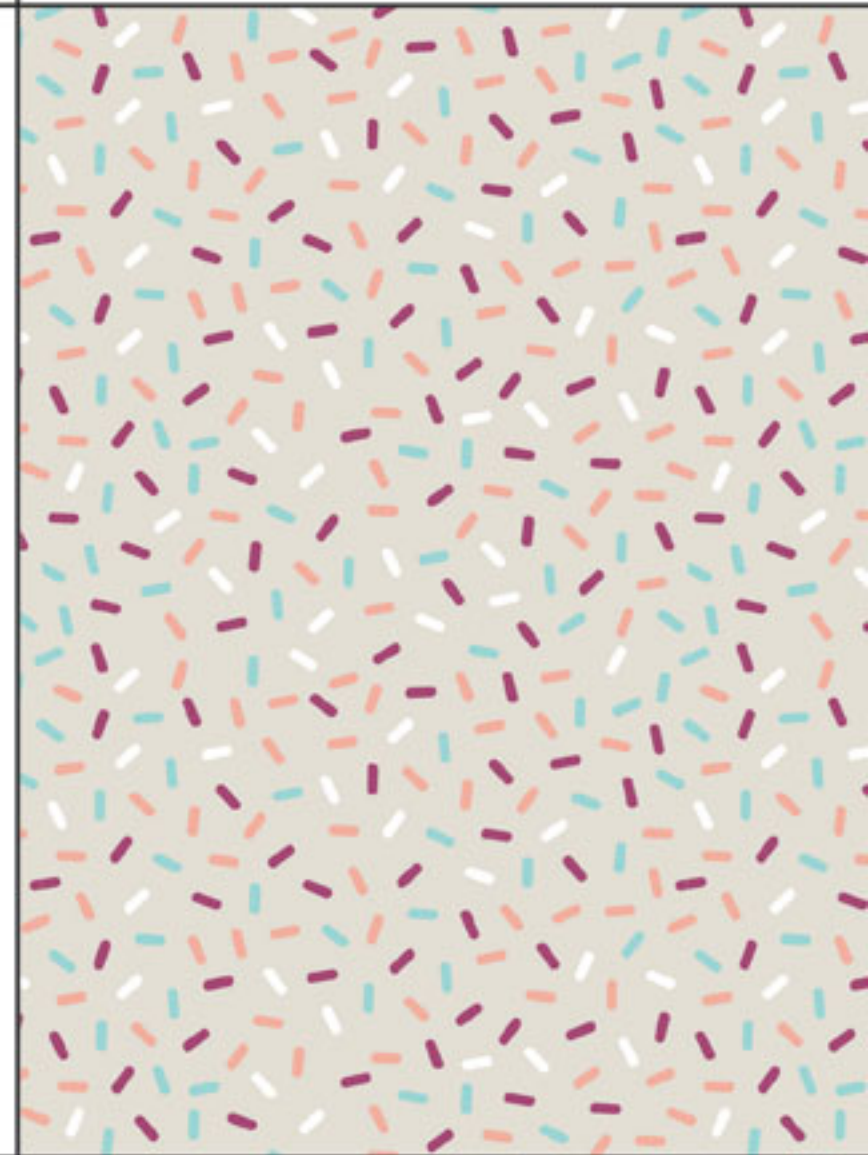
We've crafted some meditation muse cards with prompts and affirmations for you to feel grounded and inspired...

**MY THOUGHTS
ARE FREE**



**MY BODY IS CALM
AND RELAXED**

**I AM IN
THE PRESENT
MOMENT**



**I AM AT PEACE
WITH MYSELF**



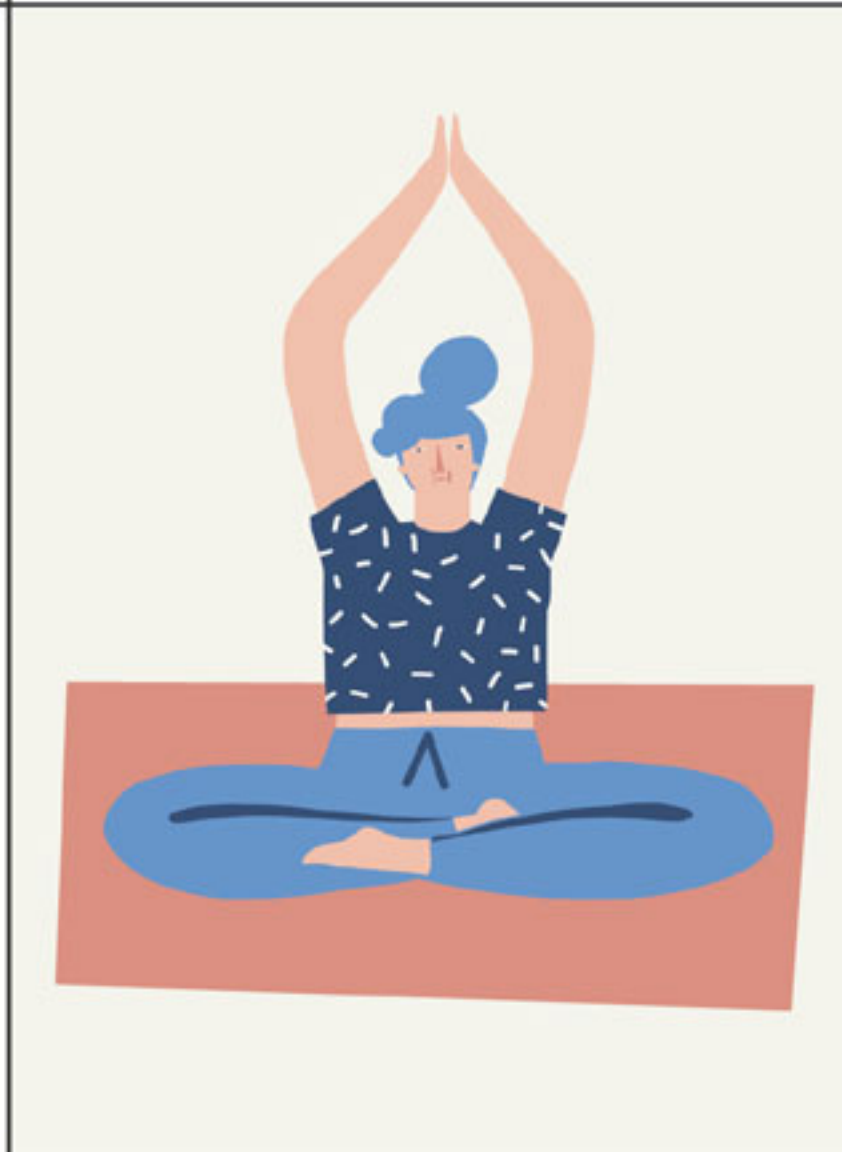
ABUNDANCE



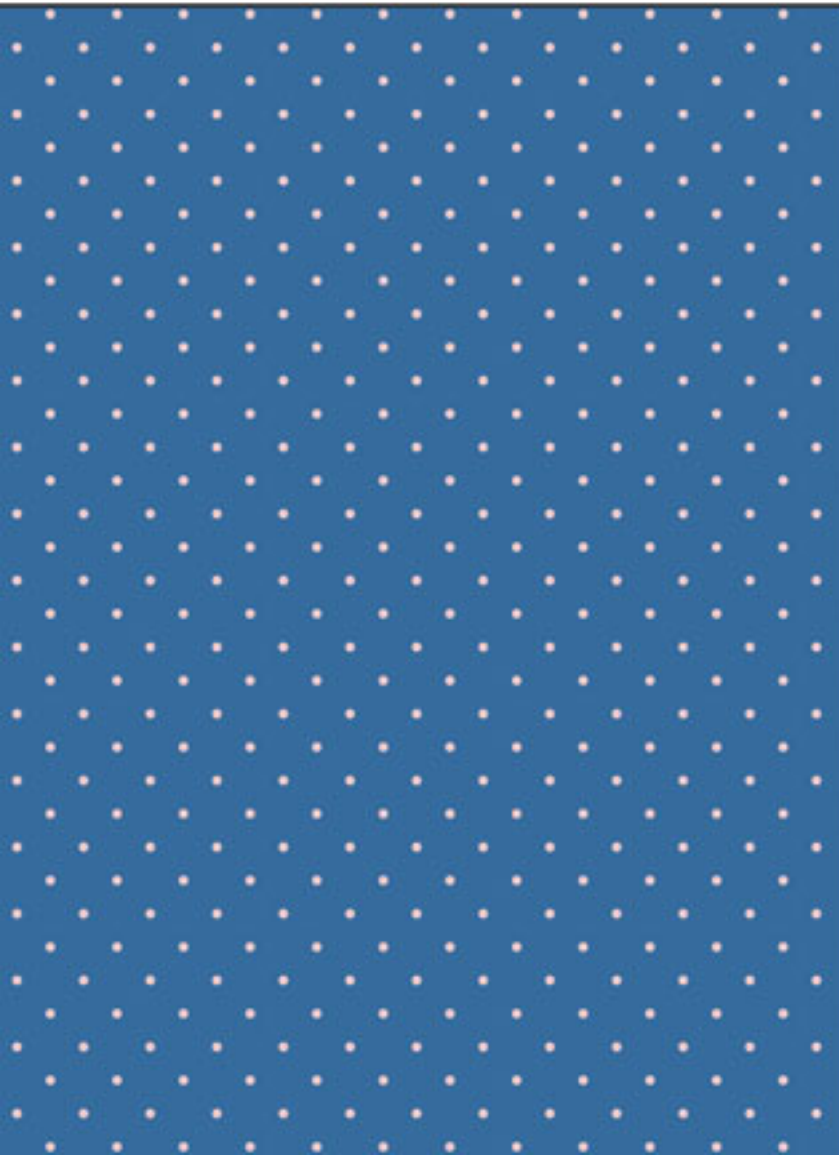
COMPASSION



I AM LOVED



I CAN AND
I WILL



WORTHY





Take a sip

It's the easy way to quench your thirst and boost your system at the same time

LAVENDER WATER WITH BLUEBERRIES

PREPARATION TIME: 5 MINS

INFUSION TIME: 12 HRS

MAKES: 1 LITRE

- Juice of 1 whole lemon
- 1 litre water
- 300g blueberries
- 1 tbsp lavender flowers, dried or fresh

Lavender also pairs beautifully with most summer fruits: melon, peach, apricots, strawberries, raspberries... Don't hesitate to substitute any of these fruits in place of the blueberries.

1. Lightly crush the blueberries to burst their skins or, if they are very large, cut the berries in half.
2. Place the lavender flowers in a muslin bag or a ball-shaped tea infuser.
3. Place all the ingredients together in a jar.
4. Leave to infuse for at least 12 hours in the fridge before serving.

NUTRITIONAL BENEFITS

BLUEBERRIES

The blueberry is prized more than any other small berry for its high antioxidant content. The flavonoids contained in blueberries may help in slowing the spread of cancer cells and tumours. Whenever possible, choose wild blueberries over the cultivated varieties.

LAVENDER

This aromatic plant is used for its natural calming, healing and antiseptic properties.





SPARKLING KIWI COCKTAIL WITH PINEAPPLE

PREPARATION TIME: 5 MINS

INFUSION TIME: 12 HRS

MAKES: 1 LITRE

- 200g pineapple flesh
- 2 kiwi fruit
- Juice of 1 whole lemon
- 500ml spring water
- 500ml sparkling water

1. Chop the pineapple flesh into pieces.
2. Peel the kiwi fruit and cut them into pieces.
3. Place the chopped fruit with the lemon juice and spring water in a jar.
4. Leave to infuse for at least 12 hours in the fridge before serving.
5. When ready to serve, add the sparkling water to the drink.

Enhance the fruit flavours with a few sprigs of fresh coriander – its fresh herb fragrance blends well with pineapple.

NUTRITIONAL BENEFITS

PINEAPPLE

Bromelain, the enzyme contained in pineapples, has multiple beneficial properties: it is anti-inflammatory, may help to prevent tumours, and is beneficial to the digestion and blood. Pineapples are also rich in manganese.

LAVENDER

Kiwi fruit are an important source of vitamin K and one of the fruits richest in vitamin C, which is a powerful antioxidant.



SUMMER WATER WITH TOMATOES, RASPBERRIES AND BASIL

PREPARATION TIME: 5 MINS

INFUSION TIME: 12 HRS

MAKES: 1 LITRE

- 125g cherry tomatoes
- 8 basil leaves
- 250g raspberries
- 1 litre water
- Juice of 1 whole lemon

1. Chop the cherry tomatoes in half.
2. Tear any larger basil leaves into smaller pieces.
3. Place all the ingredients together in a jar.
4. Leave to infuse for at least 12 hours in the fridge before serving.

Basil successfully takes on the flavour of raspberries and, in general, any other soft red fruit. As an alternative, replace the raspberries with ripe strawberries.

NUTRITIONAL BENEFITS

TOMATOES & RASPBERRIES

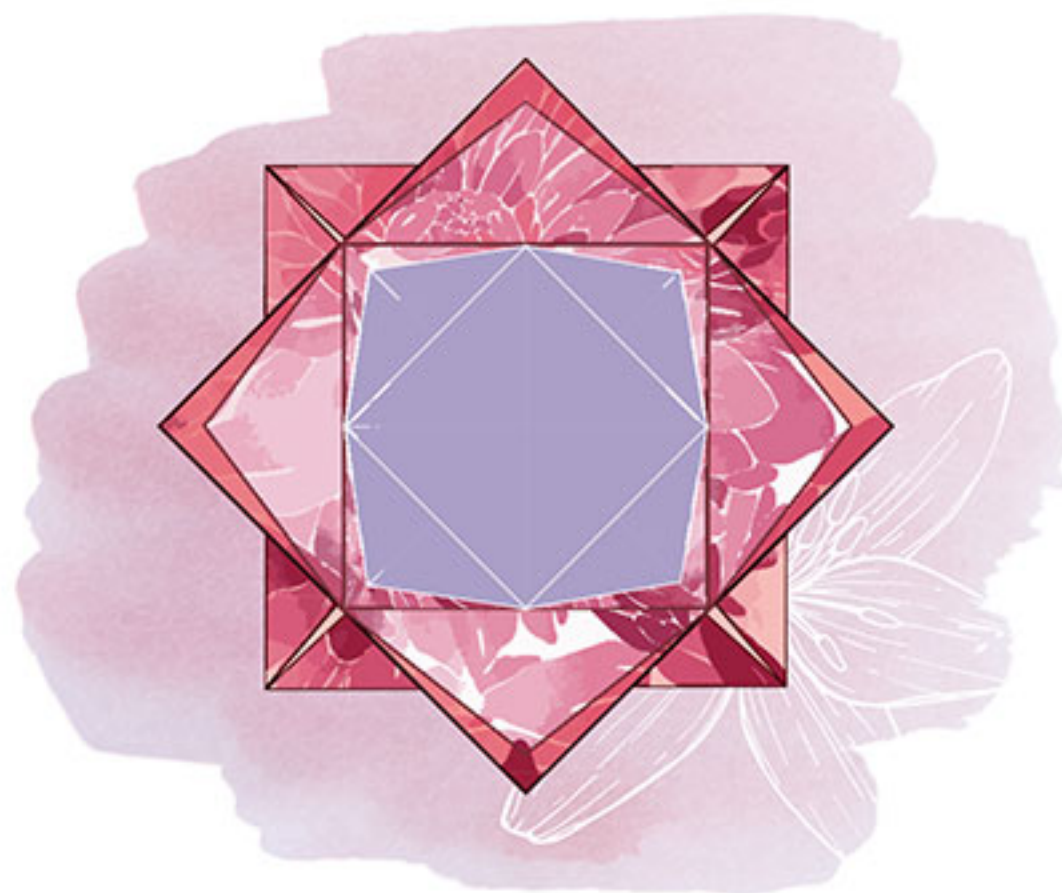
Lycopene gives tomatoes their attractive red colour, while it is the anthocyanins in raspberries that tint the fruit pink. In both cases, these powerful antioxidants may help to prevent the development of cancers and cardiovascular disease.

BASIL

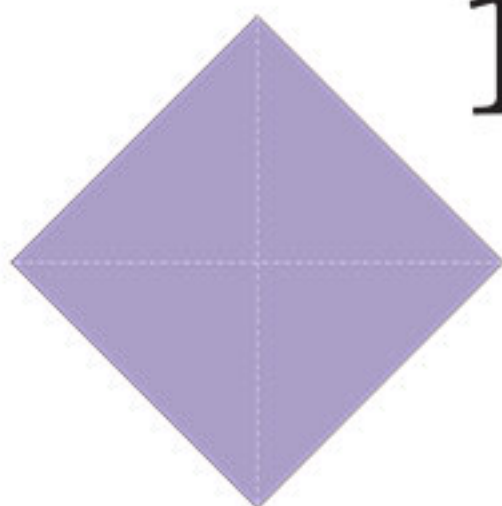
Fresh basil leaves are a good source of vitamin K and contain a small amount of iron.

No mud, no lotus

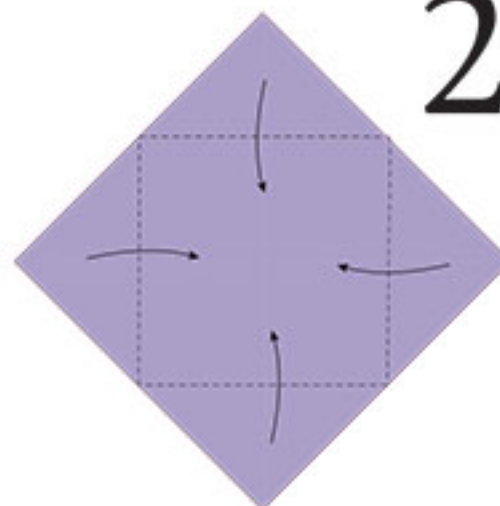
The lotus flower represents grace, purity and revival across thousand-year-old Eastern cultures.



Invite a sense of beauty and calm into your life by making a graceful origami flower. All you need to do is cut out the supplied sheet of patterned craft paper into a square, and follow the instructions to create your own blooming lotus.



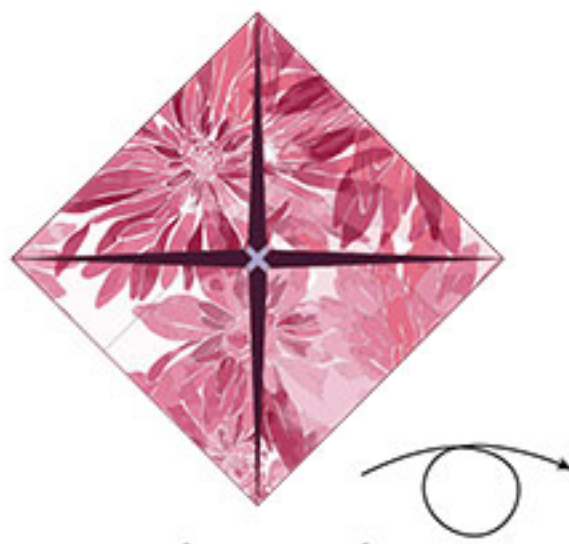
1 Pattern side down, begin by folding the paper in half, corner to corner, both ways and unfold.



2 Fold all corners to the centre.



3 Fold all corners to the centre again to create second layer.



4 Flip over and rotate 45 degrees.



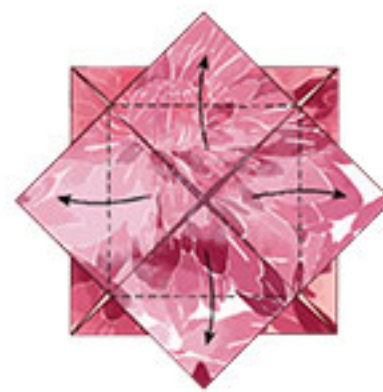
5 Fold all corners to the centre.



6 Fold the corners out part way to create an 8-pointed star.



7 Flip over.



8 Fold out each corner on this side.



9 Fold out each corner of the next layer to complete your lotus.

