

# Practicing Mindfulness to Reduce Stress

*Track it until it becomes a habit!*

## Shift Your Physiology

Choose a powerful posture.

Breathe deeply. 1-4-2

Move your body!

## Shift Your Focus

Celebrate what's right!

Focus on what you CAN control.

Identify a compelling future.

## Shift Your Language

Watch your words.

Choose empowering words.

Speak the truth.



I'd love to hear how this is working for you.  
Share your story by emailing [LaurenAPhelps@gmail.com](mailto:LaurenAPhelps@gmail.com) or  
texting 901-860-4035.  
[www.LaurenPhelpsCoaching.com](http://www.LaurenPhelpsCoaching.com)