

5 Ways
to build your
Body-Mind Connection
through
self care & love



1. Practice deep breathing.

Breathwork offers many benefits such as reducing anxiety, stress, & chronic pain. It improves focus, digestion, metabolism, & sleep quality. Steady breathing boosts the immune system, oxygenates muscles, and rewires the nervous system.

2. Begin a meditation practice before bed and/or after waking up.

Meditation is a practice that provides physical & psychological benefits, including an uplifted mood, easier to fall asleep, less anxiety, and even less conflict in your inner personal relationship.

3. Take a cold shower (start with warm water & ease into cold).

Cold water activates thermogenesis in the body- this boosts metabolism, increases blood flow to relax muscles, and burns stored fat into energy. This exercise also brings awareness to the mental control you have over your body. Focus on your breath as the cold water energizes & enhances your body & mind connection.

4. Stop judging & criticizing yourself.

Correcting mistakes and building on experience is healthy learning, but constantly micromanaging yourself mentally is not. Negative self-talk impacts the body as much as the mind. Be aware of your inner talk. Make a conscious effort to redirect negativity. Restate harsh self-criticism in a positive way that promotes growth.

5. Align your body & mind through movement.

We tend to think of “working out” as a physical exercise, but all workouts demand mental strength. Yoga, pilates and tai chi, specifically address mental as well as spiritual well-being. If you hit the gym on the regular (or want to start), consider taking up a workout that aims to harmonize mind and body. Work with your spirit, not against it!