



— L E N S S —

Inner Peace and Calm

Nurturing your inner peace through self-soothing and body awareness.

Nurturing inner peace and calm is an important part of emotional well-being. These practices can help you manage stress, anxiety, and emotional turbulence more effectively.

The following exercises invite you to explore self-soothing, body awareness, and calming rituals. Use your journal to record your reflections.

Daily self-reflection

Dedicate a few minutes each day to quiet self-reflection.

- Close your eyes and take several deep, slow breaths. Allow your body to relax with each exhale.
- Tune into your physical sensations. Pay attention to any tension or discomfort in your body.
- What situations or interactions triggered stress or anxiety recently?
- Acknowledge the emotions that arose. How did they manifest in your body?
- Rate the intensity of your emotional and physical responses on a scale from 1 to 10.

Body scan meditation

- Find a quiet space to sit or lie down comfortably.
- Close your eyes and take a few deep breaths to centre yourself.
- Begin at the top of your head and slowly move your attention down through your body, one part at a time.
- As you focus on each body part, observe any tension or discomfort. Imagine sending soothing energy to that area.
- Continue until you have scanned your entire body, from head to toe.
- Note any specific areas where you carry tension or stress.

Self-soothing techniques

Explore practices that resonate with you.

- Research and experiment with deep breathing exercises, progressive muscle relaxation, mindfulness meditation, or aromatherapy.
- Dedicate time each day to practise one or more of these techniques.
- Reflect on which techniques resonate with you the most and how they can be part of your daily routine.



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Creating a calming ritual

- Design a personalised calming ritual that incorporates elements of self-soothing and body awareness.
- It could involve a specific breathing exercise, a soothing scent, or a calming mantra.
- Practise your calming ritual daily and during challenging moments.
- Notice how it helps you regain your composure and inner peace.

Weekly review

At the end of each week, review your journal entries.

- Have you become more aware of the connection between your emotions and your body?
- What self-soothing techniques have proven most effective?
- How have these practices influenced your overall sense of peace and calm?
- Identify any patterns or trends in your emotional and physical responses.

“Inner peace is not something to chase.”

“It is something to nurture.”

“With patience and practice, the calm you seek”

“becomes a steady presence within you.”