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Looking for a Charismatic Speaker?

Preethi Fernando is the author of twelve books and a speaker. She does trainings, workshops, Keynote and webinar presenting. Born and raised in the beautiful island of Sri Lanka, Preethi now calls lovely Colorado her home.

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Mindfulness and Self Care

Slowing Down, to Speed Up

6 Things you can do today, at zero dollars to practice mindfulness in your home . This is good for remote workers.

- 1 Find a quiet spot in your home
- 2 shut off the lights if it is night time. Close the door. This is how you go to your inner room.
- 3 Switch off your phone or keep it in another room
- 4 Close your eyes
- 5 do more listening, than talking
- 6 Be silent

Self Care Habits...

- Drink more water. Reduce your soda intake
- Practice mindful breathing
- Clear cluttered space
- Water your plants
- Think of something happy, every time a dark memory of what someone did, or said, clouds your mind
- Make a gratitude list
- Take a walk
- If you have kids, play with them outside. Don't play with electronics

Mindfulness Techniques to Combat and Control Your Anger

- 1 Lie down. It's difficult to feel angry, lying down
- 2 Zip your lip. Eat. a lump of sugar if you have to.
- 3 If you cannot zip your lip, whisper. It's hard to carry out an argument in a whisper
- 4 Count to 10... 200 if it is severe
- 5 Extend your fingers
- 6 Practice being physically still. Don't pace the floor. Don't pick up objects