

# CHAOS TO CALM

## 2: DECLUTTER YOUR MIND

### PRACTICE

Imagine placing your worries into a stone, leaf, or small object you're holding. Set it aside as a way of "putting it down" for now.

### BREATHE

Extended exhale: inhale naturally through the nose, then hum softly and slowly as you exhale.

### DO

Gentle neck stretches side to side

THE BAREFOOT SALT GYPSY

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