



Helpful
Tips

when you're
feeling stuck

by Olga Fienco



Thank you for supporting
Channeling Spirit.
This is a free gift to help
you when you're feeling
low or need a bit of a
pick me up to get
you back feeling good
about yourself and life.

Enjoy!!!!

Olga Fienco

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Journaling



Journaling can help you shift patterns of thinking. Just by taking the time everyday or even 3 times a week to write in your journal you are making time to care for yourself and your wellbeing.

You will find that it clears your mind too!

Meditation



Taking time to meditate everyday builds a strong connection to your inner self, your Spirit, your Soul. It's telling the Universe you are ready to listen to your own inner voice! Start by listening to guided meditations or join a meditation group near you. You will be amazed at how different your mind feels, how reinvigorated your body feels and how your intuition becomes stronger. Try it!

Go for a Walk



Spending time in Nature, being around trees, bushes, mountains, water, sand, all these amazing uplifting natural surroundings can help you shift your mindset. Just knowing you are outdoors and feeling the beauty that is around you, seeing a different environment, has the power to elevate your mood and bring you a renewed sense of wellbeing.

Eat well, drink well



What we put into our body translates into fuel and thus is sustaining and nourishing. When our body is nourished with fresh fruit and veggies, our body is quenched with pure H₂O it has an immediate healing effect and lightens our cellular structure thereby replenishing and healing us from the inside. Drink as much as you feel necessary, sometimes all it takes is 3-4 glasses and then increase each week to eight. You will also feel less foggy and more alert meaning you can think straight!

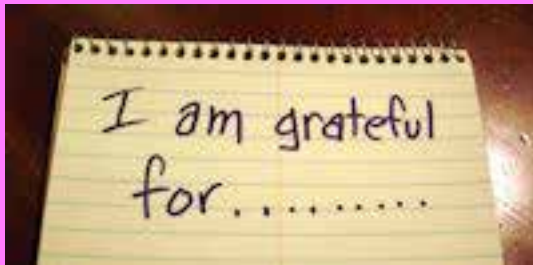
Gentle Exercise



We are all time poor,
however all it takes is a few gentle
stretches, going for a walk or doing
some yoga, tai chi or gi gong, or maybe
just dancing to your favourite music!

Exercise is important for getting
those endorphins going so it puts you
in a good mood. When we are in a
good mood we can achieve so much
more. Remember the feeling of what
it's like to come back after a good
work out or a walk and that "high" you
feel? Well that is what you want to
achieve

Being Grateful



One of the most beneficial things you can do to bring you back down to earth, clear your mind and centre yourself is to start a Gratitude Diary. You will not believe how much your mindset shifts when you begin to count your blessings. When you can say how grateful you are for the roof over your head, the food on your table and that you have all your toes and fingers, my word, it starts to put things into perspective. If you don't believe me I urge you to try it. When you do please share with me how you feel!

Being selfless



Doing something lovely for others can help us shift our perspective from being self centred to bring about an awareness of how others may feel. This helps us see how someone else's shoes fit and makes us feel better and creates a greater expansion of the heart centre leading us to be less critical.

Remember to Breathe



Breathing is such an automatic response and we often forget how much breathing can help us become more relaxed and clear headed. So during the course of the day check your breathing and take some nourishing deep breaths to keep you centred. Try the 4-4-8 method. Breathe in for 4 seconds hold for 4 seconds and breathe out for 8. You'll feel so much more invigorated!

I hope these tips have been helpful to you and please share with your friends and family.

In truth, love and empowerment.

I'm available for readings in person, phone, skype and email. Contact me on the details below.

Many Blessings
Olgaa xxx

Channeling Spirit

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