

Quick-start Guide on How to Realign Your Emotions

INTRODUCTION

With so many things going on in our lives it can be hard for your body and your emotions to keep the ever-important balance in check.

To be 100% honest with you, this is something that is almost inevitable especially with the stress and anxiety modern society creates.

Just as misaligning your emotions is easy, realigning them is easy too if you follow the right steps and use the correct tools. If you make these habits a part of your daily life, you will consistently keep your emotional balance in harmony and will get rid of the annoying swings and changes.

We'll group all these activities and pieces of advice by category to make them easy to find and reference. Do these activities and steps as consistently as possible. Any combination of these steps is sure to produce great results and doing as many as possible is ideal if you can manage it.

STEPS TO TAKE TO REALIGN YOUR EMOTIONS

SELF CARE

- . Exercise every day.
- . Meditate and breathe daily at the same place and at the same time.

- . Accept and let go of your problems.
- . Spend more time in nature.
- . Be mindful as you go about in your life.
- . Pray
- . Listen to guided meditations soundtracks.
- . Say 'YES' more
- . Eat and drink healthy
- . Stay present and accept your reality.
- . Practice yoga
- . Practice heart healing.
- . Go for a walk.
- . Let go of your attachments.
- . Write down what you love doing.
- . Take a shower.
- . Take a bath/sauna/steam.
- . Accomplish your tasks one at a time.
- . Get good sleep consistently.
- . Dress nicely for yourself and others.

ENTERTAINMENT

- . Give 5 compliments to strangers.
- . Show an act of kindness to someone.
- . Practice self-love.
- . Give somebody you know a hug.
- . Do some charity work.
- . Say I 'LOVE YOU' to the special people in your life.
- . Talk positive to yourself.
- . Read your positive affirmations out loud.

GIVING BACK

- . Spend time with positive colleagues.
- . Spend time with your family.
- . Play with kids.
- . Play with pets.
- . Enjoy your favorite songs.
- . Play a game you love.
- . Watch funny movies.
- . Sing your favorite songs.
- . Draw something nice.
- . Do something creative.
- . Tell a joke.
- . Cook your favorite dish.
- . Get a massage for yourself.
- . Treat yourself to a facial/manicure.