



Expert
on
Your
Life

Empowerment Coaching

Nurture your Senses



Take a soothing bath.

It will help you relax and ease achy muscles. Light some candles, add a few drops of essential oils and get comfortable.

Listen to your own breathing.

It will help you stay in the moment. Focus on your breath and observe it without trying to control it.



Watch the flame of a candle.

Candle gazing can improve your focus, mental health, and sleep.

Cuddle with your pet.

It reduces the levels of cortisol, a hormone responsible for anxiety and depression.



Walk barefoot on grass.

Apart from its psychological benefits, it prevents insomnia and regulates heart health.



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Spend time in the sun (but don't overdo it!)

It triggers the production of vitamin D, lowers blood pressure, and promotes mental health.

Listen to music with your eyes closed.

It helps us become more focused and intuitive.



Feast your eyes.

Look around and appreciate the beauty that surrounds you; look at art - observe the forms, textures and colors that soothe your soul.

The power of fragrance

Pleasing smells improve your mental health and working capacity, and reduce anxiety and depression.



Pleasing tastes

Taste-pleasing foods can also bring you joy and peace of mind: they don't have to be eaten constantly. You can carry a bottle of your favorite drink with you, such as flavored water or tea.