

BluBell First Aid Kit

When life feels loud, return here.

Walk



Take a 30 – 60 minute walk outside. Leave your phone at home, or turn it off.

Nourish Mindfully



Nourish with a healthy meal. No distractions, just be in the moment.

Physiological Sigh



Two inhales through the nose, one long exhale through the mouth, repeat 5 times.

Write Gratitude



Write two pages of gratitude by hand.

Sit Quietly



Sit quietly for 10 - 20 minutes. No music, no distraction. Just notice your thoughts and your breath.

Create



Paint, cook, dance, write, or make something with your hands.

CHOOSE TWO TODAY.

Notice how you feel afterward.

BLUBELL
SPACE