Creative Exercises Amy Oestreicher
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1.) Make a mantra: When the weather’s beautiful out, I love taking nature walks and reciting this mantra to myself: *breathe in experience, breathe out your story – Breathe in.* When you exhale – what is that truth you are aching to express today?

2. Say an affirmation. Tell yourself “I choose to live in the present” or use some of the affirmations you got on your amyoes.com opt in!

3. It sounds easy, I know. But, you’d be surprised how often you stop breathing, when you start overthinking. Breathe deeply – *it’s calming and healthy!* You can read more about the amazing benefits of deep breathing [here](#). Need some practice? Breathe along *(sounds crazy, I know)* with this Youtube guided meditation [here](#) by Eckhart Tolle TV, and when you’re ready to lie down, learn how opening up your back can open the pathway to breathing…and presence!

4. Awareness Without Judgment. Notice every physical sensation in your body. Have a chat with what I like to call my Five Superheros: *Taste, Touch, Sight, Sound, Smell.* Think I’m crazy? I call them my superheros because they save me in the nick of time when I’m about to get lost in anxious thoughts. When I start worrying or pitying myself, I call on these rockstars before I can think one more thought.

5. Quick! At this very second, name the first thing you...
   - Smell
   - See
   - Touch
   - Taste *(it can be air!)*
   - Hear