

The 7 Habits of Serenity

If you'd like to experience a more peaceful life, try adopting these 7 habits of serenity:

1

Create a calming morning ritual

- Get up early enough that you're not rushed in the morning
- Exercise a little bit
- Meditate
- Read the paper with your coffee
- Take a walk around the block

3

Notice how you respond to stress

- Do you feel overwhelmed by stress?
- Do you overeat?
- Do you work to eliminate the stress?
- Do you find some way to distract yourself to avoid the situation?

5

Only do one thing at a time.

Attempting to multi-task is stressful and less productive.

7

Recognize that most of the time negative issues are not about you. Everyone has their own concerns to deal with. The odds are excellent that you're not the cause of someone else's mood or behavior.

2

Be Thankful

- When life seems the most challenging, list the blessings in your life that bring you joy

4

Develop healthy responses to stress

- Replace any unhealthy responses with something more peaceful
- Try a cup of green tea, a few minutes of yoga, or calling a friend

6

Minimize the noise in your life.

Audible sounds and visual messes clutter your mind as well as your environment.

- Keep items that you need or love and get rid of the rest