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*Soothing Stress
by Practicing Presence*

SCHAEFER PROTOCOL WELLNESS SERIES



Soothing Stress with Presence

01

If your focus is in the future, how can you enjoy the present?

There's no doubt planning for the future is important, even vital to your success. If this year is teaching us anything, sometimes the best laid plans don't turn out the way we expect. Sometimes we don't get what we want, we get what we need.

Reviewing your goals and aspirations should be a daily habit, but there's nothing that compares to slowing down, taking some deep breaths, playing with your children for 5 extra minutes, or taking a moment to reflect on the good you see daily in the world. Joy is found in those moments with no agenda.

02

Remove the things that remove you from your life.

So often I used to find myself buying things...stuff...for my children, my spouse, and even myself, to disconnect from the discomfort of how I was feeling. Once I realized I was buying things as a tool because connection was challenging, or I was too busy, not only did I save money, but my connections deepened, my mind cleared, and it became easier to show up fully.

03

Create some time to spend your life the way you want to spend your life.

It always shocks me when I ask people if they've reviewed their 5 and 10 year goals. Life gets busy, we get distracted, we forget our dreams in the day to day challenges. We start living for others deadlines, opinions, and dreams, as ours passes us by. Start becoming conscious of how you are choosing to spend your time and your life - you may just decide now is the best time to make different choices. How do you want to spend your life? Make time for that.

04

If you want real connection and honest answers, check your heart more than you check your phone.

This one got me square between the eyes this year. The chaos, the stress, the need to find security..I started recognizing my thoughts after reading "Radical Compassion" by Tara Brach, and that book has remained one of my top favorites that I've read this year so far.

That uncertainty and stress you feel may be coming from looking to others for the answers only you have for yourself. Get curious, pay attention to your thoughts, and check in with yourself. You're smarter than you give yourself credit.

05

You're allowed to protect your time and energy.

When I heard the quote, "the people who get mad when you create boundaries were benefitting most by you not having any," I started becoming more conscious of who I gave my energy and time to. Was it trying to convince someone of my point of view? Was I looking to be heard? Each time, I realized I was trying to prove my worth. The reality is, you're worthy of everything you need, just as you are.

06

When all of your free time is spent catching up or getting ahead, that's not free time.

Marie Kondo did it for clothes, I focus here with health. Use your free time to be FREE. What do you like to do with free time? Do you find you have a lot of it? Maybe over this year, you've learned new things you enjoy, but if you haven't, it can be really uncomfortable to be bored in a world that wants us on a timeline and busy at all times.

07

Simplicity doesn't change who you are, it brings you back to who you are.

Underneath all the stress, chaos and busyness of life, we all want to feel safe, loved, and worthy. Simplifying your life helps bring you back to the present, which in all reality, is the only time we do have. This moment is all we are guaranteed. Be here for it.