1. Close Your Eyes 80% of the brain's stimulation is in the eye
2. Count Your Breaths and Extend the Exhale Breathe in for the count of 4, hold for 2, exhale for 7. Repeat 5-7 times. Exhalation engages the parasympathetic nervous system that slows the heart rate.
3. Name Your Emotions Naming a feeling increases prefrontal cortex activity that will then help you feel calmer. When you get the feeling named make sure to ask is this mine or someone else’s.
4. Mindfully Observe Your Senses Become mindful of your present moment by thinking about what you are hearing, feeling, seeing, and smelling. Increasing our awareness of the present moment can move us out of reaction and into response
5. Go Outside Observe the beauty of trees, birds, the sky, flowers, etc. Being in nature has a strong calming impact on intuitive sensitive souls

To Practice Daily Build sustained awareness of your needs. We can be notorious for a more external focus on everyone else's needs and less focus on our own needs. Increasing your ability to understand what you need in each moment has a significant impact on overall wellbeing and is a good foundation to work with your intuition I suggest every time you go to the bathroom, take a moment and ask yourself, "What do I need?"