



ATTUNEMENT JOURNAL

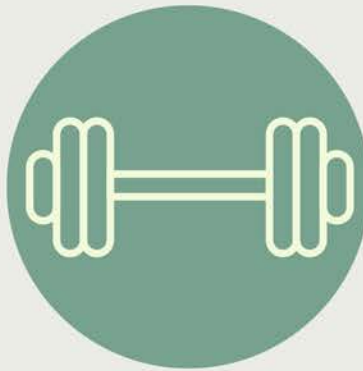
**You can record your attunement
experiences in this journal**

6 WAYS TO PRACTICE

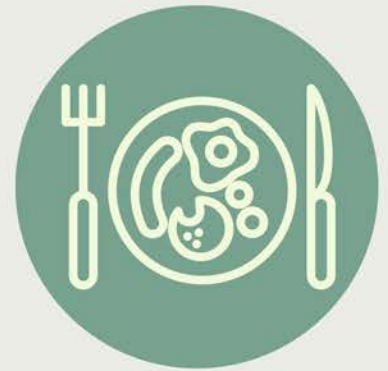
Daily Mindfulness



Spend time in
nature



Find joyful ways to
exercise



Prepare healthy
meal



Call someone you
miss



Join a support
group



Learn something
new

HOW TO PRACTICE

Meditation?

- Allow the breath to flow naturally in and out of the body
- Allow your spine and shoulders to move with your breathing
- Take a few deep breaths into the upper chest, allowing your chest to open
- Allow yourself to relax, keeping a feeling of an opened chest as you do

