

365 DAYS OF calm

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DAILY GUIDANCE FOR
INNER PEACE

Robyn Martin

365 DAYS OF CALM

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To .....

From .....

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introduction

We live in a world that challenges our sense of calm and tranquillity every day. Slipping into anxiety and stress often feels a lot easier than finding calmness and keeping a cool head. Simply put, we're bombarded by things that will inevitably pull us away from even the strongest, hardest-earned feelings of calm.

That being said, there is also hope for each of us to continually reach out for the peace and calm we deserve, for our bodies and minds. As many ways as there are for life to bring stress and worry into the equation, there are equally ways for us to creatively pull back into a place of calm and tranquil energy.

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This book is loaded with calming strategies and relaxing tips – one for each day of the year, in fact – and it's here to be a partner and guide for the moments in life that prove overwhelming, when your own calm-down strategies aren't quite working how you'd like. Whether you use it day by day, or flip around, picking out suggestions that resonate with you at the moment, trying any of these methods and incorporating these tactics into your daily life is a sure-fire way to recentre, soothe your mind, and ease your body, bit by bit, until calm is much easier to achieve.

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january

01

As you enter the new year, make a list of the biggest blessings you have in your life, even if they might seem small to others. Read through the list anytime you need a reminder of the wonderful joys you have all around you.

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02

When you wake this morning, take a moment to sit in bed, be still and breathe deeply before getting up and being active. It always helps to start any day with a few minutes of calm and tranquillity.

03

The world may feel like it's spinning out of control, but you don't have to.

HANIA KHURI-TRAPPER

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04



Slowly stretch your arms out to the side and then up and over the top of your head. Reach up to the sky, stretching as much as you can toward the sun. Hold that position for a minute, or repeat the movement until you feel a bit more relaxed.

05

Brew a cup of tea, in the most calming way you can. Take the time to set a kettle to boil, and watch for the steam to rise. Select your favourite herbal tea leaves or bag and prepare a full teapot for yourself. Enjoy sipping this soothing infusion while you sit in your favourite spot.

06

Indulge in comfort. Throw on the fuzzy socks and sweatshirt that make you happy and wrap up in the cosiest blanket you have.

07

If you feel stressed, grab a pad of paper and doodle freely. Putting down swirls and scribbles and jagged lines can help to ease your mind.

08

Listen to your favourite song this morning. Or a few favourite songs. Or put them on repeat and groove through the morning.

09

Take a moment out of your day and write a letter to your favourite person in the world. It may feel a bit outdated, but you might also find that stepping away from screens to write about your life or tell stories to a loved one on paper can be so much more peaceful – and they'll love the sentiment.

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10

Drink a glass of juice. If possible, take the time to squeeze it fresh, even if it takes a bit longer. The act can be cathartic, and the juice itself is a mood and energy boost.

11

In overwhelming moments, pause, close your eyes and focus your attention on your feet and the ground below you. Actively "push" down, feeling your connection to the earth and focusing on grounding yourself until you feel calmer.

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12

If you change your mind, you can change your life.

MICHELLE WILLIAMS

13

If you have a fireplace or outdoor pit, start a fire and enjoy the calm energy provided by looking at the moving flames and listening to the crackle. If you don't have either, the same thing applies to lighting a candle and watching the flickering flame as the wick burns down.



14

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You have to be strong and calm to overcome difficult moments.

DANI ALVES

15

Get outside and walk for 30 minutes or as long as you can. Choose an area in nature or with some greenery if possible, as this is also shown to increase your calmness.

16

Take a day off from drinking coffee and see if you feel less anxious. Swap it with a cup of herbal tea or a glass of water or juice. If you need at least a bit of caffeine, even some black tea is a better option.