



LAURA ERDMAN-LUNTZ

10 TIPS TO FEEL GOOD ALL DAY

Life Coaching + Yoga + Essential Oils

START YOUR DAY

Tip #1: Start Your Day with a 5 minute meditation:

When we hop out of bed in the morning, we tend to hit the ground running. Instead take 5 minutes to slowly come into your day. Take a few breaths and let yourself enter your day with calm and intention (see Tip #2).



Tip #2: Finish your meditation with intention: End your meditation with a moment of intention. Decide how you want your day to go and how you want to feel. Conscious intention is a powerful tool.

Tip #3: Have a daily #FeelGoodMoment: Each day do something to consciously help yourself feel good. A hot cup of tea, bubble bath, fresh air at noon, a quick read of an inspirational book. Anything you do with the intention of feeling good will shift your day.

Tip #4: Drink enough water throughout the day: Do not underestimate the power of hydration. Water is an incredible tool for feeling good. Without enough water, we can feel headache, fatigued and foggy brained.

MIDDLE OF THE DAY

Tip #5: Shoulder rolls: The tension we hold in our shoulders is a huge energy drain. Take a moment a few times a day to do large shoulder circles. Make them large, moving from the shoulder blades and allowing the spine to move, too.

Tip #6: Back breathing: Drawing your breath into your back body helps release the tension in your back around your spine.

Tip #7: Sniff a little Peppermint Essential Oil*: Yep, the sniff is awesome. Feel your mind clear and experience a boost of energy that doesn't have the crash you get from sugar or caffeine.

END YOUR DAY

Tip #8: Lavender Essential Oil*: Lavender is a fabulous relaxation tool. Add a few drops of Lavender Essential Oil into a glass bottle with water. Spray your pillow before bed for a great night's sleep.



Tip #9: Lying twist: Twist, twist, twist. Get the tension out of your spine. The one pictured here is one of my favorites! If you can't get your legs to the floor, add a pillow under your legs.

Tip #10: Backbend over a roll: World's greatest pose for releasing tension in the upper back. Make a small roll (about 3-5 inches) out of a firm blanket, beach towel, or your yoga mat. Lie over it at just below your shoulder blades. Breathe and relax! If it is too intense, make the roll smaller.



Ready for more feel good?

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Be sure to find me:

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iTunes: <http://tinyurl.com/IgniteLife>

Periscope: @MuseLaura

* I use only Young Living Essential Oils with my family. Ask me why!

www.LauraErdmanLuntz.com

It's time to feel good!