

Practices for Quality-of-Being

Monique Martineau for Coaching, Keynotes & Workshops

Principles without practice fall flat. Practice without support falls short.

(For more information on Practices below, refer to Monique's website under Resources.)

Body Basics

Eat and drink healthy, energizing substances (whole, fresh, non-processed foods, water).

Exercise (walk, yoga, bike, garden, golf, tennis, movement to music).

Leisure (enjoy relaxation, hobbies, vacations).

Sleep enough.

Be wise when the body is in pain.

Spend time in nature for its healing properties, before you get sick.

Mental & Emotional Re-programming

Watch **YouTube**, read **books**, listen to **audio programs** from modern-day masters: Eckhart Tolle, Byron Katie, Adyashanti. Subscribe to Monique's YouTube channel.

Meditate. Wisdom comes from silence. Give yourself time to listen. Start with 5-10 minutes.

Pause for Presence.

It's a mini meditation anytime, anywhere. "Presence" is the non-judgmental observation of your experience in the moment: thoughts, images, feelings and physical sensations.

Practice differentiating between the fear of **Ego** & the wisdom and compassion of **True Nature**.

Inquiry. Sit quietly and ask yourself, "What's really going on here?" "What's at the core of the issue?" "What am I afraid might happen?" "How is this familiar?" "Is this a pattern?" "What is the next most authentic action?" Question the authority in your own head: "What's really true?"

Bust beliefs with The Work: **Byron Katie's Four Questions** and a Turnaround. She says it's important to write down stressful thoughts and answers to the questions. Otherwise, the mind is too quick to spin and keep the stress alive.

Tapping with EFT or Emotional Freedom Technique reduces stress immediately by tapping on acupuncture points. This has become a widely recognized, very simple technique.

Listen to **music** and read **poetry** that makes your spirit soar.

Anger, anxiety or any painful thought or emotion needs to be **fully felt to be released**...not by unleashing it on others but by being with it yourself. Avoidance, denial, suppression create stress.

We are emotional beings; let yourself **release emotions** by crying. It's healthy and grounding.

Acknowledge yourself and be **grateful** for what you have in writing. It turns around stressful thoughts.

Keep your **core values** and **life purpose** at the forefront of your mind to keep priorities straight.

Expanded **Awareness** + Focused **Attention** + Wise **Action** + Deep **Acceptance** = Fulfillment

Use **Resources**: Transforming Communication, Quality-of-Life Assessment, Ego & True Nature, Mindfulness Meditation, Life Plan Worksheet, YouTube clips, books & links. (Monique's website.)

There's much more where this came from. Engage Monique to use **Success Support** to apply the **Stress Smarts Wellness Program**. Stress can be experienced in an entirely different and more peaceful way. Monique is here to support you.