Touch your heart center with the tip of the middle finger of your right hand, close your eyes and take three soothing breaths. Repeat as many times as you like. 💗

Pause to appreciate a piece of art, a favorite ornament, picture or something around you that opens your heart. Consider how it came into being. Experience its uniqueness and history with you.

Think of something for which you are grateful. Be with the feeling of appreciation and gratitude for a few breaths.

Wrap your arms around your upper chest embracing yourself. Feel your breath. Offer yourself a bit of grace and kindness.

Smile in your heart center. Pause throughout your day today and repeat connecting with smiling a smile in the center of your chest, your energetic heart center. 🥰

Consider that you are a living, breathing, sentient being who is part of your neighborhood, your community, your state, your country, living on our planet, in our solar system, and in this galaxy. Feel the vastness of expanding your consciousness to consider this and your uniqueness being in form at this time in history. 🌎

Call, text or write a little note to someone you have been thinking of to say hello and wish them whatever is in your heart, on your mind or with your intuition as you connect with them.

Do several shoulder rolls in a forward and then backward motion. Next shrug your shoulders up to your ears while you inhale and drop them down exhaling and letting go without attachment or care, aka “The Honey Shrug.”

Do legs up the wall for for a bit of time today, you decide how long and set a timer. One minute, three, five, whatever works for you. You could also lie on the floor and place your calves on a sofa or chair seat. A little support under your head may be comforting.

Rub your palms together vigorously then place your warmed hands on your back in the area of your kidneys just at the base of your rib cage. Breathe in and out letting your back soak up the warmth from your hands.

Write a short list of the memory makers during the year. This could include special trips, exchanges with others, times you laughed so hard or had heartwarming touching moments.

Place a small towel or wash cloth in warm water and wipe your face and the back of your neck with it, then warm it again and wipe your feet.

Wear something special or meaningful to you. This could be a hat, a piece of precious jewelry, a lovely sweater, top, scarf or fancy shoes.

Light a candle while you eat. Chew slowly and savor your meal noticing the texture, seasoning, taste, smells, color, temperature of your food and place setting. 🕯️

Pause to think about a friend, a family member, a teacher or someone you appreciate and send them beautiful feelings/gratitude/love from your heart.

Hum or sing a favorite song 🎵 or just hum as you exhale for several breaths. Relax the muscles in your face and jaw as you sing and or hum.

Imagine Heaven on Earth, whatever your construct or belief about heaven is, envision it here, now. Spend a few breaths holding this in your heart.

Rub your belly with the palms of your hand 108 times moving up the right side of your stomach, across the top, down the left side and around. This is soothing and aids digestion.

Lie over a blanket roll. Roll a long blanket to support your entire spine or run the blanket across your upper back just at the base of your shoulder blades. Support your head as needed so there is no strain in your neck.

Lift and lengthen your torso then rotate your spine to the left letting your neck and head be the last things to turn. Imagine walking up a set of spiral stairs as you twist one vertebra at a time. Then repeat twisting to the right. As many times as you like twist side to side.

Drink a big glass of water, yawn several times and blink your eyes. Then rub your palms together generating heat and place your hands over your eyes. This is the palming technique and will relax your entire nervous system. 👀

Use your five senses to bring you into the moment. Look around and find something in the shape of a triangle. What is the quietest sound you can hear? What is a smell you are picking up? Is there a taste in your mouth? And how is the weight of the air touching your cheeks

Do Savitri's Heartfull meditation technique of massaging at your heart center. With the middle finger on your right hand softly touch your breastbone, the doorway to the heart center, and connect with a beautiful feeling. Imagine a glow or flame of light shining brightly beneath your finger tip in the center of your chest. Focus your inner gaze upon that light. Relax your jaw and your temples and go within.

"Know that you are love and you are loved." ~ Savitri

Enjoy favorite smells. Maybe you like the smell of citrus - squeeze some orange peel and delight in its clearing properties. Smell essential oils or open your spice cabinet and smell cloves, cardamom, star anise or cinnamon. Boil cloves and orange peels on the stove. Notice how pleasing smells affect you.