

# The 7 Habits of Serenity

If you'd like to experience a more peaceful life, try adopting these 7 habits of serenity:

1

## Create a calming morning ritual

- Get up early enough that you're not rushed in the morning
- Exercise a little bit
- Meditate
- Read the paper with your coffee
- Take a walk around the block

3

## Notice how you respond to stress

- Do you feel overwhelmed by stress?
- Do you overeat?
- Do you work to eliminate the stress?
- Do you find some way to distract yourself to avoid the situation?

5

## Only do one thing at a time.

Attempting to multi-task is stressful and less productive.

7

**Recognize that most of the time negative issues are not about you.** Everyone has their own concerns to deal with. The odds are excellent that you're not the cause of someone else's mood or behavior.

2

## Be Thankful

- When life seems the most challenging, list the blessings in your life that bring you joy

4

## Develop healthy responses to stress

- Replace any unhealthy responses with something more peaceful
- Try a cup of green tea, a few minutes of yoga, or calling a friend

6

## Minimize the noise in your life.

Audible sounds and visual messes clutter your mind as well as your environment.

- Keep items that you need or love and get rid of the rest