

# Living from the Inside Out

We are frequently so caught up in our external life (work, responsibilities, chores, etc.) that we forget or minimize our internal life. Our internal life includes our thoughts, dreams, perceptions, feelings, and memories. Neglecting our internal life increases stress and decreases resilience for managing change.



We may think we don't have time for reflection, but without conscious awareness, reflection happens anyway. And without conscious awareness, this unconscious reflection frequently dwells on the negative as we focus on fears of the unknown. Our internal life can become a safe haven for us. It is a place where emotions and health can be fed through healthy choices and perceptions. It is a place of sanctuary from life's storms of uncertainty. It can be a retreat of depth and restoration from the outside world. Simple tools to increase the insulation and strength of your internal life include:

- Conscious breathing to stop the stress cycle
- Being aware that you are more than your thoughts
- Reflecting on what gives you the greatest peace in life
- Increase movement to reconnect to your body
- Meditation, contemplation or prayer time
- Increasing awareness of transitions in your day (travel time, sitting down to eat, preparing for bed,) to leave the outside stressors outside
- Create patterns of comfort (reading before sleeping, having a ritual cup of tea, self- massage or acupressure)
- Journaling
- Listening to music or viewing peaceful art

*For more resources to assist you in taking charge of your health and well-being during times of transition, visit [HeartHill.com](http://HeartHill.com).*