



From Stress to Serenity: Your Self-Care Kit

Here's a few self-care tips to change your experience when you feel stressed, anxious, overwhelmed and/or burned out.

First: Notice how you are talking to yourself.

Second: Affirm: "I release all thoughts that are not kind or supportive." Feel them go. Fear has no choice but to leave when you take charge as the captain of your ship.

Third: Affirm: "I am worthy of love, success and calm assurance". Breathe in love. Breathe out tightness and fear. (repeat 5 to 10 times) Even if you don't feel the love; affirm that love is flooding all the cells of your body.

Fourth: Ground. Visualize a column of light from your heart, down your body and legs, out your feet as roots of light that connect deeply into the heart of the Earth. Affirm: "I am grounded and fully present here now."

Fifth: Cut cords. Visualize a golden cylinder coming down around your body and cutting all energetic connections that are not about love. The cylinder will naturally cut

the fear cords and leave the love connections intact. See golden healing light flood your body and the energy field around your body.

Sixth: Affirm: "I release all energy that's not of me and not of love back to its original source. I choose love and peace. I breathe in love and peace. I choose to gratitude. I am grateful for all the love and blessings in my life. Thank you. Thank you. Truly Thank you."

And practice these steps - this feeling journey - when you don't feel so stressed, even when you are calm and settled.

You might find that there are still some negative thoughts to release, or that you could be more grounded and present.

You might find that saying your positive affirmations is still uplifting. You might create new positive affirmations (first person, present tense) to support yourself and how you're feeling

You might find that when you cut cords, there is a little niggling of something unsettling, and you feel better when those energetic connections are gone.

You might feel more refreshed when you make loving choices out loud and breath in sacred qualities.

Some qualities you could breathe in are unconditional love, calm assurance, serenity, courage, joy, acceptance, gratitude, compassion, hope, kindness, understanding, and worthiness.

Remember: Even if you don't initially feel what you are choosing, affirm it and keep practicing until you begin to have a feeling experience.

When you practice on a regular basis, even 5 or 10 minutes a day, you will find that when difficult, draining and unpleasant feelings arise, you are better able to release them, press the refresh button and move forward.

When we feel okay, we are more likely to skate along doing nothing. So, be proactive. Enjoy the process of feeling, releasing and reclaiming more of the love and support you deserve.

Be proactive and reap the benefits of having a visceral mind-body-heart memory of how to handle unpleasant moments and release difficult feelings, replacing them with more kindness and love.

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