

# Mind, Body, Spirit

## Harmony

Harmony of Mind, Body and Spirit is the key to well-being. Why harmony and not balance? Balance suggests that everything is equal and the reality is that all the things on our plate are not allotted the same amount of hours. Harmony allows us to be at peace in the moments of our lives, regardless of the hours spent.

Here are the tips and resources we shared during the 90-Day Mind, Body, Spirit Challenge  
([www.trusynergy.org](http://www.trusynergy.org))



*Mind (how we manage and filter what we think):*

Tip	How to	Benefit
Stillness	Sit still, with the idea that you “have nothing to do” and “nowhere to be”. Start with at least 5 minutes of stillness, in a quiet place and increase the time based on what feels comfortable for you.	Helps you slow down, relaxes the mind and helps reset your thoughts.
Centering	While being still, find an object to focus on (i.e. a picture, flowers, and a lit candle). When your mind begins to wander, come back to the centering object.	Helps you to focus on one thing, as opposed to the many things that your mind tries to process.
Mindfulness	Be present to things around you or in the moment of a conversation, without analyzing. Just be observant!	Gives your brain a break from problem-solving and decision-making.



**Body (how we take care of ourselves physically):**

Tip	How to	Benefit
Eating	Grazing instead of gorging (eating 5 smaller meals per day, instead of 2-3 big meals), use smaller plates, chew twice as long ( <i>source: The T5 Wellness Plan, Dr. William Sears</i> )  Eat more herbs and spices (cinnamon, sage, turmeric, garlic, ginger)	Less hungry/more satisfied, more energy, more alert and clearer thinking  Cinnamon (lowers blood sugar levels), Sage (improves brain function and memory), Turmeric (an anti-inflammatory), Garlic (improves heart health), Ginger (anti-inflammatory)
Breathing ( <i>presented by Vonn Walters ~ vonilove.com</i> )	Inhale and exhale through the nose.  Incorporate movement with breathing.	Helps circulate air through the body to oxygenate cells.  Helps enhance the breathing exercise, circulation and blood flow.
Yoga ( <i>presented by Monica Caldwell ~ @MonicaCalwellYoga on Facebook</i> )	Be committed to yoga and allow yourself to be present to the experience	Helps with flexibility, blood flow; provides relaxation and mental clarity.



**Spirit (how we relate to a higher power, self and others)**

Tip	How to	Benefit
Meditation ( <i>presented by Luis Soto ~awakentothelandnewyou.com</i> )	Sit quietly and repeat simple mantras like "Thank you", "I am grateful", "I am at peace"	Provides self-reflection, connectedness and relaxation
Self-care	Incorporate self-care as a spiritual practice (i.e. massage, grooming, relaxation)	Allows you to nurture and take care of yourself first, before taking care of others ( <b>THIS IS NOT SELFISH! IT'S NECESSARY!!!</b> )
<b>You can also search YouTube for guided meditation exercises!</b>		

**The Mind, Body and Spirit are Richly Connected!**