Yesh Coaching

FROM HEAD TO HEART

FEEL GOOD RITUALS

BY YESH DERVISH

FEEL GOOD RITUALS

You will see that it takes only 9 minutes of your time and will help you ease the everyday stress we have or make you feel better than you do.

Enjoy!

FEEL GOOD RITUALS

HABIT	MON	TUE	WED	THU	FRI	SAT	SUN
Recognition	☐	☐	☐	☐	☐	☐	☐
Graditute	☐	☐	☐	☐	☐	☐	☐
Vagus Breath Holding	☐	☐	☐	☐	☐	☐	☐
Body Shake	☐	☐	☐	☐	☐	☐	☐
Daily Affirmation	☐	☐	☐	☐	☐	☐	☐
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YESH COACHING

1. **Recognition** is the act of acknowledging or identifying someone or something for their achievements, qualities, or contributions. It involves giving credit, appreciation, or validation to individuals or groups for their efforts, skills, or accomplishments.

Example:

- Your friendship is truly invaluable, and I want to recognize the profound impact you have made on my journey. or you can recognize yourself in front of the mirror: I am a hardworking person.

Doing this will increase your happiness and confidence.
Takes 1 minute.

2. Gratitude is a feeling or expression of thankfulness and appreciation for someone or something. It is a powerful and positive emotion that can foster contentment, resilience, and a deeper sense of connection with oneself and others.

Example: I am thankful for my self-care and self-compassion.
Takes 1 minute.

3. Vagus Breath Holding refers to a breathing technique that involves temporarily holding your breath to stimulate the vagus nerve. The vagus nerve is a key component of the parasympathetic nervous system, responsible for regulating various bodily functions and promoting relaxation. If you don't feel comfortable holding your breath, you can also sing or hum couple minutes a day and this will also activate our vagus nerve.
Takes 2-3 minutes.

Steps:

1. Find a comfortable and quiet place to sit or lie down. Ensure that you are in a relaxed position.
2. Take a few deep breaths in through your nose and exhale slowly through your mouth. Allow your body to relax and let go of any tension.
3. Take a normal breath in through your nose, filling your lungs with air.
4. Exhale fully and completely through your mouth, emptying your lungs of air.
5. Once your lungs are empty, hold your breath gently without straining or causing discomfort. Start with a short duration, such as 10-15 seconds, and gradually increase the time as you become more comfortable.
6. While holding your breath, focus on the sensation in your body and observe any changes that occur. Pay attention to any sensations of calmness or relaxation.
7. When you feel ready, slowly release the breath and resume normal breathing. Take a moment to notice any subtle changes in your body and mind.
8. You can repeat this process for a few rounds, gradually increasing the duration of the breath holds as you progress.

4. Body shaking is important because it can help release tension, stress, and stagnant energy from the body. It involves intentionally shaking or vibrating different parts of the body, allowing for the discharge of physical and emotional tension.

Begin by shaking one part of your body, such as your hands, arms, or shoulders. Let the shaking movement come naturally and avoid forcing it. Gradually, you can move to other parts of your body, including your legs, hips, or even your whole body.
Takes 2 minutes.

5. Daily affirmations are positive statements or phrases that you repeat to yourself on a regular basis to promote positive thinking, self-empowerment, and personal growth. They are intended to affirm and reinforce positive beliefs, attitudes, and behaviors.

Example:

- I am resilient and capable of overcoming any challenges that come my way.
- I am confident in my abilities and trust myself.

Takes 2 minutes.